



# CHIPPEWA TRIBE-UNE

Issue 14:01  
Editor:  
Bonnie Plain



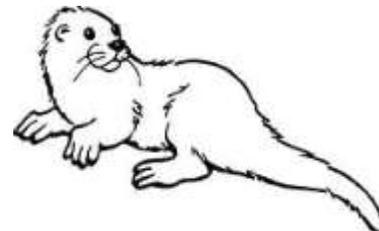
## Inside This Issue

Travelling Sr's News	3
Online Education Poll	4
Yoga/Education Info	5
Weedless Wednesday	6
Diamond Within	6
Natural Detox	7
Men's Cooking	7
Walking/HEAL	8
Diabetic Q & A's	9
Youth Hunting Safety	11
Toy Safety Tips	12
Sr's News	13
TR. Sr's Bingo	14
Business Opportunity	15
Writing Contest	17
NAIG Tryouts	20
All About Mold	23
Mobileyez	25
Flu Prevention	27
Home Remedies	28
Atoms Storm Sched.	29
Skate W/Sting Form	30
Water Journey Film	34



## Points of interest:

- \* Coach Trips
- \* Skate/Swim
- \* Housing News
- \* Suncor's Follow-up



# Happy Birthday

Jan. 19 to Jan. 31, 2014



Roger	Bourque	Jan.	19	Raisa	Williams	Jan.	25
Sharren	Fisher	Jan.	19	Jocelyn	Hajas	Jan.	26
Malysha	Williams	Jan.	19	Christen	Hignett	Jan.	26
Holly	Foster	Jan.	20	Victoria	Maydwell	Jan.	26
Tiffany	Gilbert	Jan.	20	Taylor A	Plain	Jan.	26
Noal	Grondin	Jan.	20	Lacey	Williams	Jan.	26
Alexander	Maness	Jan.	20	Patricia	Glauner	Jan.	27
Brandon	Nahmabin	Jan.	20	Jessica Anne	Gray	Jan.	27
Ernest	Plain	Jan.	20	James	Plain	Jan.	27
Joshua	Plain	Jan.	20	Mary Lee	Schmidt	Jan.	27
Heather	Robertson	Jan.	20	Sydney	Bird-Little	Jan.	28
Anikka	Witting	Jan.	20	Lance	Rising	Jan.	28
Christopher Llyod	Flegg	Jan.	21	Shaylee	Doxtator	Jan.	29
James	Gray	Jan.	21	Phyllis	Fisher	Jan.	29
Tirah	Oliver	Jan.	21	Courtney	Hubert	Jan.	29
Bertram	Partin	Jan.	21	Norma	Maness	Jan.	29
Carrie	Plain	Jan.	21	Michael	Meza	Jan.	29
Corrie	Plain	Jan.	21	Alan Dale	Plain	Jan.	29
Barry	Bird	Jan.	22	Melissa	Ramsay	Jan.	29
Sylvia	Kearse	Jan.	22	Carole	Rose	Jan.	29
Corina	Lawrence	Jan.	22	Julie	Plain	Jan.	30
Cassidy	Nahmabin	Jan.	22	Wilson	Plain Jr.	Jan.	30
Deon	Wrightman	Jan.	22	Florence	Williams	Jan.	30
John Darren	Adams	Jan.	23	Jaiden	Aviles	Jan.	31
Donald	Gray	Jan.	23	Tanisha	Cottrelle	Jan.	31
Lynda	Hajas	Jan.	23	Lorna	Hubert	Jan.	31
Dawn	Kulanda	Jan.	23	Skye	Lawrence	Jan.	31
Sandra	Lacroix	Jan.	23	Lynda	Rogers	Jan.	31
Sandra	Waring	Jan.	23	Theodore	White Jr.	Jan.	31
Lillian	Bressette	Jan.	24				
Alaric	Campbell	Jan.	24				
Chance	Maness	Jan.	24				
Kyle	Maness	Jan.	24				
Patrick N	Nahmabin	Jan.	24				
Midajah	Rogers	Jan.	24				
Denay	Shaw	Jan.	24				
Donovan	Fisher-Cristovao	Jan.	25				
David	Nahmabin	Jan.	25				
Janice	Nelles	Jan.	25				
Marcellus	Plain	Jan.	25				
Connie	Rogers	Jan.	25				
Anthony	Williams	Jan.	25				
Malikia	Williams	Jan.	25				

Happy Birthday

To My Beautiful Granddaughter

Tirah on Jan. 21<sup>st</sup>

Love Grandma Verda, Hugs & Kisses

**Happy Birthday**

Sharren, Phyllis, Julie, Wilson Jr. and Alan  
May your day be filled with joy.

*Hugs and love from Bonnie*

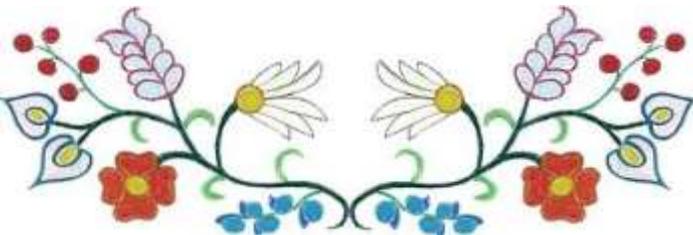
## Comprehensive Community Plan Survey

Thanks to everyone who participated in completing the survey. The draw for the Walmart cards took place at the feast. The lucky winners were Karla Laws, James Gray, Jeannie Gray, Ashley Jackson, Kaylie Nahmabin Shaw, and Dalton Bressette.



## LANGUAGE NIGHTS *with Torey Day is back*

Start date TBD - TUESDAY Nights 6 - 8  
Please bring what you can to contribute to teachers gas money - he is from Walpole Island and a student at the Maatookiidaa Anishnaabewin Immersion Program



## NEW ANIMAL CONTROL OFFICER **Ron Simon - 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 are available at the Band Garage for use by community members.(519-336-0510)

## Travelling Seniors

### Next Trip:

**Nashville, Tennessee**  
**Tentatively Summer / Fall 2014**

**Please join & help with our fundraising to hold your room**

### Meetings:

First Wednesday of each month

### Next Meeting:

February 05, 2014 @ 6:00 pm  
Seniors' Lounge Community Centre

.....

### 50 " Flat Screen TV

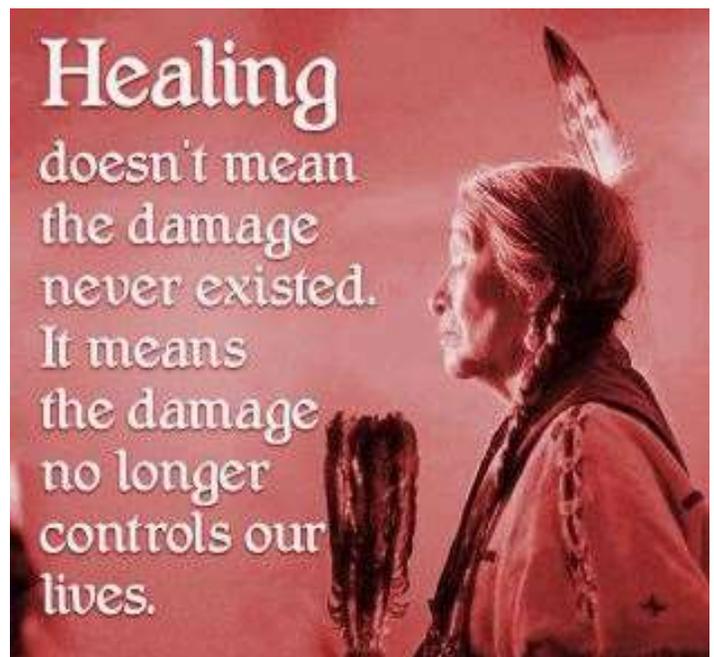
Dec 23, 2013

And the winner is:

**David Smail** of Bright's Grove  
**Congratulations Dave !!!!**

.....

**See Bingo flyer on page 10.**





**AAMJIWNAANG FIRST NATION  
HOUSING DEPARTMENT**  
978 Tashmoo Ave.  
Sarnia, ON N7T 7H5  
Telephone: 519-336-8410  
Fax: 519-336-0382  
www.aamjiwnaang.ca

January 9, 2014

To the Members of Aamjiwnaang:

The Ontario Power Authority's **Home Assistance Program** is a legitimate program which offers FREE in-home energy and money-saving upgrades (sometimes even new refrigerators!) and education to qualifying homeowners and tenants.

Many Aamjiwnaang residents have already participated and benefited. Feedback has been very positive. The program runs for a limited time. If you think you may be interested, we encourage you to contact **Bluewater Power** to ask questions, confirm your qualification and make an appointment if you decide to participate.

Call **Bluewater Power** at **519-337-8207** (8:30am to 4:30pm) and say that you are inquiring about the **Home Assistant Program**.

*Respectfully,*

*Tracy Williams, Housing Coordinator*



Turn off your computer monitor when it's not in use; at work and at home.  
Energy saved by you,  
can fill light in someone else's life.  
**Save Energy....Save Life**



## Anishinabek Nation

First Nation Education Act /  
Anishinabek Education System  
Online Poll (Survey)

This is an online poll designed to voice the collective response of our First Nations to the upcoming First Nation Education Act (FNEA) as well as our own proposed Anishinabek Education System (AES). The input from our citizens and other interested participants is vital in our future lobbying efforts against the FNEA and to secure additional resources for our proposed AES.

Please consider participating and forwarding on to your contacts. The poll is now open and will remain open until February 28, 2014. The link to register and participate is below. All you need to participate is a valid email address and internet access.

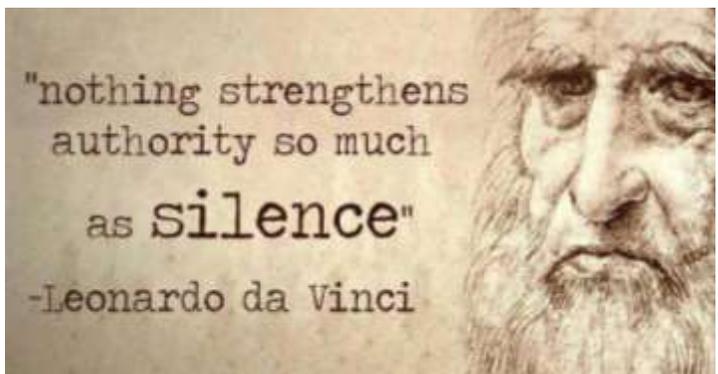
<http://portal.anishinabek.ca/public/>

Miigwetch,

Walter Manitowabi, Chief Operating Officer  
Union of Ontario Indians  
P.O. Box 711 HWY 17 W  
Nipissing First Nation  
North Bay ON P1B 8J8  
Tel.: 705-497-9127 ext. 2274  
Fax: 705-497-9135

Email: [walter.manitowabi@anishinabek.ca](mailto:walter.manitowabi@anishinabek.ca)

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



# YOGA

Beginner's Class  
 Instructed by Joanne Dunn



## Tuesday's

January 21<sup>st</sup> - February 25<sup>th</sup>  
 7pm at the Community Centre

*No sign up required.*

**\*\*\*Yoga mats are limited.**

**Please bring one if you own one.\*\*\***

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



## Give the Breath of Spring

**Delivery Date: March 4<sup>th</sup>**

Tulip Bunches - 5 cut tulips \$7 ea.

Tulip Pots - 6 bulbs \$9 ea.

*\*This is an annual fundraiser for the Lung Association. If you are interested in purchasing tulips please contact Roberta Bressette at the Aamjiwnaang Health Centre @ 519-332-6770. Money is due at the time the order is placed **Deadline is February 20th***

# Utilize our Knowledge Encourage Others Strengthen our Community



Facilitator

Dr. Christy Bressette

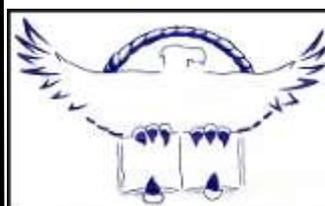
Christy works as the  
 Coordinator of Aboriginal  
 Education of CMEC  
 She will share her expertise on  
 Aboriginal Education  
 stressing why education  
 is so important.

**At the Maawn Doosh Gumig  
 Jan 22 & Jan 29 from 12—4 pm  
 Lunch will be provided**

We can help support our community's  
 educational needs!

Brought to you by the  
 Aamjiwnaang Alternative and  
 Continuing Education Program.

Please let Terry Plain know  
 if you plan to attend. Mii-Gwetch  
 519-336-8410 ext. 285 or 519-402-5535



# WEEDLESS WEDNESDAY



**Drop-In \* Everyone Welcome!**

**Wed, January 22, 2014**  
10 am – 2pm ~ Health Centre

\*Door Prizes - Food - Great Information\*



Wear **GREEN** for 2nd chance to enter Door Prizes!

## “One day at a time”

Feeling discouraged at the thought of an entire week of not smoking - or lifetime - without cigarettes. Join fellow smokers on...

**Wednesday, January 22, 2014**  
**for one smoke-free day.**

PART OF:

**National Non-Smoking Week**  
**Semaine nationale sans fumée**



"Change is never easy, you fight to hold on, and you fight to let go."  
©istockphoto



Call and sign up with Roberta Bressette or Jessica Joseph at the Health Centre  
519-332-6770 by  
Tuesday, January 21, 2014 at 4pm



*Presents:*

## *Mining the Diamond Within*



*Self Esteem Workshop  
With Helen Lomax*

*“For most of us it is difficult to see our most inner strength & beauty. Come out and mine the diamond within and see yourself in a new more beautiful light”.*

**Date:** January 23, 2014

**Time:** 10am-12pm

**Place:** Aamjiwnaang Health Centre

**\*\*\*Lunch provided\*\*\***

*Please contact **Roberta Bressette** at the Health Centre @ 519-332-6770 to sign up.*



**Tuesday, January 28<sup>th</sup>  
9am**

**The Aamjiwnaang Health Centre**



**Dr. David Shih, ND**  
Naturopathic Medicine

*Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. The naturopathic philosophy is to stimulate the healing power of the body and treat the underlying cause of disease.*

**Snacks & Door Prizes!!!**

**IN PARTNERSHIP WITH THE  
HEALTHY HOMES HAPPY PEOPLE  
CAMPAIGN**



*Introducing .....*

# Men's Cooking Class



**Wednesday  
January 29, 2014  
11:30—1:30  
Health Centre**

Whether the idea of standing over a stove intimidates you, or you know a few basic recipes but would like to wow your wife or family, or even if you're a pretty knowledgeable chef but could use some information on how to make your cooking healthier: we've got the class for you!

Gentlemen: it's your time to shine! It's time to treat your taste buds and wow you friends and family. Learn to love delicious food made with a few healthy ingredients. We'll see you there!

\*Transportation will be Available\*

*Space is limited for this great new class, so be sure to sign up soon!*

*To register please call Jessica at the Health Centre at 519-332-6770*

## INDOOR WALKING

Every Wednesday

STARTING: Wednesday,  
February 5, 2014

ENDING: Wednesday,  
March 26, 2014

Community Centre - GYM  
10:30 -11:30 am

Everyone Welcome

All participants will receive a  
FREE walking kit  
Chance to WIN Awesome  
Dri-Fit T-Shirts!!

### Walk to Music



Feel Great

### Walking Benefits

- Lower "bad" cholesterol
- Raise the "good" cholesterol
- Lower your blood pressure
- Reduce your risk of or manage 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

# H.E.A.L.

Healthy Eating  
Active Living



- Weight management
- Confidential weigh-ins
- One-on-One consultations
- Information sessions
- Exercise
- Healthy Living
- Nutrition
- Support

**\*If anyone is interested in signing up  
for this program please contact Rob-  
erta or Jessica at 332-6770.**

**\*Date and Time to be determined\***

### Non-Insured Health Benefits (NIHB) Program: Questions and Answers for Diabetes Care Providers

NIHB is introducing changes to the number of blood glucose test strips it will cover for clients with diabetes. The new policy bases the number of test strips that will be covered on the medications the client is using to manage their diabetes. This fact sheet is intended to provide diabetes care providers with information on the new NIHB policy for test strip coverage.

#### 1. Has NIHB changed its coverage for test strips?

Yes. NIHB is phasing-in implementation of a new policy on blood glucose test strip reimbursement, which is based on best practice. This policy was implemented in the Atlantic region on November 4, 2013, followed by Ontario on January 6, 2014. Implementation in the remaining regions will follow over the course of 2014.

#### 2. Why is NIHB making this change?

Research by the Canadian Agency for Drugs and Technologies in Health (CADTH) has shown that for people who do not use insulin, testing their blood sugar more often did not result in an improvement in health outcomes when compared to people who test less often. More information on CADTH's research can be found at <http://www.cadth.ca/en/products/optimal-use/self-monitoring/tools>

NIHB spends more money each year on test strips than any other drug benefit. It makes more sense to spend money on diabetes treatments that have been shown to improve health outcomes. In recent years, NIHB has expanded access to many newer diabetes medications including Lantus, Levemir, as well as to Trajenta, Januvia, Janumet and Onglyza (when specific criteria are met).

#### 3. Who will not be affected by this change?

Clients **on insulin will not be affected** by the new policy. NIHB will continue to reimburse up to 500 test strips per 100 days for all clients who use insulin to manage their diabetes. These clients can monitor their blood sugar up to 5 times a day. Clients under age 21 who use insulin will be approved to use up to 800 strips per 100 days if their pharmacy contacts the Drug Exception Center. This policy change will improve access to test strips for clients under 21 through a more streamlined process.

#### 4. Who will be affected by this change?

Clients **not using insulin** will be affected by this change. The number of strips that NIHB will pay for will now be in line with current research.

The following table shows how the new NIHB policy links with recommended testing guidelines:

Diabetes Treatment History	Recommended testing frequency	Number of test strips reimbursed by NIHB
Clients managing diabetes with diabetes medication with high risk of causing low blood sugar* and meeting blood sugar targets	Once or twice a week. When symptoms of low blood sugar occur or when low blood sugar has previously occurred, increased blood sugar monitoring may be required	400 test strips per 365 days – to test once daily
Clients managing diabetes with diabetes medication with low risk of causing low blood sugar† and meeting blood sugar targets	Once or twice a week	200 test strips per 365 days – to test 3 to 4 times per week if required
Clients managing diabetes with diet/lifestyle therapy only (no insulin or diabetes medications) and meeting blood sugar targets	Routine testing not required	200 test strips per 365 days – to test 3 to 4 times per week if required

\*Drugs with high risk for causing low blood sugar: glicazide, glimepiride, glyburide, nateglinide, repaglinide.

†Drugs with low risk for causing low blood sugar: metformin, acarbose, pioglitazone, rosiglitazone, saxagliptin, sitagliptin, liraglutide, exenatide

Cont'd.....

**5. The Canadian Diabetes Association recommends individualized testing for clients with Type 2 diabetes who are not using insulin. How will clients access more strips if they need to test more often than the new NIHB policy?**

For clients for whom there is medical justification for testing more frequently, NIHB will pay for additional strips. When a client has already used their annual limit and tries to refill their test strips, the pharmacy will be advised that the client has exceeded their limit, and that the pharmacist should call the Drug Exception Centre (DEC).

When the pharmacist calls DEC, a one-time box of 100 additional test strips will be approved, and DEC will fax the prescriber to obtain more information about the medical justification for more frequent testing.

Accepted reasons for testing more frequently are:

- The physician notes that the client's blood sugar level goes up and down or is hard to control, or isn't meeting blood sugar targets
- The client has started or stopped new medications which could affect his/her sugars
- The client is sick (with the flu or an infection, for example)
- The client is pregnant or trying to get pregnant
- Low blood sugar is a safety hazard at the client's job
- Other circumstances will be reviewed on a case-by-case basis by the Drug Exception Centre

The information supplied by the prescriber will be reviewed on a case-by-case basis and additional strips will be approved if indicated.

**6. How can these changes be discussed with clients?**

This policy change reflects clinical evidence and best practice, as such, diabetes educators may wish to use this opportunity to review the Canadian Diabetes Association's "monitoring with meaning" with your clients. All clients, regardless of how frequently they test, should understand:

1. How and when to perform self-monitoring of blood glucose
2. How to record the results
3. Meaning of various blood glucose levels
4. How behavior and actions affect blood glucose results

For some clients who have met their target blood sugar levels, it may mean that they can test less often, since they are becoming more familiar with their daily self-management. For clients who have been testing less often than is recommended, it is a good opportunity to encourage them to test in a way that will improve their health.

**7. Where can clients obtain more information about this new test strips reimbursement policy?**

More information is available online at:

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestatiion/nihb-ssna-glucose-glycemie-eng.php>

---

# Medical Equipment

## IMPORTANT

**PLEASE RETURN WHEEL CHAIRS,  
ROLATORS, WALKERS, CRUTCHES, and SHOWER CHAIRS  
THE COMMUNITY IS IN NEED**

We are currently not looking for any donations of medical equipment at this time. Red Cross is accepting donations and you can call 519-332-6380 to arrange for pick up.

**If you had borrowed any medical equipment please RETURN it!**

---

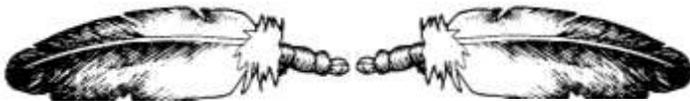
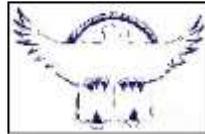
**Aamjiwnaang's Alternative and  
Continuing Education for Adults  
Monday, Tuesday & Thursday  
AACE: 9:30—2:30**

Are you 18 years or older, and want to increase your confidence for:

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

Then check out...**Aamjiwnaang's**  
Literacy and Basic Skills (LBS)

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



**Missing Grade 9 and 10 Credits?**

The Aamjiwnaang LBS Program will be hosting a workshop to assist people with completing their 9 and 10 credits.

This 6 week workshop will be held on Wednesdays and Fridays from 9:30—2:30, starting September 11, 2013. An instructor will be there to incorporate hands on learning and provide an interactive environment.

**What do you need to Join?**

Contact us at the Resource Centre before August 30th with a copy of your transcript. If you are having a hard time getting yours, we will help you.

# HUNTING SAFETY AND TECHNIQUES

For  
Youth  
Ages  
12—24



**Monday February 10th  
4:00—6:00pm**

**Youth Room Community Centre  
Hunting Safety & Techniques**

**Wednesday February 12th  
3:30—6:00pm**

**Youth Room Community Centre  
Hunting Practises**

*Dinner Provided  
Door Prizes*

**For more info contact  
Peggy @ 519-332-6770  
Tony or Val @ 519-491-2160**



## Safety Tips For Toys With Magnets Or Batteries

### Toys with Magnets

- Seek immediate medical care for any child who has swallowed, or is suspected of having swallowed, one or more magnets.



- Products with loose small powerful magnets should be kept safely out of reach of children. Unlike traditional magnets, small powerful magnets, such as rare-earth magnets, have a very strong

magnetic pull, creating a unique safety concern. If more than one magnet is swallowed over a short period of time, they can attract one another across the intestines and create a blockage or slowly tear through the intestinal walls. The results can be fatal.

- Small powerful magnets are used in a wide range of items, from jewellery, clothing accessories and household items, to children's products, such as building toys or science kits. If they are loose or contained in a very small item they are dangerous because they are easily swallowed.
- Older children are known to play with these small powerful magnets in their mouths: using them for fake tongue or cheek piercings, or attaching them to braces which can result in accidental swallowing. Teach children of all ages that small powerful magnets should never be placed in their mouth.

### Toys with Batteries

- Only adults should install batteries. Improper installation or mixing different battery types can cause batteries to leak or overheat, which can result in injury.
- Only adults should charge batteries. Battery chargers and adapters can pose thermal burn hazards to children.
- Small button batteries, such as those used in talking books, watches and many other common electronic toys, can cause serious internal injuries or death if swallowed. Seek immediate medical attention if a child has swallowed a lithium button battery.
- Make sure that young children cannot open a toy's battery compartment.
- Do not allow a child to take a battery-operated toy to bed. Burns and other injuries could result from batteries leaking or overheating.
- Batteries are poisonous, call a doctor or a poison control centre immediately if a child swallows a battery.



For more information on children's safety, visit: <http://healthycanadians.gc.ca/kids-enfants/toy-jouet/index-eng.php>

#### Recalls

To check for consumer product recalls, go to: [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

#### Incident Reporting

To submit a health and safety complaint or report a problem about a consumer product, go to: [www.healthcanada.gc.ca/reportaproduct](http://www.healthcanada.gc.ca/reportaproduct)



## SENIORS MOVIE NIGHT



**Monday,  
January 20 & 27, 6 pm  
Seniors Drop-In Room**

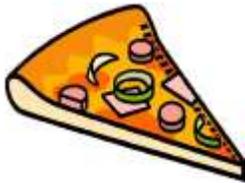
Popcorn & refreshments supplied

*Come on out of the cold, sit by the fireplace and relax watching a movie*

## Seniors Pizza & Game Night

When: Wednesday,  
**Jan. 29, 2014 @ 6pm**

Where: Seniors Drop-In  
**@ Community Center**



Call Peggy,

## QUILTING WITH SENIORS Starting January 21, 2014 Tuesday evenings, 6 - 8 pm

Seniors Drop In Room

**Come on out to help finish the quilt that has been started**

Everyone welcome.

Sign up with Peggy,

**519-332-6770**

Seniors 55 & over  
Congregate Dining  
Seniors Drop In Room

Wednesdays, 12 - 1 pm

Come out and enjoy a  
delicious, nutritious home  
cooked meal!

Hope to see you there!



## Request for Tenders Seniors & Youth Dinner

- Roast Beef (50 People)
- Mashed potatoes, Gravy
- A veggie, tossed salad, coleslaw, dinner rolls, relish tray,
- Coffee, Tea, Juice, Water
- Diabetic dessert consisting of chocolate and white cake, frozen yogurt

**\*\* Dinner will be served Family Style \*\***  
**Responsible for paper products & servers**

**Date: February 19, 2014  
Dinner at 5:00**

Tenders to be submitted by Thursday,  
**February 6, 2014 by 4:00 pm.**

Health Center  
1300 Tashmoo Ave.  
Sarnia, ON  
N7T 8E5  
Attn: Peggy & Val

## *Travelling Seniors Fundraiser*



# **Thursday January 23, 2014**

Maawn Doosh Gumig Community Centre

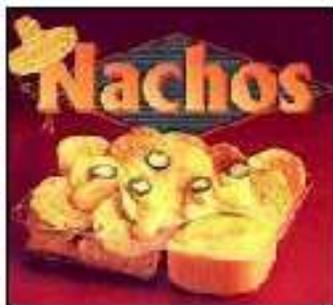
6:00 pm ~ Kitchen open @ 5 pm

2 Strip Book for \$10

(extra strip for \$5 more)

Gift Card Prize Board

50/50 CASH SPECIAL

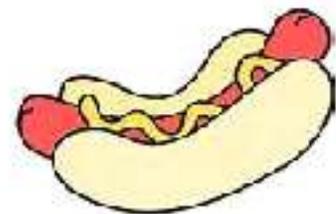


### On The Menu

**\$5.00**

**Nacho Supreme  
or Hot Dogs**

**Take out available**



Everyone Welcome to Play!  
*Children 10+ with adult supervision*



**WAUBETEK**  
Business Development Corporation  
A Community Futures Development Corporation



# “Investing in the Aboriginal Business Spirit”

Proudly Serving  
the Business Needs  
of Aboriginal  
Entrepreneurs

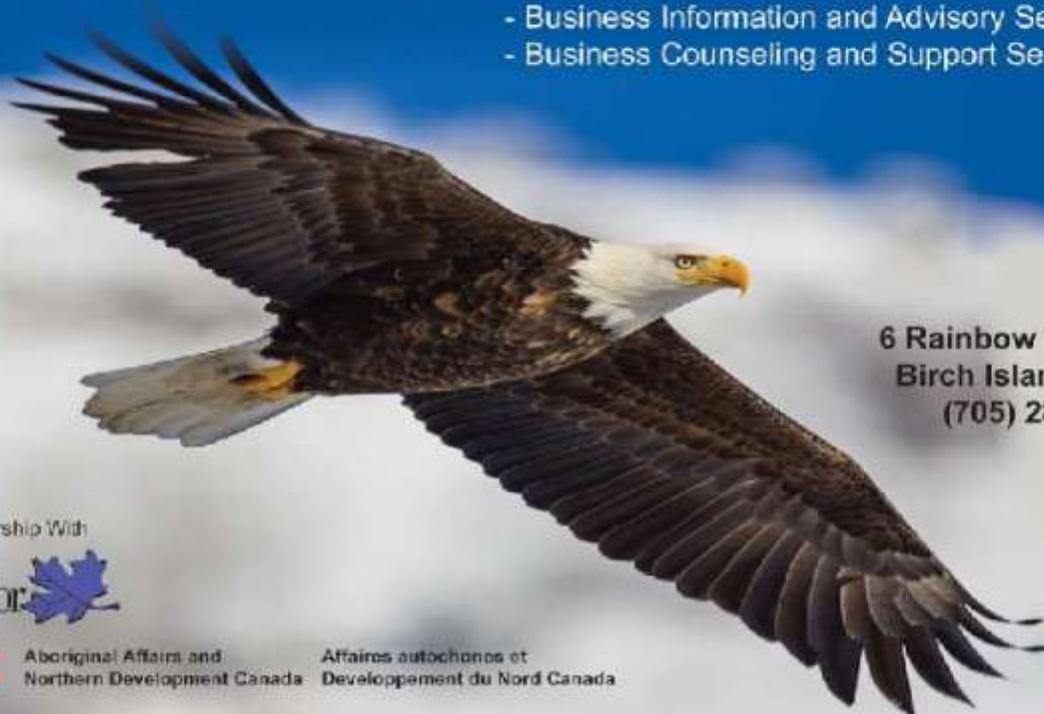


Find us on  
Facebook

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

## Services Offered:

- Business Equity Funds/Contributions Available through Waubetek to Aboriginal business throughout **Southern and North-East Ontario**
  - \* Up to \$99,999 for individuals
  - \* Up to \$250,000 for First Nation/Aboriginal communities
  - \* Financial support for business plans, marketing and capital projects
- Commercial Loans up to \$500,000 to businesses in **North-East Ontario** only (for applications outside this region, we do referrals to Aboriginal Financial Institutions in your area)
- Business Information and Advisory Services
- Business Counseling and Support Services



6 Rainbow Valley Road  
Birch Island, Ontario  
(705) 285-4275

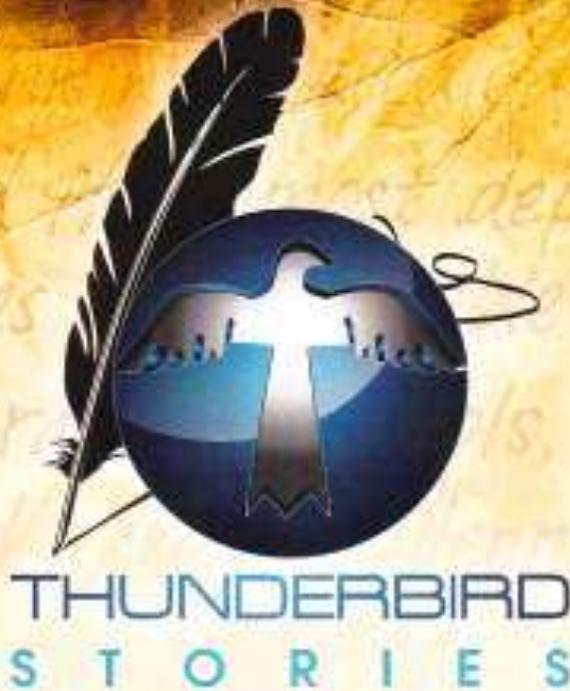
In Partnership With



Aboriginal Affairs and  
Northern Development Canada

Affaires autochtones et  
Développement du Nord Canada

Jonathon Araujo will be available to meet with community members interested in Waubetek's program and services on **Monday, January 27, from 2:30 pm to 4:30 pm.**



---

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

---

Deadline date for story/legend submission: **February 28th 2014**

**Win \$1000.00 Cash & have your story/legend featured in a book!**

**Rules:**

- *Must provide proof of Aboriginal Ancestry*
- *Must be under 2000 words*
- *Stories & legends must contain Aboriginal content*

Portion of the proceeds are going to:



**FAMILIES OF  
SISTERS IN SPIRIT**

Contact Information:

Please email [info@thunderbirdtimes.com](mailto:info@thunderbirdtimes.com) or call 613-890-3436



## Thunderbird Stories - Contest Rules

This year Thunderbird Times is pleased to announce their sponsorship of an Indigenous writing contest called Thunderbird Stories. The contest will begin November 1st 2013 and contest winners will be announced, March 20th 2014 at the First Annual Thunderbird Stories Ceremony (event location yet to be determined).

Our stories and legends are an important part of our culture, history and nationhood. The top 10 writers will have their stories/legends published in a book at the end of the contest. First place prize will be \$1000.00, second place prize will be \$500.00 and third place prize will be \$250.00.

Deadline for submitting stories is February 28th 2014, 5:00pm EST. Winners will be announced on March 20th 2014 at the First Annual Thunderbird Stories Ceremony.

For more information on how to participate or if you have any questions please email [info@thunderbirdtimes.com](mailto:info@thunderbirdtimes.com) or call 613-890-3436.

### Please follow these rules and guidelines:

- Must provide proof of Aboriginal ancestry (Status, non-status, Métis or Inuit)
- Must be Canadian
- Must be submitted by February 28th 2014
- Must be under 2000 words
- Story/Legend must contain Aboriginal content
- Submit your story to [info@thunderbirdtimes.com](mailto:info@thunderbirdtimes.com) in PDF or Doc file

### 2013-2014 Sponsors



## What I've Learned in Activism ~ Dodie Ferguson

A true activist stands up when they have to, remains silent when they should, and does not demean/disparage those who willingly put themselves out there to stand up for what they believe in. They don't consider anyone an "idol" nor do they see the need to lower themselves by accusing someone of seeing themselves as one, for it's a poor reflection of their good character.

A true activist will allow people to make their own choices and will respect that each opinion is part of a collective conscience, never autonomous and always shifting. That there will always be agreement and disagreement. That there is wisdom in age as well as youth, never judging on this merit alone for it shows narrow mindedness.

Activism never undermines the work of others simply because it isn't your personal vision. Rather, it embraces the action of all, for the greater good of the work every person does. Never judging, and as always, Idle No More, Dodie Ferguson

Dodie Ferguson is from Cowesses First Nation, Alberta and works for Canada Post. Ferguson states, "I speak out because I have an obligation to speak out for the rights of my children and for all Canadians."

The struggle you're in today  
is developing the strength  
you need for tomorrow.

**DON'T GIVE UP!**

~ Robert Tew

~~~~~  
*Everybody wants happiness  
Nobody wants pain  
But you can't have a rainbow  
Without a little rain*

~ Author unknown

**YOUTH ATHLETES**  
 DEADLINE TO REGISTER WITH  
**TEAM ONTARIO**  
**MARCH 31, 2014!**



N O R T H A M E R I C A N  
**INDIGENOUS GAMES 2014**  
 R E G I N A • S A S K A T C H E W A N • J U L Y 2 0 - 2 7

**15 SPORTS TO PARTICIPATE IN!**

**OPEN TO ATHLETES 13-19 YRS OLD**

▶ SHOWCASING UNITY, SPORT, CULTURE, YOUTH, VOLUNTEERISM AND TEAM WORK BETWEEN FIRST NATIONS, MÉTIS AND NON-INDIGENOUS COMMUNITIES IN PURSUIT OF EXCELLENCE FOR OUR FUTURE LEADERS!

▶ **SPORTING EVENTS INCLUDE:**

ARCHERY • ATHLETICS • BADMINTON • BASEBALL  
 BASKETBALL BOXING • CANOEING/KAYAKING • LACROSSE  
 GOLF • RIFLE SHOOTING • SOCCER • SOFTBALL • SWIMMING  
 VOLLEYBALL • WRESTLING



For Information Contact:

**Aboriginal Sport & Wellness Council of Ontario**

**Stephanie Feletto**

Operations Manager and Assistant Chef de Mission

[stephaniefeletto@gmail.com](mailto:stephaniefeletto@gmail.com)

(807) 355-4277

[www.aswco.ca](http://www.aswco.ca)



# TEAM ONTARIO U17 BASEBALL TRYOUTS



N O R T H A M E R I C A N  
**INDIGENOUS GAMES 2014**  
REGINA • SASKATCHEWAN • JULY 20-27

**North @ Lakehead University Hangar  
Thunder Bay, ON  
955 Oliver Rd.  
Sun. December 15, 2013  
1—4 pm**

**Central @ Sudbury Baseball Academy Exhibition Centre  
967 Falconbridge HWY  
Sudbury ON  
Sunday, January 26, 2014  
1—4 pm**

**South @ Bullet Proof Baseball  
1100 Niagara St.  
Welland, ON  
January, 12, 2014  
1—4 pm**



**ABORIGINAL TEAM ONTARIO BASEBALL**

Manager: Earle Cottrelle

Cell: 519-381-1758 • Work: 519-336-8410 ext. 238

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



## Canoeing Athletes Call-out

**Team Ontario - NAIG 2014**

**U14 - Athletes born 2000 & later**

**U16 - Athletes born 1998 or later**

**U19 - Athletes born 1995 or later**

**Contact:**

Sharilyn Johnston - Canoeing Sport Manager

[SJohnston@aamjiwnaang.ca](mailto:SJohnston@aamjiwnaang.ca)



## NAIG 2014 - Volleyball Tryout

**Males & Females U19 (born 1995, 1996, 1997)**

**Males & Females U16 (born 1998, 1999, 2000)**

St. Thomas Aquinas High School, 1 Poirer Drive

**Kenora, Ontario**

**Saturday, February 15, 2014**

**9 am to 6 pm**

*\$25 tryout registration fee begins at 9 am*

**Contact:**

Ryan White, Volleyball Sport Manager

[ryan.white19@gmail.com](mailto:ryan.white19@gmail.com)

For more information:

Facebook Group - Aboriginal Team Ontario Volleyball



NORTH AMERICAN  
**INDIGENOUS GAMES 2014**  
REGINA • SASKATCHEWAN • JULY 28 - 27



## NAIG 2014 - Basketball Tryout

Male and Female - U14 - 2000 and later

Male and Female - U16 - 1998 & 1999

Male and Female - U19 - 1995, 1996, & 1997

Loyalist College

376 Wallbridge Loyalist Rd

Belleville, Ontario

**Saturday, January 18<sup>th</sup>, 2014**

*Male Try-out (all ages) 10am to 12 - Registration starts at 9am*

*Female Try-out (all ages) 2pm to 4 - Registration starts at 1pm*

**Contact:**

For more information contact James McCourt

[basketballmccourt@yahoo.ca](mailto:basketballmccourt@yahoo.ca)



## GOLF Athletes

**Team Ontario - NAIG 2014**

**U16 - Players born 1998 or later**

**U19 - Players born 1995 or later**

**Contact:**

Stephen W. Tooshkenig - Sport Manager, Golf

CPGA Professional

[steve@stgolf.ca](mailto:steve@stgolf.ca)



For More Information also visit [www.aswco.ca](http://www.aswco.ca)



## Aboriginal Team Ontario 2014

### North American Indigenous Games 2014

**Marc Laliberte**

Chef de Mission

[marclaliberte@shaw.ca](mailto:marclaliberte@shaw.ca)

(807) 476-7081

**Stephanie Feletto**

Operations Manager & Assistant

Chef De Mission

[stephaniefeletto@gmail.com](mailto:stephaniefeletto@gmail.com)

(807) 355-4277

[www.aswco.ca](http://www.aswco.ca)

Aboriginal Sport & Wellness Council of Ontario



| Sport Manager  |                           |                                                                                |              |
|----------------|---------------------------|--------------------------------------------------------------------------------|--------------|
| Sport          | Name                      | Email                                                                          | Cell         |
| Archery        | Dwayne Kechego            | <a href="mailto:dkechego@cottfn.com">dkechego@cottfn.com</a>                   |              |
| Athletics      | Gloria Hendrick-Laliberte | <a href="mailto:gloryhen@yahoo.com">gloryhen@yahoo.com</a>                     | 807-621-1974 |
| Badminton      | Carl Orr                  | <a href="mailto:orrcarl@hotmail.com">orrcarl@hotmail.com</a>                   | 705-327-9353 |
| Baseball       | Earl Cottrele             | <a href="mailto:bigdaddyallin@gmail.com">bigdaddyallin@gmail.com</a>           | 519-381-1758 |
| Basketball     | Justin Sackaney           | <a href="mailto:sackaney.justin@hotmail.com">sackaney.justin@hotmail.com</a>   |              |
| Boxing         | Marc Laliberte            | <a href="mailto:aswco@shaw.ca">aswco@shaw.ca</a>                               |              |
| Canoeing       | Sharilyn Johnston         | <a href="mailto:SJohnston@aamjiwnaang.ca">SJohnston@aamjiwnaang.ca</a>         |              |
| Golf           | Steve Tooshkenig          | <a href="mailto:steve@stgolf.ca">steve@stgolf.ca</a>                           | 519-437-0982 |
| Lacrosse       | Darlene Maracle           | <a href="mailto:jr_whiterose@hotmail.com">jr_whiterose@hotmail.com</a>         |              |
| Rifle Shooting | Angus Miles               | <a href="mailto:angusmiles@knet.ca">angusmiles@knet.ca</a>                     |              |
| Soccer         | Frank Malvaso             | <a href="mailto:sudcan@isys.ca">sudcan@isys.ca</a>                             | 705-692-3263 |
| Softball       | Melissa Rose              | <a href="mailto:m44rose@hotmail.com">m44rose@hotmail.com</a>                   |              |
| Swimming       | Allysha Wassegijig        | <a href="mailto:allysha.wassegijig@gmail.com">allysha.wassegijig@gmail.com</a> | 647-746-4943 |
| Volleyball     | Ryan White                | <a href="mailto:ryan.white19@gmail.com">ryan.white19@gmail.com</a>             | 807-465-4111 |
| Wrestling      | Tara Hedican              | <a href="mailto:thedican@gmail.com">thedican@gmail.com</a>                     |              |

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

The Housing Department is currently taking **new applications** for the **2014 Housing Waiting List**, as well as for the 10 New Duplexes currently being built at the end of Tashmoo Ave. Estimated move in date: April 1<sup>st</sup>, 2014. IF you are applying for one of new duplexes you must fill out a NEW Housing Application regardless if you are on the current waiting list.

2 bedrooms - \$600 + utilities AND 3 bedrooms - \$625 + utilities  
Fridge & Stove NOT Supplied

**DEADLINE FOR NEW APPLICATIONS: JANUARY 31<sup>st</sup>, 2014**

**Please NOTE: ONLY** those applications **received by January 31<sup>st</sup>, 2014** will be put on the 2014 waiting list. Any late submissions will be filed and reviewed the following year. If you are currently on the waiting list it is your responsibility to update your current application (phone #, employment etc.). Please contact the Housing Department if you have any questions. Applications can be picked up at the at the Band Office.

**ATTENTION AAMJIWNAANG  
ON-RESERVE COMMUNITY MEMBERS**

The Aamjiwnaang First Nation Housing Department has Insulating Film to insulate patio and windows.

These are complete kits 7' x 25' and will need to be signed out, taken home and installed Do-It-Yourself. PLEASE BRING BACK any unused insulating film.

Please Call the Housing Department for more information or to sign out a kit.

Housing Inspections: Randy Doxtator from the S.F.N.S. is here every Monday to perform housing inspections. Housing inspections are done Monday afternoons between 1p.m. – 3:30p.m. Inspections are done every half hour. Please call the Housing Department to book an inspection.

Someone must be present the day of the inspection if there are issues inside the home.

**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.

**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.

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

**NOTICE TO ALL TENANTS IN BAND RENTAL UNITS, CMHC HOUSING UNITS, SENIORS COMPLEX, SENIORS DUPLEX AND APARTMENT**  
PLEASE Call the Housing Department to Up-date your current telephone numbers...home phone, cell phone, and/or work numbers.

Please & Thanks

**Housing Department Staff**

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

**Jeannie Gray - Housing Clerk**  
housingclerk@aamjiwnaang.ca

**Earle Cottrelle - Maintenance Worker**  
maintenance@aamjiwnaang.ca

## Mold Information – Part 1

(<http://blackmold.awardspace.com>)

### What is Mold?

Molds are organisms which are neither plant nor animal. They are part of the fungi kingdom. Unlike plants, molds do not get their energy from the sun through photosynthesis. In fact the sun's ultraviolet light inhibits mold growth.

Molds also digest or "eat" the material they are growing on. The role of mold is to break down decaying organic matter such as dead plants, leaves or dead animals.

### Conditions for Mold Growth in Houses

Besides oxygen and organic materials containing carbon to provide nutrients, the other main requirement mold needs to grow is moisture. You can find mold growing almost anywhere provided there is enough of a moisture source for it.

Mold problems cannot develop in houses unless there is a moisture problem. The moisture accumulation might be caused through humidity, condensation, or water intrusion from leaks, spills, floods, etc. Most molds only require suitable materials to be wet for 24-48 hours before they can grow.

Molds that can survive using only humidity as their moisture source are called Xerophilic, whereas other molds require an accumulation of moisture to grow. Indoors the best way to prevent mold growing is to limit moisture.

Besides moisture, mold also needs the temperature to be right before it can begin to grow. Mold grows best in temperatures that we would consider warm; however there are some mold species that can even grow in temperatures as low as 2 degrees Celsius. If a mold colony's environmental conditions become unfavorable, instead of dying, it can lay dormant until conditions become right again when it can continue to grow.

### What Mold Needs to Grow

Mold needs these conditions before it can begin to grow in a home:

- Mold spores
- A food source (e.g. wood, drywall, cotton)
- Darkness (mold can't grow under ultraviolet light)
- Warmth (mold can't grow in freezing temperatures)
- Oxygen
- Moisture (e.g. water leaks, humidity)
- Enough time (most molds can begin to grow in 24-48 hours if the conditions are right)

Moisture is really the key cause of mold growth since the other conditions on the list are always going to be present in homes.

So essentially, the difference between whether mold grows in your home or not comes down to whether you have a moisture problem.

## What Causes Mold

### **Humidity Causes Mold**

If the weather's been very humid for a few days in a row you might notice mold starting to grow in your home. When it rains for several days it's especially common to see mold start to grow on walls, benches and other surfaces because of the wet air.

Also when moisture inside your house evaporates into the air it increases the humidity indoors. If your home isn't well ventilated then the humidity will stay high for a long time.

Sometimes people use humidifiers in their homes. But there are molds that only need the humidity level to be higher than 55% to start growing. So if you need to use a humidifier in your home make sure to keep the humidity below 55%.

### **Leaking Pipes Cause Mold**

Water leaks from pipes are a common cause of mold growth. The worst leaks are the ones that go undetected because they are hidden out of view, like inside a wall. By the time you discover these leaks mold has usually started to grow already.

### **Leaks in Roof Cause Mold**

Like some leaking pipes, a roof that leaks into the attic might not be discovered until it's already led to mold growth. **The best thing to do** is to check the attic regularly for leaks and keep an eye on the ceiling below the attic. If you notice any signs of water damage on the ceiling or any mold that has grown through then you probably have a leaking roof.

### **Condensation Causes Mold**

Cold surfaces can create condensation in your home. Condensation collects on cold metal pipes as well as on cold concrete floors, even if there is carpet over the top, and on walls. Places like these where condensation occurs are prime spots for mold growth.

### **Wet Clothes Cause Mold**

Drying your clothes in a dryer instead of outside on the line releases a large amount of moisture into your home if the drier is not vented outside the house. Clothes drying inside on indoor clothes lines or racks will also create a build-up of moisture inside unless the room is well ventilated.

### **Poor Ventilation Causes Mold**

If your home is poorly ventilated it can create pockets of stagnant moist air which mold thrives in. Steam and water evaporating into the air creates humidity inside which then needs to be circulated outdoors through windows to keep the moisture level balanced. Poor ventilation also means wet surfaces dry out more slowly. Ventilation is especially important in rooms such as the bathroom and the kitchen where there is a lot of steam.

### **Flooding Causes Mold**

It is almost inevitable that some mold problems will develop after your home has been affected by flooding. Obviously your house will be very wet for a long time during a flood, taking days or even weeks to dry out. Since mold only needs a suitable surface to be wet for 24 hours before it can grow this means there is a huge risk of mold growth. Some dangerous toxic molds require more extreme conditions than common molds do, such as the toxic mold Stachybotrys chartarum which requires material to be very wet for several days to grow. A flood can create these conditions putting your home more at risk of being infested with dangerous toxic molds.

 **mobileyez** Eyecare. Everywhere.

**EVERYDAY LOW PRICES ON GLASSES**

**AAMJIWNAANG, FEBRUARY 20<sup>TH</sup>, 10AM - 4PM**



**\$0\***

Sporty, lightweight men's design. Full frame or semi-rimless. Colors: Black, brown and navy.



**\$29\***

Elegant ladies frame with jewelled temples. Choose from assorted styles and colours.



**\$69\***

Selected RayBan frames only. Colours: Tortoise, black, and purple.

\* Price includes frame and complete pair of single vision lenses or bifocal lenses, net of NIHB contributions. While quantities last.

**OPTOMETRIST EYE EXAMS & GLASSES COVERED BY NIHB**

**COMMUNITY HEALTH ROOM, HEALTH CENTRE, 1300 TASHMOO AVE.**

**TO BOOK YOUR EYE EXAM CALL TOLL FREE: 1-866-920-6480**

**PLEASE HAVE YOUR BAND REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT**

**ALL MAJOR CREDIT CARDS AND DEBIT ACCEPTED**

Dear Parents,

Flu season is here and flu shot is the most effective way to protect yourself. The flu can last 10 days with very serious consequences, so it's important to keep yourself, your family, and everyone around you healthy and protected.

The flu shot is recommended for everyone aged 6 months and older. With a good match between the virus strains in the vaccine and the strains in circulation during influenza season, studies show that the shot can prevent approximately 60 to 80% of flu in healthy adults and children.

It's important to get the flu shot as soon as you can. It can take up to two weeks for your body to develop the antibodies to fight the flu and keep you healthy. So the sooner you get the flu shot, the sooner you're protected.

Let's all stay healthy this year and do our part to prevent the flu.

Sincerely,



Gail Nahmabin Community Health Nurse  
E/Mino Bmaad-Ziig Gamig Health Centre

### Flu prevention begins with you

The seasonal influenza vaccine (flu shot) is safe and effective and can benefit people of all ages.

Talk to your doctor, nurse, pharmacist or public health office about getting this year's flu shot.

To find out more, visit [fightflu.ca](http://fightflu.ca) (external link) and [immunize.ca](http://immunize.ca)

**Flu shots are still available  
at the Health Centre**

Call Gail at 519-332-6770



MOH FLU - Final Script:

1. You know, everything changes when you have kids.
2. There's literally NOTHING that I wouldn't do for them.
3. Especially when it comes to keeping them healthy and safe.

CMOH: Young children - age five and under - are among those at the greatest risk of serious illness from influenza.

4. It's hard when they're even just a little bit sick.
5. I couldn't imagine seeing them in the hospital.
6. Or worse. But it happens.

CMOH: In extreme cases, the flu can lead to hospitalization... or even death.

1. We're constantly doing things to keep our kids safe, right?
2. We put them in car seats ...
3. Make sure they wear bike helmets ...
4. Peanut-free environments ...

CMOH: The flu shot protects children six months and older from getting influenza.

5. Make sure they get the shot - so they don't get the flu.
6. It only makes sense.

CMOH: The flu shot is available free of charge from your family doctor and public health clinics. For anyone age five and older, you can also visit one of almost 2,000 pharmacies across Ontario now offering the flu shot.

1. Make sure your kids get the flu shot.
2. And hey, get it yourself, while you're at it!
3. Ontario's kids will thank you.
4. MY kids will thank you.

## FLU (INFLUENZA)

### WHO SHOULD RECEIVE THE VACCINE?

People at high risk of influenza-related complications or hospitalization

- \* Adults (including pregnant women) and children with the following chronic health conditions:
  - cardiac or pulmonary disorders (including bronchopulmonary dysplasia, cystic fibrosis and asthma)
  - diabetes mellitus and other metabolic diseases
  - cancer, immune-compromising conditions (due to underlying disease and/or therapy)
  - renal disease
  - anemia or hemoglobinopathy
  - conditions that compromise the management of respiratory secretions and are associated with an increased risk of aspiration
  - morbid obesity (BMI $\geq$ 40); and
  - children and adolescents with conditions treated for long periods with acetylsalicylic acid
- \* People of any age who are residents of nursing homes and other chronic-care facilities
- \* People  $\geq$ 65 years of age
- \* All children 6 to 59 months of age
- \* Healthy pregnant women
- \* Aboriginal people

People capable of transmitting influenza to those at high risk

- \* Health care and other care providers in facilities and community settings who, through their activities, are capable of transmitting influenza to those at high risk of influenza complications
- \* Household contacts (adults and children) of individuals at high risk of influenza-related complications (whether or not the individual at high risk has been immunized):
  - household contacts of individuals at high risk, as listed in the section above
  - household contacts of infants  $\leq$ 6 months of age, as these infants are at high risk of complications from influenza but cannot receive influenza vaccine; and
  - members of a household expecting a newborn during the influenza season
- \* Those providing regular child care to children  $\leq$ 59 months of age, whether in or out of the home
- \* Those who provide services within closed or relatively closed settings to persons at high risk (e.g. crew on a ship)

### Others

- \* People who provide essential community services
  - \* People in direct contact during culling operations with poultry infected with avian influenza
- \* **NOTE:** All healthy persons over 5 years old are encouraged to receive the flu vaccine.

### WHO SHOULD NOT RECEIVE THE VACCINE?

Egg allergy is no longer considered a contraindication for trivalent influenza vaccine. Persons who developed an anaphylactic response to a previous dose of influenza vaccine or to any of the vaccine components (with the exception of eggs), or who developed Guillain-Barré within six weeks after a previous influenza immunization should not receive a further dose.



**FIGHTFLU.CA**



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

### Flu prevention begins with you

The seasonal influenza vaccine (flu shot) is safe and effective and can benefit people of all ages.

Talk to your doctor, nurse, pharmacist or public health office about getting this year's flu shot.

To find out more, visit [fightflu.ca](http://fightflu.ca) (external link) and [immunize.ca](http://immunize.ca)

**Flu shots are still available  
at the Health Centre**

Call Gail at 519-332-6770

## Protect yourself and others from the flu

*What healthcare professionals need to know about influenza vaccination.*

### **INFLUENZA IS A SERIOUS DISEASE.**

It is estimated that in a given year up to 20,000 hospitalizations related to influenza may occur and approximately 4,000 Canadians die annually from influenza and its complications.

### **YOU NEED TO BE VACCINATED EVERY YEAR.**

Healthy adults can shed the influenza virus and transmit influenza before they develop symptoms. Influenza vaccination of healthcare professionals reduces influenza-associated morbidity and mortality among groups in which the vaccine is contraindicated or who have a poor immunogenic response to the vaccine. Healthcare professionals who get vaccinated also reduce staff absenteeism as well as lower the risk of nosocomial influenza cases.

### **THE INFLUENZA VACCINE CANNOT GIVE YOU INFLUENZA.**

Influenza vaccines cannot cause influenza because the viruses in the vaccines are either killed (trivalent inactivated influenza vaccine) or weakened (live attenuated influenza vaccine).

### **THE INFLUENZA VACCINE IS SAFE.**

The seasonal influenza vaccine has been administered routinely in Canada since 1946. Most people who receive the vaccine have either no side effects or mild effects such as soreness, redness or swelling at the injection site. Serious reactions are extremely rare.

### **THE INFLUENZA VACCINE IS EFFECTIVE.**

In Canada, the influenza vaccine protects against three strains of influenza viruses that health experts anticipate will be circulating during the influenza season. Multiple studies have shown the influenza vaccine to be efficacious depending on the age and health status of the individual receiving the vaccine, and the match with circulating influenza strains. The seasonal influenza vaccine is safe and the most effective way of preventing the spread of influenza.

To find out more, visit [fightflu.ca](http://fightflu.ca)  
and [immunize.ca](http://immunize.ca)

## Home Flu Remedies

# 1 Take Vitamin C to boost immune system and increase the number of white blood cells

# 2 Take Zinc lozenges to boost immune system as soon symptoms develop.

# 3 Take Garlic capsules to decrease the growth of the virus.

# 4 Flu fighting tea recipe:  
1 tsp. bayberry bark (*optional*)  
Juice of half a lemon  
1 tsp. grated ginger root  
½ tsp. cayenne powder  
½ tbsp. turmeric  
1 cinnamon stick  
3 cups of water

Add ingredients to pot and bring to a boil. Reduce heat, simmer 10 minutes. Add 1-½ tbsp. raw honey to sweeten. Strain & drink while warm.

# 5 Take "cold and flu" tablets to help avoid getting infected with the flu virus (taking 1 tablet a day throughout the flu season)

# 6 Take eupatorium perfoliatum (feverwort) to break a fever or if you have pain in your bones and/or eyeballs.

# 7 Take catnip tea every 4 hours to help lower fevers, soothe the stomach, and help you sleep, also good for migraine's.

1 tsp. dried catnip leaves  
½ tsp. lobelia (*Indian tobacco*) *optional*  
6 oz. boiling water

Pour boiling water over leaves, steep for 5-7 minutes. Add lemon balm and/or raw honey for flavour. NOTE: Do not use if pregnant, breast-feeding, or for children under age 1. *Catnip is of the mint family.*

# 8 Cat's claw tea shortens duration of flu.

1 or 2 teaspoons of dried herb  
1 cup hot water 2-3 cups per day

Avoid if pregnant, breastfeeding, or taking Glipizide diabetes medication.

# 9 Colloidal silver kills viruses.

## Mooretown Storm Atom AE OMHA Playdowns

Starts this Friday, January 17, 2014

| <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Place</u>        |
|------------|-------------|-------------|---------------------|
| Friday     | January 17  | 7:00 PM     | Wallaceburg         |
| Tuesday    | January 21  | 7:30 PM     | Lambeth             |
| Saturday   | January 25  | 1:15 PM     | Home vs Wallaceburg |
| Sunday     | January 26  | 3:30 PM     | Dorchester          |
| Saturday   | February 1  | 1:15 PM     | Home vs Dorchester  |
| Saturday   | February 8  | 1:15 PM     | Home vs Lambeth     |

League playoff schedule to follow.

Mooretown Storm Aamjiwnaang members:

Zak Cottrelle and Ryan Parkinson.

## **THE SARNIA STING PRESENT'S** Friends and Family of LDALC

Family Day, February 17<sup>th</sup>, 2014  
@ 2:00pm—RBC Centre  
Sarnia Sting vs. Saginaw Spirits

Tickets: \$18/Adult  
\$5/Youth (12 and under)

Bring your skates (and helmets) to skate with the  
Sting after the Game



# Friends and Family of the LDALC

## Sting vs Spirits At the RBC Centre in Sarnia

On Family Day, the Sarnia Sting will be hosting Learning Disabilities Association of Lambton County as part of their Community Fundraising Initiative

Staff, students, family members and friends are invited to watch the Sting play the Saginaw Spirits on **Monday, February 17<sup>th</sup>, 2014, at 2:00pm**

**\*\*\*Bring your skates (and helmets) to skate with the Sting after the Game!\*\*\***

Tickets will be offered at **\$18.00 for Adults** and **\$5.00 for Youth**(12 and under).



Please detach and return the ticket request form provided below, on or before Thursday, January 30<sup>th</sup>, 2014. Tickets will be distributed after this up until the week of the event. Should have any questions, please contact Dana Petko 519-344-4919

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Youth Tickets: \_\_\_\_\_ X \$5 = \_\_\_\_\_

Adult Tickets: \_\_\_\_\_ X \$18 = \_\_\_\_\_

Total # of Tickets: \_\_\_\_\_

Payment Total: \_\_\_\_\_

**\*Cheques made payable to LDALC**

Please return All Ticket Request with  
Payment to Dana Petko (LDALC office)

**DEADLINE TO ORDER: JAN 30<sup>TH</sup>**



**ldalc** • Learning Disabilities  
Association of Lambton County

*The right to learn, the power to achieve*

# We're listening

## Our commitment

We are committed to working on the way we communicate and interact with members of the Aamjiwnaang First Nation community.

Suncor values the Aamjiwnaang First Nation and recognizes the unique responsibilities that come with being a close neighbour.

More than 40 members of the community joined in a conversation to share concerns and give feedback on how we can raise the bar and better respond to the topics that matter to you.

### Here's what we heard

### What we are doing

#### Emergency Response

alert systems, procedures and notification



Providing more information in a timely manner

#### Communication

timeliness, effectiveness, tools and activities



Increasing communication channels to the Aamjiwnaang community

#### Cemetery

privacy and respect



Exploring ways to protect your privacy and safety

#### Vidal St. Ditch

clean-up and safety



Working to manage and remove contamination

## Thank you

for being part of the conversation. We appreciate your willingness to work with us and your patience as we work to get things right.

## Questions?

Please feel free to call Jennifer Johnson, Advisor, Communications & Stakeholder Relations 519-346-2419



**TAX FREE Plus  
COURTESY SHUTTLE**

Full Mechanical, Collision & Rust Repair  
on all Makes & Models



**OIL CHANGES • BRAKES  
SUSPENSION • TUNE-UPS • TIRES**

1069 Tashmoo Ave.  
Mon to Fri 8am - 5pm, Weekends 9am - 3pm

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

TNT Auto Detailing & Upholstery  
*Call for free quote or to book appointment*

Owner: Greg Gray

1909 Virgil Ave-Sarnia, Ontario  
(226)-349-1865

Auto Detailing

Upholstery & Carpet Cleaning

**“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**

**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 Insured*



**Roger Williams'  
AUTHENTIC  
NATIVE CRAFT SHOP**

STORE HOURS

Monday ~ Saturday

10:00 am ~ 6:00 pm

Phone 519-344-1243

**Dawn's Hair & Spa**

1736 St Clair Pkwy  
Call 519-332-0410

*To book an  
Appointment*



**The Hair Masters**

*Full Service Hair Salon*

*126 Christina St. N*

Open Tuesday—Saturday

8:30 am to 4:30 pm

**Gallery in the Grove**

...a unique gallery promoting the visual arts

2618 Hamilton Rd. at Wildwood Park

P.O. Box 339,

Bright's Grove, ON, N0N 1C0

Tel: 519-869-4643

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

[info@galleryinthegrove.com](mailto:info@galleryinthegrove.com)



**TRIBAL CUSTOM  
INSURANCE SERVICES INC.**

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

**Call NOW for a no-obligation quote!**

**Head Office — 1000 Degurse Drive, Suite 2,  
Sarnia, Ontario N7T 7H5**

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

**“Our Vision—Your Well Being—Our Cover-**



**DETROIT RED WINGS**

vs.

MONTREAL CANADIENS



**FRIDAY, JANUARY 24**

**@ 7:30 PM - \$150.00**

PER PERSON

TORONTO MAPLE LEAFS



**TUESDAY, MARCH 18**

**@ 7:30 PM - \$150.00**

PER PERSON

BOSTON BRUINS



**WEDNESDAY, APRIL 2**

**@ 8:00 PM - \$140.00**

PER PERSON

**Includes: Coach Bus, Ticket, Adult Beverages Contact Tracey, 519-862-1200 or Willie, 519-384-1957**



COACH BUS

**\$20 Voucher for Gaming**

***Monday February. 3<sup>rd</sup>***

***\$30 per Person U.S.***

**Ticket's Available 403 Wing from John or Frieda Stewart or calling them @ 519-331-0723**

**Proper ID for Border Crossing  
Bus Leaves at 9:00 am SHARP from RCAFA 403 Wing – at 415 Exmouth**

**St. Sarnia – Bus will be back in Sarnia at 6:30 pm approx.**

**Leaving Casino at 5:00 pm**



**SKATE & SWIM TIMES**

MOORETOWN SPORTS COMPLEX

October 2013 to March 2014

|          |    |       |                |
|----------|----|-------|----------------|
| January  | 18 | Swim  | 3:00 - 4:00 pm |
|          | 25 | Swim  | 3:00 - 4:00 pm |
|          |    | Skate | 7:00 - 8:00 pm |
| February | 01 | Swim  | 3:00 - 4:00 pm |
|          |    | Skate | 7:00 - 8:00 pm |
|          | 08 | Swim  | 3:00 - 4:00 pm |
|          |    | Skate | 7:00 - 8:00 pm |
|          | 15 | Swim  | 3:00 - 4:00 pm |
|          |    | Skate | 7:00 - 8:00 pm |
| March    | 22 | Swim  | 3:00 - 4:00 pm |
|          | 01 | Swim  | 3:00 - 4:00 pm |
|          |    | Skate | 7:00 - 8:00 pm |
|          | 08 | Skate | 7:00 - 8:00 pm |



LACROSSE

WOLVERINES vs CORNELL BEARS

**Saturday March 1 at 1:00 PM**

***\$40.00 a Person includes:***

***Coach Bus, Ticket, Beverages***

**Game at the Oosterbaan Field House, Ann Arbor—Bus Leaves Maawn Doosh**

**Gumig at 9:00 am SHARP and Food Basics Parking Lot at 9:15 am.**

**Contact Willie for Tickets at 519-332-6771 or 519-384-1957**

**Featuring Aamjiwnaang's ~ Kyle Jackson**



Next issue is due out on  
**Friday, January 31, 2014**

The **deadline** for submissions is  
**Wed., January 29 – 12:00 pm**

*Chi-Miigwetch, ~ Bonnie Plain, Editor*

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue  
Sarnia, Ontario N7T 7H5

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

E-mail: [tribeune@aamjiwnaang.ca](mailto:tribeune@aamjiwnaang.ca)

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

The story of a Grandmother who walked across North America to protect  
our water

# Water Journey

*Featuring Guest Speaker  
Sylvia Plain of  
Aamjiwnaang First Nation  
who walked across  
Washington State, Idaho,  
Montana, Michigan and  
Wisconsin*

**W  
A  
T  
E  
R  
  
I  
S  
S  
A  
C  
R  
E  
D**

**SATURDAY, FEB 1st, 2 PM  
SARNIA LIBRARY THEATRE  
124 Christina St. S.**

**\$5 Admission**

