



CHIPPEWA TRIBE-UNE

Editor,

Gichi-Manidoo Giizis - Spirit Moon- January

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Hookaa Ho.... It's almost Pow Wow Tyme....



Aamjiwnaang
Population Stats
Current: 2335

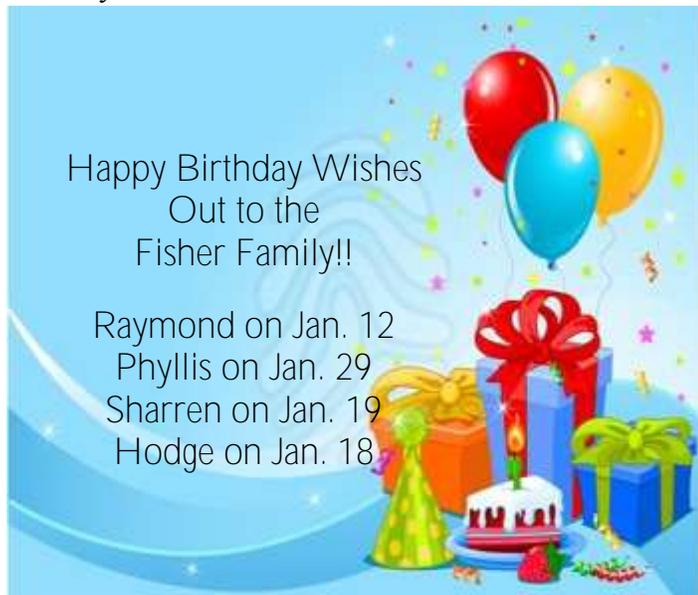
Mino Dbishkaayin-Happy Birthday Jan. 24 - Feb. 13, 2015

Lillian	Bressette	Jan. 24	Tristan	Nahmabin	Feb. 2
Alaric	Campbell	Jan. 24	Trinity	Smith	Feb. 2
Chance	Maness	Jan. 24	Patricia A	Williams	Feb. 2
Kyle	Maness	Jan. 24	Albert	Bourque	Feb. 4
Midajah	Rogers	Jan. 24	Brandi	Joe	Feb. 4
Denay	Shaw	Jan. 24	Glenn	Oliver	Feb. 4
Donovan	Fisher-Cristovao	Jan. 25	Rachel	Piche	Feb. 4
David	Nahmabin	Jan. 25	Diana	Rogers	Feb. 4
Janice	Nelles	Jan. 25	Roger	White	Feb. 4
Marcellus	Plain	Jan. 25	Shayna	Williams	Feb. 4
Connie	Rogers	Jan. 25	Tracy	Buffalo	Feb. 5
Anthony	Williams	Jan. 25	Richard	Gilbert	Feb. 5
Malikia	Williams	Jan. 25	Raecine	Johnson	Feb. 5
Raisa	Williams	Jan. 25	Kyla	Levert	Feb. 5
Danielle	Bird	Jan. 26	Robin A	Maness Sr.	Feb. 5
Jocelyn	Hajas	Jan. 26	Alissa	Myers	Feb. 5
Christen	Hignett	Jan. 26	Shelley	Nahmabin	Feb. 5
Victoria	Maydwell	Jan. 26	John	Steele	Feb. 5
Taylor A	Plain	Jan. 26	Keisha	Walker	Feb. 5
Lacey	Williams	Jan. 26	Steven	Fisher	Feb. 6
Patricia	Glauner	Jan. 27	Errnol David	Gray III	Feb. 6
Jessica Anne	Gray	Jan. 27	Belinda	King	Feb. 6
James	Plain	Jan. 27	Shawn	Nahmabin	Feb. 6
Trenton	Rogers	Jan. 27	Andrew	Parker	Feb. 6
Mary Lee	Schmidt	Jan. 27	Teresa	Rogers	Feb. 6
Sydney	Bird-Little	Jan. 28	Thomas	Stager	Feb. 6
Lance	Rising	Jan. 28	Leona	David	Feb. 7
Shaylee	Doxtator	Jan. 29	Donovan	Gold	Feb. 7
Phyllis	Fisher	Jan. 29	Ronald	Gray	Feb. 7
Courtney	Hubert	Jan. 29	Noah A	Joseph	Feb. 7
Norma	Maness	Jan. 29	N'Daanis	Plain	Feb. 7
Michael	Meza	Jan. 29	Marion	Waters	Feb. 7
Alan Dale	Plain	Jan. 29	Patricia L	Williams	Feb. 7
Melissa	Ramsay	Jan. 29	Sara	Williams	Feb. 7
Carole	Rose	Jan. 29	James	Bourgeois	Feb. 9
Julie	Plain	Jan. 30	Branden	Ludlow-Maness	Feb. 9
Wilson	Plain Jr.	Jan. 30	Anthony R	Plain	Feb. 9
Florence	Williams	Jan. 30	Jusup	Simon	Feb. 9
Jaiden	Aviles	Jan. 31	Rachael	Simon	Feb. 9
Tanisha	Cottrelle	Jan. 31	Elsie	Williams	Feb. 9
Lorna	Hubert	Jan. 31	Lisa	Williams	Feb. 9
Skye	Lawrence	Jan. 31	Brody	Young	Feb. 9
Lynda	Rogers	Jan. 31	Naomi	Deacon	Feb. 10
Theodore	White Jr.	Jan. 31	Heidi	Piche	Feb. 10

Michael	Rose	Feb.	10
Sharon	Williams	Feb.	10
Samantha	Antila	Feb.	11
Carole	Dilion	Feb.	11
Janet	Steadman	Feb.	11
Matthew	Stone	Feb.	11
Joshua	Van Den Assem	Feb.	11
Donald	Adams	Feb.	12
Karen	Davidson	Feb.	12
Clayton	Hamelin	Feb.	12
Patrick R	Nahmabin	Feb.	12
Tracey	Williams	Feb.	12
Michael G W	James	Feb.	13
Tristen Plain	Nahmabin	Feb.	13
Timothy A	Plain	Feb.	13
Michael B	Rogers	Feb.	13
Tyler	Rogers-Stonefish	Feb.	13
Brooke	Tipton	Feb.	13
Dorothy	White	Feb.	13

Happy
 Birthday
 Auntie

Auntie Marion, sending the Best-est, Goodest Wishes your way on February 7th, for the Happiest Day Ever!!
 Love You, Lynn....



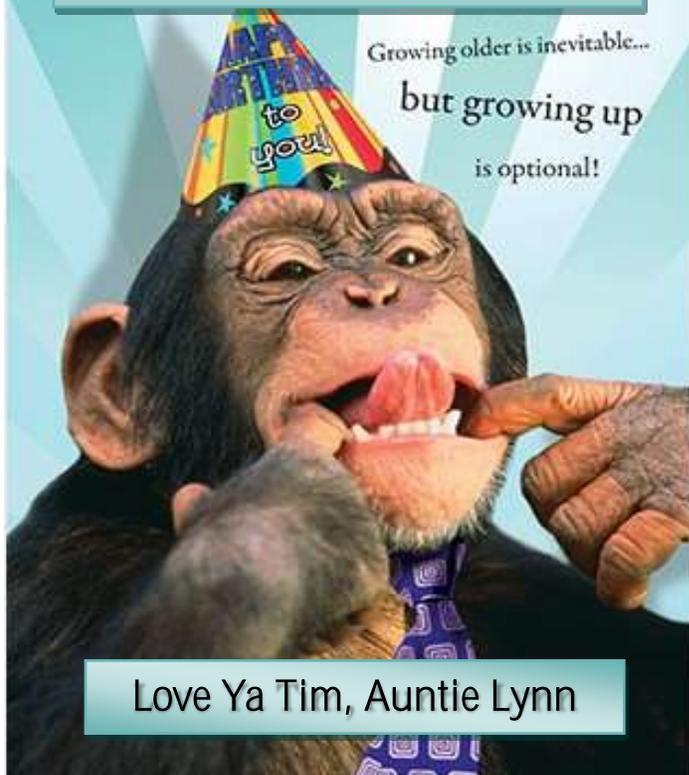
Happy Birthday Wishes
 Out to the
 Fisher Family!!

Raymond on Jan. 12
 Phyllis on Jan. 29
 Sharren on Jan. 19
 Hodge on Jan. 18



Congrats to
 Candace Fisher
 on arrival of
 Baby Fisher!!
 Hodge

To My Nephew Timothy P....



Growing older is inevitable...
 but growing up
 is optional!

Love Ya Tim, Auntie Lynn

NOTICE

Carolyn Nahmabin,
Membership Clerk

Will be off on Medical Leave from
February 4 - April 6, 2015

If you require an updated Status Card or require any other assistance regarding Membership information please visit her at the Band Office by February 3, 2015.

NOTICE

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

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

Verlynn Plain
to be entered into the draw
519-491-2160

Happy Birthday Lacey Williams,
Thank You for all the tender Love
And Care you give us...
Best Wishes for 2015
Love Kyle, Jacob, Emma

For Up-To-Date News and Information in the First Nations Political Arena you may visit the following sites:

Chiefs of Ontario visit:

<http://www.chiefs-of-ontario.org/>

Union of Ontario Indians visit:

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

Assembly of First Nations visit:

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

Southern First Nation Secretariat

<http://www.sfns.on.ca/>

Aboriginal Affairs and Northern
Development Canada

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



Player Info:
Sarnia Lady Sting
Bantam BB
Dakota Nahdee

Game Day Details

Location

Sat., Jan. 24
@ 3:00 pm
Sarnia Sting vs.
Lakeshore

RBC Arena,
Rink 2

Tax Exemption Information



To file a report of a retailer that has not honoured the HST exemption for Ontario status First Nations:

1. Contact the Ontario Ministry of Finance by telephone at 1-866-668-8297 (1-866-ONT-TAXS)
2. When prompted at the voice-activated menu "What program are you calling about?", say "Retail Sales Tax"
3. When prompted "Do you have a business number or vendor permit number", say "No"
4. You will then be directed to an operator
5. Ask to be transferred to "Refunds and First Nation Exemptions"
6. When the operator answers, notify the operator that you wish to file a report of a retailer not honouring the HST point-of-sale exemption for First Nations
7. Provide as much of the following information as you are able to give:
 - i. Your name and telephone number (for follow up contact by the Ministry)
 - ii. The name of the retailer (store name)
 - iii. Telephone number of the retailer
 - iv. Address of the retailer
 - v. Name of the owner/manager

HST Complaints

The Ministry of Revenue is now able to handle complaints regarding vendors who are not honouring the PST exemption at Point of Sale for Status Indians.

Call the Toll Free number 1-866-668-8297, state that you would like to file a complaint regarding a vendor and give them the vendors name, address, and phone number.

TOBACCO ALLOCATION DISTRIBUTION NOTICE



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

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

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



COUNCIL AGENDA ITEM SUBMISSION DEADLINE!!

FRIENDLY REMINDER

To whom it may Concern:

Please be advised that the Council Meeting Agenda Item deadline is the Wednesday prior to the next Regular Council Meeting (RCM) at 4:00 p.m. Sorry, no exceptions. Any items submitted after the deadline will placed on the next RCM Agenda/Meeting.

RCM's are every 1st and 3rd Monday of each month. Should the RCM fall on a holiday, then it will be held on the following Tuesday.

Miigwech for your co-operation and understanding.

Respectfully,
Shelley, Band Council Clerk

Please Note:

If you have any discussion items for
Chief and Council on:

Monday, February 2, 2015

The deadline for submission is:

Wednesday, January 28, 2015, 4:00 PM



Aboriginal Affairs and
Northern Development Canada

**IF YOU DO NOT HAVE THE
MANDATORY IDENTIFICATION TO
OBTAIN A STATUS CARD,
PLEASE CALL: 1-800-567-9604**

- Advise the call centre representative that you want to obtain a Temporary Confirmation of Registration Document (TCRD).
- They will ask a series of questions to confirm your identity and then mail a Temporary Confirmation of Registration Document (TCRD) to you.
- **This document will state your registration number and can be used in place of a Status Card to access benefits and services.**

TRIBE-UNE SUBMISSION INFO!! SUBMISSION DEADLINE

Please Note that the submission deadline for the next Tribe-Une is:

Tuesday, February 10 @ 4:00 pm

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

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



ATTENTION

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

Limit of 4 Per Household.

ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

For animal control issues only!

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

Men's Cooking Classes

Thursday, January 29, 2015
11:00am -1:00pm
Health Centre

Prize for all Participants

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

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



Medical Travel Drivers

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



Respect Yourself.
Treat your body well
and choose wisely.

WHY HAVE THIS..



MEDIUM FRENCH FRIES & BIG MAC

930 CALORIES
48G FAT
29G PROTEIN
94G CARBS
8G FIBER
1270MG SODIUM

..WHEN YOU CAN HAVE ALL THIS?



ALL THIS HEALTHY FOOD

930 CALORIES
13G FAT
64G PROTEIN
115G CARBS
23G FIBER
340MG SODIUM

Facebook.com/Body Coaches.net



Thursday, February 12, 2105
Thursday, March 12, 2015

12:00 – 1:30pm
HEALTH CENTRE

In need of a warm meal?

Want to socialize?

Come out and join us and have a nice warm bowl of soup on us!

For further information please call Jessica at the Health Centre at 519-332-6770

Healthy Babies/Healthy Children & Head Start



Monday, January 26, 10:30 am to 1:30 pm

Kids in the Kitchen

Tuesday, January 27, 10:30 am to 12:30 pm

Traditional Family Parenting

Wednesday, January 28, 5:00 pm to 7:30 pm

Pajama Night

Thursday, January 29, 10:30 am to 12:30 pm

Nutrition with Melissa



Traditional Family Parenting

Come learn about traditional teachings and how it effects parenting today.

Registration Required

Please Call the Health Centre

To Register: 519-332-6770

- Must Commit to all 6 Weeks
- Childcare & Transportation Available

Classes will be held at Maawn Doosh Gumig from January 20 - February 24, 2015



Hi, My name is Kayla Gordon, I am a 4th year nursing student from

Lambton College. I will be working with Robin Wood, Home and Community Care Program Manager from January until end of March. I look forward to meeting you. Thank you for letting me come into your community for the learning experience.

Sincerely,

Kayla

Father's Photovoice Contest

Photovoice is a picture that gives voice through images.



Fathers take a picture that represent what it means to you to be a father. Add your caption to help explain your picture.



Fathers of all ages invited to participate. One submission per father.

Here is an example:



***“Men who change diapers change the world!” Unknown
Photo: Darren (DC) and Julius George***



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



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



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

Senior's Programming

INDOOR WALKING

Open to everyone

Starting Monday Jan 12 -

Mar. 11, 2015,

Monday and Wednesday

9:30 - 10:30



Community Centre

Start the new year off right!

Get Active! Incentives for the most attended sessions!

Water and refreshments will be supplied



MOVIE NIGHT

Tuesday, January 27, 6 pm

Seniors Drop-In Room

Popcorn and refreshments will be Supplied Come on

out of the cold, sit by the fireplace and relax watching a movie!



DROP IN - THURSDAY MORNING

Starting Jan. 15, 2015,

10 am - 12 noon

Senior's Drop In Room

Come on out of the cold, sit by the fireplace and relax, Have a coffee, do a jigsaw puzzle, play a game of cards or scrabble or just stop by to chat!



SENIORS PIZZA AND GAME NIGHT

Wednesday, Jan.21, 2015, 6 pm

Seniors Drop-In Room

Any questions, or plan on attending

Contact Peggy or Jessica

at the Health Centre,

519-332-6770

Seniors 55 & Over Congregate Dining

Seniors Drop In Room



Every Wednesday
12 - 1 pm

Come on out... Socialize and enjoy a home cooked Nutritious, delicious meal!

Hope to see you there!

Any Questions give call
Peggy a call
519-332-6770

Travelling Seniors

FYI

The Travelling Seniors will be hosting a monthly Meat Bingo Fundraiser Every 3rd Thursday Of the Month

At Maawn Doosh Gumig Beginning January 22, 2015 At 6:00 pm and the Kitchen opens at 5:00 pm

Aamjiwnaang Afterschool Program



Invites all children between the ages of 6-12 years of age to join us at the Maawn Doosh Gumig on

Monday November 10, 3-6 pm

to check out our new programming and to make some new friends! New registrations are always welcome.

It will be KIDS CHOICE of the games and activities so

Come out and see what all the FUN is about!

Melissa Joseph-Program Leader

519-332-6770 ext. 35 or

226-932-0786

mjoseph@nlchc.com



Ontario's Community
Health Centres



24 HOUR CRISIS SERVICES

- 911 POLICE / FIRE / AMBULANCE
- KIDS HELP LINE PHONE: 1-800-668-6868
- DISTRESS LINE SARNIA: 519-336-3000 or TOLL FREE: 1-888-347-8737
- SEXUAL ASSAULT SURVIVORS: 519-337-3320
- WOMEN'S INTERVAL HOME: 519-336-5200 or TOLL FREE: 1-800-265-1412
- CHILDREN'S AID SOCIETY: 519-336-0623
- WESTOVER ADDICTION ASSISTANCE: 1-800-721-3232
- WITHDRAWAL MANAGEMENT: WINDSOR - 519-257-5225
- GRAND RIVER - 519-749-4318
- LONDON - 519-432-7241
- ***NEW*** SARNIA DAY PROGRAM (not 24 hours yet): 519-332-4673 Or
- TOLL FREE: 1-844-778-4673
- MENTAL HEALTH CRISIS SERVICES: 519-336-3445

For More Information please contact:
519-332-6770

Grief & Loss Counselling Services

Through grief/trauma counselling, Tina can help you work through distressing experiences. Regardless of **the kind of loss you're facing, Tina can help guide you through your grief and help you learn healthy ways to cope with your loss/trauma.**

Tina provides confidential care and support for individuals, couples and families across the lifespan who are facing difficult seasons in their lives.

Please contact Aamjiwnaang Health Centre to speak with Tracey or Penny about accessing

**Grief & Loss Counselling
(519) 332-6770**

New Start Date!!

Date: Jan 28 - March 11
(Wednesday Evenings)

Time: 5:30 - 7:00 pm

Place: E'Mino Bmaad-Zijig Gamig
(Aamjiwnaang Health Centre)

Memory Books



A scrapbook to hold the memories of a loved one you've lost. Pictures, writings, drawings, keepsakes, etc. compiled in a scrapbook to celebrate and honor the life of the one you lost.

- **Light Snacks Will Be Provided**
- **Bring photos, keepsakes with you to the session. The rest will be provided.**
- **Please contact Tracey or Penny if you have any questions.**

**Please Register with Dorothy
519-332-6770
Seating is Limited**

Bluewater Health Withdrawal Management

Lets have a conversation about Bluewater Health Withdrawal Management and the Services offered for individuals, families and the community.

WHEN:

Lunch & Learn

Monday, February 9, 2015

WHERE:

E'Mino Bmaad-Zijig Health Centre

1300 Tashmoo Ave.

For More Info call

Penny (519-)332-6770



Healthy Homes Happy People Initiative



- What is Withdrawal Management?
- Who can use Withdrawal Management?
- How to access Withdrawal Management.
- The Benefits between residential detoxification and outpatient detoxification.



THINK BEFORE YOU INK

Know your risks & your Rights!

TATTOO BEFORE CARE

SOME TIPS BEFORE YOU GET A TATTOO

- ✓ Make sure the studio is clean & sterile with a good reputation
- ✓ Make sure the artist answers all of your questions & explains procedures
- ✓ Make sure the artist is using new, sealed & sterilized needles
- ✓ Make sure the artist is wearing new latex or vinyl gloves
- ✓ Make sure the ink is fresh & in new cups
- ✓ Ask to see a health board certificate

For More information contact: Oahas Southwest Regional Office @ 519-786-6111 or sarae@oahas.org



NEW SELECTION OF **FREE FRAMES**

FEBRUARY 25, 11AM-5PM

INSIDE HEALTH CENTRE, 1300 TASHMOO AVE.

TO BOOK AN EYE EXAM YOU

MUST CALL MOBILEYEZ TOLL FREE:

1-866-920-6480



PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT



Guest Speaker: Christy Primer

In this *fun & practical* session, participants will explore ways to enhance their relationships. Attend this *dynamic* session!!



Maawn Doosh Gumig Youth
& Community Centre
Thursday, February 5,
2015

5:30 to 7:30 pm
18 years +

Spaces Limited. Please call the
Health Centre & register at
519-332-6770 by
FRIDAY, JAN. 30, 2015



BUG of the MONTH Hepatitis C

WHAT IS IT?

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

HOW IS IT SPREAD?

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

WHERE IS IT FOUND?

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

PREVENTION AND CONTROL?

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

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

RULES OF CONDUCT for ICE RENTALS

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

THESE RULES ARE PUT INTO PLACE FOR YOUR SAFETY

RULES OF CONDUCT for SWIMMING POOL USE

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

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

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

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

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

Let's Talk

The Genetics of Addiction

The Role of Family History

Addiction is due 50 percent to genetic predisposition and 50 percent to poor coping skills. This has been confirmed by numerous studies. One study looked at 861 identical twin pairs and 653 fraternal (non-identical) twin pairs. When one identical twin was addicted to alcohol, the other twin had a high probability of being addicted. But when one non-identical twin was addicted to alcohol, the other twin did not necessarily have an addiction. Based on the differences between the identical and non-identical twins, the study showed 50-60% of addiction is due to genetic factors.(1) Those numbers have been confirmed by other studies.(2)

The children of addicts are 8 times more likely to develop an addiction. One study looked at 231 people who were diagnosed with drug or alcohol addiction, and compared them to 61 people who did not have an addiction. Then it looked at the first-degree relatives (parents, siblings, or children) of those people. It discovered that if a parent has a drug or alcohol addiction, the child had an 8 times greater chance of developing an addiction.(3)

Why are there genes for addiction? We all have the genetic predisposition for addiction because there is an evolutionary advantage to that. When an animal eats a certain food that it likes, there is an advantage to associating pleasure with that food so that the animal will look for that food in the future. In other words the potential for addiction is hard-wired into our brain. Everyone has eaten too much of their favorite food even though they knew it wasn't good for them.

Although everyone has the potential for addiction, some people are more predisposed to addiction than others. Some people drink alcoholically from the beginning. Other people start out as a moderate drinker and then become alcoholics later on. How does that happen?

Repeatedly abusing drugs or alcohol permanently rewires your brain. If you start out with a low genetic predisposition for addiction, you can still

end up with an addiction. If you repeatedly abuse drugs or alcohol because of poor coping skills, then you'll permanently rewire your brain. Every time you abuse alcohol, you'll strengthen the wiring associated with drinking, and you'll chase that buzz even more. The more you chase the effect of alcohol, the greater your chance of eventually developing an addiction.

Your genes are not your destiny. The 50% of addiction that is caused by poor coping skills is where you can make a difference. Lots of people have come from addicted families but managed to overcome their family history and live happy lives. You can use this opportunity to change your life.

What Is Your Family History?

Most people don't know their family history of addiction very well. Addiction is not the sort of thing that most families talk about. Not too long ago you could have a raging alcoholic in your family and nobody would talk about it. Or they would make some quaint remark like, "Oh he drinks a little too much." There was so little people could do about addiction before that there was no point in talking about it.

But now that you can do something about addiction, a family history is worth talking about. Once you stop using and tell your family that you're in recovery, that's often when they will tell you about the family secrets. That's when family members will sometimes come out of the closet and tell you their stories.

Let your coping skills be the legacy you pass on to your children. Don't let your genes be the only legacy you pass on to your children. Your children are more likely to have an addiction because of your addiction. But their genes don't have to be their destiny. You can help your children lead happy lives by teaching them healthy coping skills – by being an example with your recovery.

Is Addiction a Disease?

Addiction is like most major diseases. Consider heart disease, the leading cause of death in the developed world. It's partly due to genes and partly due to poor life style choices such as bad diet, lack of exercise, and smoking. The same is true for other common diseases like adult-onset diabetes. Many forms of cancers are due to a combination of genes and life

style. But if your doctor said that you had diabetes or heart disease, you wouldn't think you were bad person. You would think, "What can I do to overcome this disease?" That is how you should approach addiction.

Addiction is not a weakness. The fact that addiction crosses all socio-economic boundaries confirms that addiction is a disease. People who don't know about addiction will tell you that you just need to be stronger to control your use. But if that was true then only unsuccessful people or unmotivated people would have an addiction, and yet 10% of high-functioning executives have an addiction.

If you think of addiction as a weakness, you'll paint yourself into a corner that you can't get out of. You'll focus on being stronger and trying to control your use, instead of treating addiction like a disease and focusing on stopping your use.

Cross Addiction

You can become addicted to any drug, if you have a family history of addiction. If at least one of your family members is addicted to alcohol, you have a greater chance of developing an addiction to any other drug. Cross addiction occurs because all addictions work in the same part of the brain. If your brain is wired so that you're predisposed to one addiction, then you're predisposed to all addictions. This is especially important for women who may come from alcoholic families, but who often develop addictions that go undetected, like addictions to tranquilizers, pain relievers, or eating disorders.

One addiction can lead to other addictions, and one drug can make you relapse on another drug. That's one of the consequences of a brain that's wired for addiction. Suppose you're addicted to cocaine. If you want to stop using cocaine then you have to stop using all addictive drugs including alcohol and marijuana. You may never have had a problem with either of them, but if you continue to use alcohol or marijuana, even casually, they'll eventually lead you back to your drug of choice. Recovery requires total abstinence.

How does cross addiction cause relapse:

- All addictions work in the same part of the brain. Addiction is addiction is addiction. Therefore one drug can lead you back to any other drug.
- Even moderate drinking or smoking marijuana

lowers your inhibitions, which makes it harder for you to make the right choices.

- If you stop using your drug of choice but continue to use alcohol or marijuana, you're saying that you don't want to learn new coping skills and that you don't want to change your life. You're saying that you want to continue to rely on drugs or alcohol to escape, relax, and reward yourself. But if you don't learn those new skills, then you won't have changed, and your addiction will catch up with you all over again.



INFORMAL FRIENDLY CHATS NO PRESSURE INFORMATION SHARING

4 WEEK PROGRAM:
TUESDAY, FEB. 17 –
TUESDAY, MAR. 10

5:00-6:00 PM

HEALTH CENTRE

FOR MORE INFORMATION OR TO SIGN UP

PLEASE CALL JESSICA JOSEPH OR

ROBERTA BRESSETTE AT 519-332-6770



FIRST NATIONS FOOD, NUTRITION & ENVIRONMENT STUDY



HOUSEHOLD INTERVIEWS

TRADITIONAL FOODS

DRINKING WATER

SURFACE WATER

MERCURY IN HAIR

Community Presentation

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

WHERE:

MAAWN DOOSH GUMIG
YOUTH & COMMUNITY
CENTRE

WHEN:

MARCH 2ND, 2015
6-8 PM



First Nations Food, Nutrition and Environment Study (FNFNES)

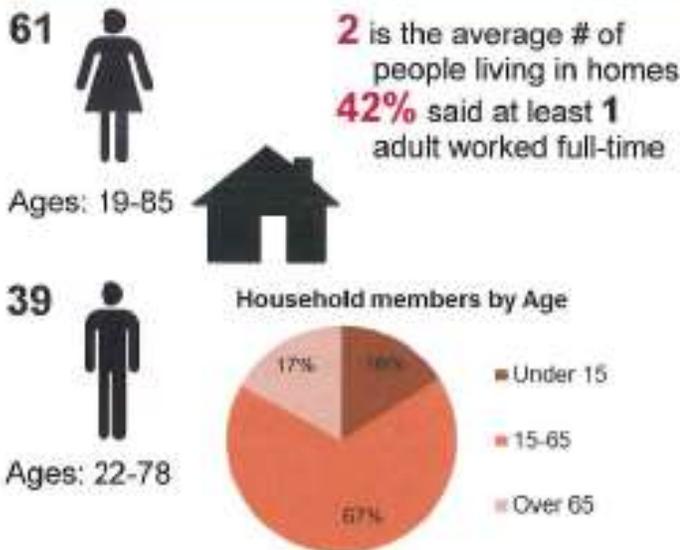


University of Ottawa
 Université de Montréal
 Assembly of First Nations

**Summary of Results:
 Aamjiwnaang First Nation, Ontario**

Ontario 2011-2012

Who participated?



What is the FNFNES about?

The FNFNES took place in **18 First Nations** communities in Ontario in 2011 and 2012 to answer these questions:

- What kinds of traditional and store bought foods are people eating?
- What is the diet like?
- Is the water safe to drink?
- Are the levels of pharmaceuticals in the water safe?
- Are people being exposed to harmful levels of mercury?
- Is traditional food safe to eat?

What were the findings on health?

3 out of 4 adults said their health was **good or better**

 **1 in 3** are physically active

 **79%** are at an unhealthy weight

 **1 in 3** have diabetes
 Type 2 diabetes is more common

 **1 in 2** smoke

Thank you to everyone who participated!

Can households afford sufficient, safe and nutritious food?



Household food security is defined as "when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."

24% of households are **food insecure**
15% are moderately food insecure: families relied on lower quality/priced foods
9% regularly experience food shortages

Weekly cost of groceries for a family of four*:



Aamjiwnaang First Nation



Ottawa

*Food costing was undertaken using Health Canada's National Nutritious Food Basket (NNFB) Tool. The NNFB contains a list of 67 food items that require preparation. Pre-packaged foods, spices, condiments, household supplies or personal care items are not included.

How well are First Nations adults in Ontario eating ?

Adults **eat fewer than** the recommended servings of:



Grain Products



Vegetables and Fruit



Milk and Alternatives



Meat and Alternatives

Adults **eat more than** the recommended servings of

Inadequate amounts can lead to **nutrient deficiencies** and **poor health**.

Excess intake can contribute to a **high fat** and **high saturated fat** intake. A **high fat** diet is linked to heart disease and diabetes.

What and how much traditional food are people eating?

2 teaspoons of traditional food daily



58% want more traditional food

Top barriers to eating more traditional food are: **contaminant concerns, availability, industry activity**

Household harvesting

1 in 5 fished

1 in 7 harvested wild plants

1 in 20 hunted

The **top 5** traditional foods eaten are pickerel, corn, kidney beans, deer and smallmouth bass.



Nutrition Recommendations:

- Eat more vegetables and fruit, including wild plants and berries
- Choose whole wheat grains more often. Make baked bannock with whole wheat flour.
- Choose milk and milk products (such as cheese or yogurt) or beverages fortified with calcium and vitamin D (such as soy beverages) more often.
- Choose leaner meats, plus game and fish.*

* For fish consumption guidelines in your area, contact the Sport Fish Contaminant Monitoring Program (1-800-820-2716) or find up-to-date information online at www.ontario.ca/fishguide

Is the water safe to drink?

70% of households **drink** the tap water.

39% said that a chlorine taste limited its use for drinking

96% of households **cook** with the tap water.



Testing of tap water in **20** homes indicates that the **water is safe to drink.**

Levels of 9 metals that can **affect human health** were **low.**

Levels of 6 metals that can **affect colour, taste or smell** were **low.**

Are the levels of pharmaceuticals in the water safe?



4 pharmaceuticals were found in the **surface water samples.**

Types found were: atenolol (heart medication), caffeine (pain relief and beverages), naproxen (pain relief), warfarin (prevents blood clots).

The **low levels** should not be a concern for human health.

Are people being exposed to harmful levels of mercury?

83 hair samples were collected from adults at Aamjiwnaang First Nation.

Levels of mercury **were within** Health Canada's guideline **normal acceptable range** for all participants.



Is traditional food safe to eat?



103 food samples from **29** species were collected.

Fish: catfish, chinook, perch, smallmouth bass, pickerel

Game: deer (meat, liver), rabbit (meat)

Birds: pintail duck, teal duck, mallard duck, wild turkey

Plants: nuts (acorn, hickory, walnuts), corn, winter squash, maple syrup, cedar tea, crabapples, hawthorn berries, saskatoon/ june berries, sumac, snap beans, stinging nettle, western dock, mint leaves, horsetail shoots, dandelion greens, puffball mushrooms

Traditional Food is safe and healthy to eat.

Recommendations

- **Use steel shot** instead of **lead shot**. Ammunition can shatter and fragments can be **too small to detect** by sight or feel. Lead fragments can travel more than 12 inches away from the wound area. Some meat samples had higher levels of lead. Eating wild game contaminated by lead shot can be harmful to health, especially to a child's brain development.
- Contact the **Sport Fish Contaminant Monitoring Program** at 1-800-820-2716 for updated information on fish consumption advisories.

Key Results For All Participating First Nations in Ontario:

1. The diet of First Nations adults in Ontario does not meet nutrition needs, but the diet is healthier when traditional foods are eaten.
2. Overweight/obesity, smoking, and diabetes are major issues.
3. Household food insecurity is a major issue.
4. Water quality, as indicated by the trace metals and pharmaceutical levels, is overall satisfactory, but close monitoring is warranted as water sources and water treatment vary greatly.
5. Mercury exposure, as measured in hair samples and calculated through dietary estimates, is not a serious health concern.
6. Chemical contamination of traditional food is not worrisome, but it is important to have the data from this study for future monitoring of trends and changes.



More information can be found on the FNFNES website: www.fnfnes.ca

If you have any questions about these results or the project itself, please contact:

Judy Mitchell, FNFNES National Coordinator

Phone: (613) 562-5800 ext 7214

Email: fnfnes@uottawa.ca

Funding for this study was provided by Health Canada. The information and opinions expressed in this publication are those of the authors/researchers and do not necessarily reflect the official views of Health Canada.



LUNCH & LEARN

FEB 5TH, NOON—2PM at THE HEALTH CENTRE

Scaling the Wall Together: A two -year Status of Women Canada Project

**I know someone who has been having sex with an older person in her life
in exchange for a place to stay....what do I do!?**

What is enthusiastic consent?

My client says her husband makes her watch porn....

is that sexual violence?

My niece wants to wear sexually provocative clothing...what do I say!?

Please register with Dorothy 519-332-6770



******Please join us for a lunch and learn discussion about how we as a community can support survivors of sexual violence in the most educated, sensitive and creative way possible.***

Are you interested in helping us overcome the barriers?

For more information on this project, please contact Caiti Barendregt-Brown , Project Manager, at Caiti@ebtech.net

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

Ka'nikhriyohtshera: Fostering Emergence of the Good Mind

With Diane Hill - Integrative Programs Consultant

Six Nations of the Grand River Territory, Ontario – www.dianehill.net

Wednesday Feb 17th - Friday 19th 2015

Daily Program Hours: 10am to 5pm



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



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

Participants should come prepared to engage in daily meditation exercises.

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

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

For Program Details, Location & To Register,

Contact: Marina Plain | 519-336-8410



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



From the Office of Emergency Planning-Aamjiwnaang First Nation

Aamjiwnaang First Nation has obtained new notification system that is designed to enable residents to be notified of emergency situations. In addition to the emergency notifications, there will be other messages concerning community events and other general messages that can be sent to keep the Aamjiwnaang residents informed.

Use this link to sign up: <https://member.everbridge.net/index/453003085611503>

You can make your selections on contact methods and types of messages you would like to receive from the **Aamjiwnaang Notification System**. **WHEN REGISTERING, PLEASE BE SURE YOU USE YOUR HOME ADDRESS AS THE SYSTEM WILL BE ABLE TO IDENTIFY AREAS THAT MAY NEED PRIORITY MESSAGES.**

If you haven't yet signed up, please complete the sign-up sheet for the notification system that are in the starter emergency kits and drop the form off at the band office and leave it for Wilson Plain Jr.

REMINDER: If you have been signed up and your contact number changes, you must advise Wilson to ensure the information is up to date !!

STARTER EMERGENCY KITS

There are a few extra Starter Emergency Kits available for off-reserve band members. If you would like to receive one, please contact Wilson Plain Jr at the Band office (519) 336-8410 or email to

wplain@aamjiwnaang.ca

Quantities are limited so these will be given out on a first come, first served basis.

Miigwech !!



You are invited to experience something new at St Clair United Church.

Messy Church is a way of being church for families involving fun. Messy church is found across the world,

Using a family friendly approach messy church draws all ages into a closer understanding of God's love.

We will be sharing supper together, activities, and stories. All ages are given something to think about.

Sessions will be held on the first Thursday of each month.

Supper will be served at 5:30 p.m. followed by activities and stories. We will finish at 6:45p.m. All are welcome. Children are to be accompanied by an adult.

Looking forward to seeing you there. Thursday February 5th at 5:30 p.m. No charge....

Val

For Sale: 1998 Chevy Blazer
 4 Wheel Drive
 Good Running Condition
 E-tested OK, as is
 \$700.00
 Just Sitting in Driveway,
 Come take it away!!!
 Contact: Nan Jackson
 519-331-6683



Aamjiwnaang First Nation

Employment Assistance MEETINGS / WORKSHOPS

JAN 21 & 22

Warrior Within - Maawn Doosh
Gumig Youth & Community
Centre

JAN 22 & 23

Concurrent Disorders - Maawn
Doosh Gumig Youth & Community
Centre

FEB 12

EA Stepping Stones Meeting -
Munsee Delaware

FEB 25

Interview Skills Workshop
Diane Forbes

FEB 17 -19

Quantum Energy Integration
Diane Hill, Flyer on page 15

MAR

Community Development &
Culture

MAR 25

Applications for Dress for
Success - DUE!!

MAR 31

Dress for Success - Image North
Consulting

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

Job Search

- A. **Deleware Nation, Moraviantown**, Healing and Wellness Worker, Deadline to apply, Thursday, Jan. 29, 2015, see posting on next page
- B. **OFIFC**, Toronto, Check out website for postings; <http://www.ofifc.org/>
- C. **Nokee Kwe**, Native Education Centre, London, ON, several job listing check it out at; <http://www.nokekwe.ca/>
- D. **Southern First Nation Secretariat**; <http://www.sfns.on.ca/index.html>
- E. N' Amerind Friendship Centre (London), Check out website to postings; <http://www.namerind.on.ca/>
- F. **Anishnawbe Health Toronto**; Check out website for postings; <http://www.aht.ca/>
- G. **SOAHAC** London, Chippewas of the Thames, Owen Sound, check website for job listings; <http://www.soahac.on.ca/>
- H. **Six Nations** (Ohsweken, ON), Check out website for postings; <http://www.sixnations.ca/>

Other Job Search Engines:

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



Employment Opportunity Business Development Officer

General Description:

As a member of the Tecumseh Community Development Corporation team, the successful applicant will: assist clients by providing business advisory services in the development of plans for business start-up, expansion or acquisition; provide analysis of business proposals supporting commercial loan applications to the General Manager and Board of Directors for their review and disposition; provide continuing business counseling support to clients as required; undertake special projects relating to community economic development at the direction of the General Manager and in cooperation with regional First Nations and Aboriginal organizations

Education/Experience and Skills

Education/Experience – Candidates must possess a University Degree or College Diploma/Certificate in a business-related course of study and/or demonstrated experience working in community-based economic development.

Skills:

Candidates must demonstrate the ability to analyze business plans and interpret financial statements. Candidates must demonstrate excellent communication skills, both written and oral. Candidates must be able to make presentations to groups and facilitate in workshop environments.

Salary

Salary will be competitive and consistent with demonstrated skills and corporate guidelines.

Interested candidates are asked to submit their resumes and references no later than Friday, February 6, 2015 to:

Personnel Selection Committee

Tecumseh Community Development Corporation
RR #1, 311 Jubilee Road
Muncey, ON N0L 1Y0

Contact: Allan Chrisjohn, General Manager
Phone: (519) 289-2122
Toll Free: (888) 433-1533
Fax: (519) 289-5550
e-Mail: al@tcdc.on.ca



AAMJIWNAANG FIRST NATION EMPLOYMENT OPPORTUNITY

Public Works Coordinator

Job Duties:

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

Qualifications:

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

Application to include:

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

Please forward applications to:

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

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

Administrative Assistant Grand Bend Wind Farm

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

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

Primary responsibilities:

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

The Candidate

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

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

Personal Attributes

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

Work Term

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

Please Drop off your resume at:

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

Be sure to clearly mark your documents:

GRAND BEND WIND FARM

Environmental Job Opportunity Grand Bend Wind Farm

Position: Environmental Monitor Intern

Reports to: The Environment Monitor

Duties & Responsibilities:

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

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

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

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

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

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

Please Drop off your resume at:
Aamjiwnaang First Nation
Administrative Complex
978 Tashmoo Ave.
Sarnia, ON N7T 7H5

Be sure to clearly mark your documents:

GRAND BEND WIND FARM

**Location:**

D.N Health Centre
14737 School House Line
R.R. 3 Thameville, Ontario
N0P 2K0

Job Status:

Full Time

Salary:

Commensurate with
qualifications and/or
experience.

Hours:

8:30 am - 4:30 pm
Flexible hours will be
required.

Interviews:

Week of February 2 - 6,
2015

CLOSING DATE:

THURSDAY
January 29, 2015
@ 4:00 pm

DELAWARE NATION JOB POSTING**"Healing and Wellness Worker"****SUMMARY:**

The Healing and Wellness Worker shall be under the supervision of the Delaware Nation Health Director.

SUPERVISION:

The Healing and Wellness Worker shall be under the supervision of the Delaware Nation Health Director.

DUTIES AND RESPONSIBILITIES (to include but be limited to the following):

- Coordinate and deliver awareness workshops, events and activities, which promote Aboriginal health and reduce addictions and family violence.
- Coordinate and deliver culturally based activities and ceremonies, which promote addictions free lifestyles.
- Complete intake assessments and referrals to treatment programs, counseling, or other services as required.
- Assist clients in preparing for entry into residential treatment programs.
- Provide client counseling relating to addictions and family violence.
- Provide individual case management; establish and maintain links with other services.
- Coordinate and implement culturally appropriate aftercare services for clients returning from residential or other treatment programs.
- Provide support services for families of clients.
- Develop/acquire resource materials and intake packages for community education and awareness and ensure such materials are kept up to date.
- Coordinate the food bank program, which may include community consultation, review of statistical data, measures of success and future recommendations.

QUALIFICATIONS:

- Full-time Abstainer with a commitment to self-care and wellness.
- Graduation from an addictions counseling program or post-secondary diploma or degree in social work, psychology or other related field OR a minimum of five years experience in addictions counseling.
- Sensitive to the unique needs of First Nations people and able to deliver culturally based programs and services.
- Strong interpersonal and communication skills.
- Demonstrated ability to facilitate presentations/workshops.
- Good working knowledge of computers, including MS Office.
- Able to maintain high ethical standards and confidentiality.
- Must possess a valid First Aid/CPR Certificate.
- Must possess a valid Ontario Driver's License and have access to reliable transportation.
- Must be able to attend meetings, training sessions and travel as required.
- Must provide a recent criminal reference check and vulnerable sector search.

Three Environment

FOCUS GROUPS

Knowledge & Feedback

Please mark your calendar

FUN!!

Jan. 24
2015

Community Centre
11 AM – 1 PM

Shoreline Softening

Seeking your suggestions/comments stories of our river front area and how we can help to make it beautiful and accessible for everyone to enjoy. What are your ideas for improving the area along the St. Clair River Bank? Do you visit the area to fish, walk/run, sight see, or relax?

Topics for Discussion:

- Canadian Remedial Action Plan Implementation Committee (CRIC) – Update
- The St. Clair River Area of Concern (AOC) – Update
- Shoreline Softening – **CREATE MODEL**

Jan.31
2015

Community Centre
5 – 7 PM

Promoting Aamjiwnaang’s Traditional Medicinal Plants and how we can identify native plants in our own territory. What do you think about a green house? Would you like to see one available for our community to access? What types of plants would you like to grow? Etc...

Topics for Discussion:

- St. Clair River (Area of Concern)
- Green House Project
- Traditional Medicinal Plants

Share Stories

February 4, 2015
Community Centre
5-7 PM

Topics for Discussion:

- Traditional Land Use Study
- Wrap up of all three focus groups
- St. Clair River AOC update

Traditional Land Use Study:

Focus on the story of Aamjiwnaang told by its community members in maps and in stories. The study will incorporate several components including the mapping of areas used by Aamjiwnaang and through individual interviews with key knowledge holders. These studies seek past and present use of the land for traditional importance to First Nations people including, but not limited to, hunting, fishing, trapping, collection of plants including berries and herbal medicines and ceremonial.

Please contact Environment Department if you have any questions (519) 336-8410. Miigwech!

CULTURE & HERITAGE CLUBS' ONE (1) YEAR ANNIVERSARY!!

YOUR INVITED!! BBOON ZAAGIDWIN

CO-HOSTS: Aamjiwnaang Health Centre - E'Mino B'Maad Zijig Gamig



SPECIAL GUEST SPEAKERS!
COMMUNITY
LUNCH

Music

STORYTELLING

PRIZES!

FUN ACTIVITIES

FOR THE WHOLE FAMILY

FREE
FREE
FREE

OPEN FROM
10-2

SATURDAY
FEB 7

@Maawn Doosh Gumig

FOR MORE INFO CONTACT MARINA : marinaplain@aamjiwnaang.ca
OR PENNY ROGERS-WILSON 519-332-6770





21st ANISHINAABEMOWIN-TEG INC.



Theme: "Naakaazdaa Enweying"
Let Us Use Our Voice

March 26th to 29th, 2015

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

MEMORIAL SCHOLARSHIPS AND CONFERENCE HIGHLIGHTS

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

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

Registrations sold online at www.anishinaabemowin-teg.org

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

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

3rd Annual Honoring our Grandparents Round Dance

March 28th, 2015

50/50s All Night

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

Toonie Auction

Stickmen: Matt Isaac & Dan Isaac
 Emcee: Nathan Isaac

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

World Class Singing

The Anishinaabek of Aamjiwnaang invite all nations to attend!

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

Nathan (989)954-4471

Cid (519)330-3596

Aamjiwnaang First Nation

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

ABORIGINAL CULTURAL / LEARNING CENTRE

WINTER ROUND DANCE



The Aboriginal Students' Council invite you to the **FIRST WINTER ROUND DANCE** at Lambton College.

Prayer | Feast | Round Dance | Fundraisers



FRIDAY, JANUARY 30, 2015

6:00 P.M. TO 10:00 P.M.

LAMBTON COLLEGE EVENT CENTRE

1457 London Rd., Sarnia, Ontario N7S 6K4

Free parking

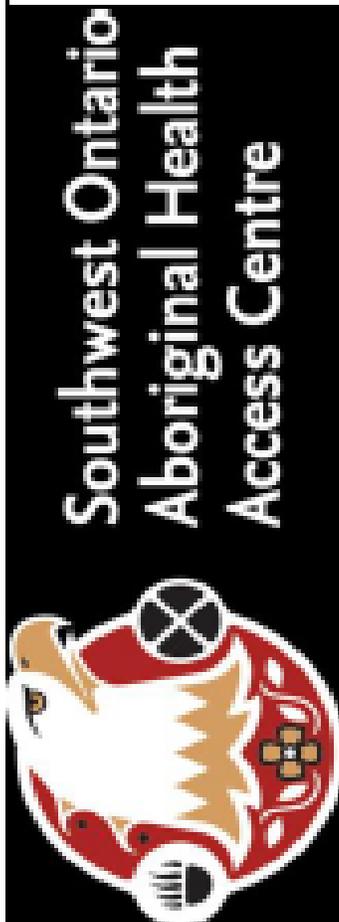
Sponsored in part by:



THE AWESOME FOUNDATION

Lambton
College





**Southwest Ontario
Aboriginal Health
Access Centre**

**TRADITIONAL HEALING
PROGRAM
FEBRUARY 2015**

To schedule an appointment at either our London or Chippewa sites, please call 618-288-0352 and ask for Stephanie Trudeau, Shkwaawle. News with the Traditional Healing Program. Schedules are subject to change with short notice. Miigwechi/Faw'ko/Thank you

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bruce Elijah Chippewa	3 Bruce Elijah London	4 Joanne Cheschoo London	5 Eva Jamieson Chippewa Joanne Cheschoo London	6 Eva Jamieson London Diane Hill Chippewa	7 Diane Hill Chippewa
8 Diane Hill Chippewa	9	10	11 Joanne Cheschoo Chippewa	12 Joanne Cheschoo Chippewa	13	14
15	16 STAT Family Day	17 Richard Acclimewal Chippewa Ernestine McLeod London	18 Richard Acclimewal Chippewa Ernestine McLeod London	19 Richard Acclimewal London Joanne Cheschoo London/Chippewa	20 Richard Acclimewal London	21
22	23	24	25	26	27	28

anishinaabemowin naakaazdaa enweying (lets speak our language)

Anishinaabemowin is an endangered language, we can do what we can to revive and relearn one of the most sacred gifts that was given to Anishinaabe, from G'zhemanidoo

There are several online resources available now that provide voice recordings and videos to assist with learning the beautiful sounds of Anishinaabemowin.

There are several websites listed for your Information, please visit them and find one that will suit your needs and wants in relearning the Anishinaabe Language.

Resources

Online Dictionaries

Ojibwe People's Dictionary, <http://ojibwe.lib.umn.edu/>

Freelang Ojibwe, <http://www.freelang.net/dictionary/ojibwe.php>

Ojibwe Medical Dictionary, Coordinated by Patricia Ningewance Nadeau, http://www.slmhc.on.ca/assets/files/traditional-healing/medical_dictionary_ojibwe.pdf

Anishinaabe-Ikidowinan (Ojibwe) Dictionary, Kwayaciiwin Education Resource Centre, Patricia Ningewance-Nadeau, <http://www.kwayaciiwin.com/>

Anishnaabemowin miinwa Anishnaabe zheyaawin, Gordon Shawanda, http://ipsmo.files.wordpress.com/2012/04/hric_ojibwa_booklet.pdf

Activities

Anishinaabemowin Body Parts Conditions Flashcards, <http://quizlet.com/54447516/conditions-of-body-parts-flash-cards/>

Anishinaabemdaa CD with Two Interactive Body Parts Activities, <http://www.anishinaabemdaa.com/cdrom.htm>

Books

Anishinaubae Thesaurus, Basil H. Johnston, <http://birchbarkbooks.com/native-language/anishinaubae-thesaurus>

Concise Dictionary of Minnesota Ojibwe, John D. Nichols and Earl Nyholm, <https://www.upress.umn.edu/book-division/books/a-concise-dictionary-of-minnesota-ojibwe>

Manitoba Aboriginal Medical Glossary, Manitoba Association for Native Languages, http://www.ablang.com/catalogue_details.php?catalogue_id=16

Ojibwe Medical Interpreter's Handbook, http://www.ablang.com/catalogue_details.php?catalogue_id=4

Cancer Word Book (with Ojibwe Equivalents), <https://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=13698>

Eastern Ojibwa-Chippewa-Ottawa Dictionary, Richard A. Rhodes Dictionnaire Français-Algonquin, Georges Lemoine, https://archive.org/stream/cihm_74083#page/n0/mode/2up

Algonquin Lexicon, Ernest McGregor <http://ojibwe.net/>

<http://www.helenroy.net/>

<http://www.tpt.org/?a=productions&id=3#home>

<http://www.umich.edu/~ojibwe/>

<http://ojibwe.lib.umn.edu/>

<http://anishinaabemodaa.com/>

<http://www.anishinaabemowin-teg.org/>

<http://weshki.atwebpages.com/>

<http://www.anishinaabemdaa.com/>

Source: <https://docs.google.com/document/d/1gqfitfiTBUYFQhyIsuaKAI0R914hCbToVxobTZBfuM/mobilebasic?pli=1>

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Audition location details will be provided after online registration.

There are plenty of volunteer performing roles still to fill in one of the other Ceremonies or as a part of the Medals Presentation Team. To get more information: toronto2015.org/volunteer/ceremonies

Photos: Richard Termine. Costumes: Philippe Gullotta. © 2005 Cirque du Soleil. Cirque du Soleil is a trademark owned by Cirque du Soleil and used under license.

THREE FIRES MIDEWIWIN LODGE
BAWDWAYWIDUN BANAISE GRAND CHIEF

BIBOON CEREMONIES

FEBRUARY 18-22, 2015

"You are entering a land where Mother Earth is purified every year by deep snows. Even the big lakes and rivers in this land become frozen in Mother Earth's cycle. This is the home of the Bear Power. The Bear Power is the guardian of many secrets of how many diseases can be cured. There will be times when colored lights will come to the northern sky. They are called Wa-wa-sayg! (the Northern Lights). They come out to dance when the Bear Power is in its highest strength."

— The Mishomis Book, Voice of the Ojibway by Edward Benton-Banai



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Sacred Midewiwin Teachings
Youth Sessions
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Jingle Dress Healing Dance
Buffalo Dance
Namings
Feasts

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Please contact us in advance for more information at
MIDEWARRIOR@YAHOO.COM

THREE FIRES MIDEWIWIN,
WE LOOK FORWARD TO
HEARING FROM YOU TOO
(Please RSVP)

There is much work to be done before, during and after Ceremonies to take care of our beautiful Lodge. We ask that people who can't come early, please stay late to help clean and pack up.

DONATIONS ARE NEEDED AND GREATLY APPRECIATED

We Anishinaabe are always thinking "What can / what will I bring?"

HOTEL INFORMATION

ODANAH, WISCONSIN

Bad River Casino 1-800-682-7121

ASHLAND, WISCONSIN

Ashland Motel 715-682-5503

Bayview Motel 715-682-5253

Crest Motel 1-800-657-1329

Super 8 Motel 715-682-9377

IRONWOOD, MICHIGAN

Advance Motel 906-932-4511

Americ Inn Motel 906-932-7200

Budget Host Inn 906-932-1260

Comfort Inn 906-932-2224

Indianhead Motel 906-932-2031

Classic Motor Inn 906-932-2000

America's Best Value Inn 906-932-3395

Crestview Motel 906-932-4845

HURLEY, WISCONSIN

Days Inn 715-561-3500

Harmel's Bear Den 715-561-3085

Eagle Bluff Condos 715-561-2787

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CHIPPEWAS OF THE THAMES FIRST NATION

Part 1 of a 4-part Series: “What Was Never Told”

Creation Story

with Jim Dumont

January 21-23 9:00-4:30 pm

At the Chippewa Community Centre “Old Library”

What Was Never Told is a program of study to share the history (not just the pre-history) of the cultures existing in North America before and after the invasion. We must admit that the written history of the Americas since the invasion has, in general, been told from a European perspective that neglects many important facts and contributions of Indigenous peoples. Throughout this program we will be exposed to expressions that are a different understanding of the history and world we have all come to know through our present education system.

Module 1: Creation Story (Orientation)—January 21, 22, and 23rd. 2015

Module 2: Foundations (Awareness Phase)—February 2015

Module 3: Relating (Struggle Phase)—March 2015

Module 4: Ways of Knowing (Building Phase)—April 2015

40 spots available!

We ask that you commit to all 4 modules

Registration closing date January 20, 2015 @ 4:00 p.m.

Lunch will be provided

Participants will receive COTTFN certification and recognition of completion

To register contact:

Eva Jewell: 519-289-5555 ext. 227 | ejewell@cottfn.com

Evelyn Albert (student placement) | 519-289-5555

320 Chippewa Road, Muncey, ON, N0L 1Y0

Ph. 519-289-5555 Fax. 519-289-2230

info@cottfn.com www.cottfn.com



Future Films:

**February 21, 2015 - Project Wild Thing:
The Increasingly Disparate Connection
between Children & Nature**
<http://projectwildthing.com/film>

All films are screened free of charge at the Sarnia Library Theatre on Saturdays, beginning at 7pm.

For more information contact:

Thea deGroot – 519-542-5009

justicefilm@sympatico.ca

www.facebook.com/

[SarniaJusticeFilmFestival](#)

Twitter: [@SarniaJusticeFF](#)



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

www.onedgeacademy.com

Travelling Seniors Fundraiser

MEAT BINGO



Thursday, February 19, 2015

**Maawn Doosh Gumig
Community Centre @ 6 pm**

~ Kitchen opens @ 5 pm

Menu includes:

***Hamburgers, Hot Dogs
& Soup***

2 Strip Book for \$15

(extra strip for \$5 more)

- **Everyone Welcome to Play!**
- **Ages 10+ w/adult supervision**
- **Bring a Friend or more!!**
- **Students, come out and get your
volunteer hours**

**Come on Out and Support
the Seniors !!**

For more information call

Pat Oliver

@ 519-336-7244



Disney On Ice
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 At JOE LOUIS ARENA
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MARCH 14, 2015 at 11:30 AM

\$75.00 US Per Person

Price Includes: Coach Bus and Ticket
 Lower Bowl Seating

Proper ID for Border Crossing

Leaves from Pt Edward Casino at 8:30 AM Sharp
 Willie at 519-384-1957 or 519-332-6771



DETROIT RED WINGS VS BOSTON BRUINS

Thursday, April 2, 2015 at 7:30 PM

\$100.00 US

INCLUDES: COACH BUS, TICKET
 (Sec. 228 Row 7-10)

Proper ID for Border Crossing
BUS LEAVES

Sarnia Farmers Market Parking Lot at
2:30 PM SHARP!!

CONTACT:

Willie at 519-384-1957 or 519-332-6771

WEEK-END IN CHICAGO Aug. 7-9, 2015
 2 Nights—Embassy Suites, Chicago, Lakefront
 Single-\$600, Double-\$350, Triple-\$300, Quad-\$250,
 All Prices U.S. Funds \$50 non-refundable deposit
 secures your spot with remainder to be paid in full
 by July 1, 2015

- Includes : Coach Bus, Breakfast at Hotel and Managers Party Each Day Featuring Free Cocktails and Appetizers.
- Proper ID for Border Crossing
- Bus leaves the Corunna Ball Fields at 7:00 am and Food Basics in Sarnia at 7:30 am & K-Mart Parking Lot, Port Huron at 8:30 am
 Contact: Willie at 519-332-6771 or 519-384-1957
 Tracey at 519-333-7472 or 519-862-3261 or
 For our American Passengers Contact Preferred Charters at 810-982-7433

"WILLIE'S CASINO GETAWAY"

New Date: February 4-5, 2015

\$90.00 US Double Occupancy or \$140.00 Single Occupancy

Overnight Trip Planned. You must be signed-up and PAID by January 2, 2015. You will visit 3 Casino's on this trip. We depart Sarnia at 6:00 am from the Pt. Edward Casino Parking Lot then to the Port Huron Super K-Mart for a 7:00 am pick-up. Then onward to the Soaring Eagle Casino. After spending time here, we will make are way to the Little River Casino for the night. The following morning after check-out we will depart for Saganing Eagles Landing Casino. After spending time there we depart for the Soaring Eagle Casino and after spending time there back home. The price includes Round-Trip Transportation on a Coach Bus, Accommodations at Little River and Reward Packages from each Casino. You can make payment to:

Willie at 519-332-6771 or Preferred Charters at 810-982-7433



WILLIE'S CUBAN GOLF TRIP



January 27, 2015 to February 3, 2015
7 Days—\$1315.00 CDN Taxes Included

\$150.00 Deposit ASAP or by September 1st

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5 Star All-Inclusive & Unlimited Golf
Flying with Sun Wing To Varadero
Sign Up & Pay SEARS TRAVEL SARNIA Just mention the Trip to Kim or Nicole or you can
Contact: Willie with any questions @ 519-332-6771 or 519-384-1957



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hanging lights, cutting wood, cleaning basement/garage/
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@ kevincottrelle@yahoo.ca or directly at 1940 St. Clair
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The next issue is due out on
Friday, February 13, 2015

The deadline for submissions is
Tuesday, February 10, at 4:00 pm

Chi-Miigwech,
Lynn M. Rosales, Interim Editor

CHIPPEWA TRIBE-UNE

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

E-mail: editor@aamjiwnaang.ca
<https://sites.google.com/site/>



Boozhoo Ninduhwaymoogunidog, IshkodeAnaquodoQuay n'dizhnikaaz mukwa n'dodaim, niizho ayegwaa mideo, Aamjiwnaang n'doonjibaa, Ojibwe/Bowdaywadomi n'daaw.... Meegwech g'zhemanidoo mide bmaadizid n'meegwechiwendumnoon goom geezhgad meen'waa enogokoodewizig, Meegwech mushkukemequay mino mishikiki meen'waa mino meejim.... Meegwech mishomisug gookmisug gakine'a-maagoowim.... Niin Zaagin bmaadiziwin!!

Hello and Good Day My Relatives who's hearts sound from where the Water Flows Swiftly and the People Gather. I trust that these words find you all in good health and spirits.

It has been an honor and a privilege to serve the community in the capacity of Interim Tribe-Une Editor since September 2014. I have always believed that an informed individual is empowered with knowledge to choose which path in life to follow for self. Family, community, nation and perhaps beyond the realm in which we live today.

I'd like to say Meegwech to all the staff members of Aamjiwnaang for doing such an awesome job at developing and implementing a variety of events, functions, workshops and training sessions for Aamjiwnaang community members to learn and grow. The grassroots groups such as the Aamjiwnaang Culture and Heritage Club and the Travelling Seniors offer additional recreational activities that benefit those who desire a different form of enrichment.

We live in a time where technology and multi-media allows us to enrich our minds and reach out to places that our parents and grandparents may have only dreamt of. So, I encourage you all to venture out into the world by whatever means you choose whether it be to take in one of the many community events or to surf the world wide web or just walk and enjoy the beauty of nature's surroundings. Keep informed and never stop or give up your quest for personal knowledge and/or enrichment.

I trust that you have been well informed during my tenure. I'll be seeing you around the community and remember an informed individual is and empowered individual. So, keep doing what you do and live your best life that you can.

Yours in Friendship
IshkodeAnaquodoQuay
(aka: Lynn Rosales)