



AAMJIWNAANG FIRST NATION

January 31 2014

CHIPPEWA TRIBE-UNE

Issue 14:02
Editor:
Bonnie Plain



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- Points of interest:
- * Coach Trips
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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*

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

\$5 Admission

WATER IS SACRED



Happy Birthday



Feb. 1 to Feb. 14, 2014

Tristan	Nahmabin	Feb.	2	Heidi	Piche	Feb.	10
Trinity	Smith	Feb.	2	Michael	Rose	Feb.	10
Patricia A	Williams	Feb.	2	Sharon	Williams	Feb.	10
Albert	Bourque	Feb.	4	Samantha	Antila	Feb.	11
Brandi	Joe	Feb.	4	Carole	Dilion	Feb.	11
Glenn	Oliver	Feb.	4	Janet	Steadman	Feb.	11
Rachel	Piche	Feb.	4	Matthew	Stone	Feb.	11
Diana	Rogers	Feb.	4	Joshua	Van Den Assem	Feb.	11
Roger	White	Feb.	4	Donald	Adams	Feb.	12
Shayna	Williams	Feb.	4	Karen	Davidson	Feb.	12
Tracy	Buffalo	Feb.	5	Clayton	Hamelin	Feb.	12
Richard	Gilbert	Feb.	5	Patrick R	Nahmabin	Feb.	12
Raecine	Johnson	Feb.	5	Tracey	Williams	Feb.	12
Kyla	Levert	Feb.	5	Michael G W	James	Feb.	13
Robin A	Maness Sr.	Feb.	5	Tristen Plain	Nahmabin	Feb.	13
Alissa	Myers	Feb.	5	Timothy A	Plain	Feb.	13
Shelley	Nahmabin	Feb.	5	Michael B	Rogers	Feb.	13
John	Steele	Feb.	5	Tyler	Rogers-Stonefish	Feb.	13
Keisha	Walker	Feb.	5	Brooke	Tipton	Feb.	13
Steven	Fisher	Feb.	6	Dorothy	White	Feb.	13
Errnol David	Gray III	Feb.	6	Michael	Fisher-Cristovao	Feb.	14
Belinda	King	Feb.	6	Cheyenne	Jackson	Feb.	14
Shawn	Nahmabin	Feb.	6	Anthony	Quain	Feb.	14
Andrew	Parker	Feb.	6				
Teresa	Rogers	Feb.	6				
Thomas	Stager	Feb.	6				
Leona	David	Feb.	7				
Donovan	Gold	Feb.	7				
Ronald	Gray	Feb.	7				
Noah A	Joseph	Feb.	7				
N'Daanis	Plain	Feb.	7				
Marion	Waters	Feb.	7				
Patricia L	Williams	Feb.	7				
Sara	Williams	Feb.	7				
James	Bourgeois	Feb.	9				
Branden	Ludlow-Maness	Feb.	9				
Anthony R	Plain	Feb.	9				
Jusup	Simon	Feb.	9				
Rachael	Simon	Feb.	9				
Elsie	Williams	Feb.	9				
Lisa	Williams	Feb.	9				
Brody	Young	Feb.	9				
Naomi	Deacon	Feb.	10				

Happy Birthday Elsie
Enjoy your day!
Love Shelley

**Interested in going to the
 Anishinaabemowin Teg
 Language Conference**

**20th ANNIVERSARY
 CELEBRATION**

March 26 to 30, 2014

There will be a random draw from
 Names that are called in. Call the Community
 Centre, leave your name and phone number
 with Verlynn Plain to be entered
 into the draw. 519-491-2160.



TOBACCO ALLOCATION DISTRIBUTION NOTICE

January 2014

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 3rd, 2014.**
- 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".

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)



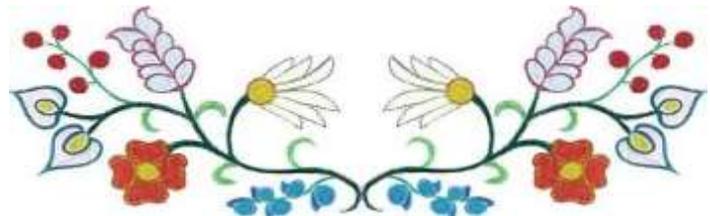
AAMJIWNAANG HISTORY & HERITAGE CLUB

The Aamjiwnaang History & Heritage Club is extending an open invitation to anyone interested in being a part of an independent group. We will meet every other Tuesday to learn, share and discuss information about our history and culture.

Our first meeting will take place on Tuesday, February 4, 2014 6 pm at Maawn Doosh Gumig

Hope to see you there!

*Culture * Identity * Knowledge*



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. The poll is open until February 28, 2014. The link to 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



**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*

H.E.A.L.



Healthy
Eating
Active
Living

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

February 3rd – April 7th
(10 week)

Information sessions:

Monday's 5pm-6pm

One-on-one Consultations:

Monday's (by appointment)

Fitness classes:

Yoga Tuesday's @ 7pm

Great Prizes & Incentives

Please call the Health Centre at 332-6770 to sign up.

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

Three strands in a braid of sweet grass. They represent three spiritual qualities - love, kindness, and humility. When I smudge myself with it, I purify myself in those qualities. I prepare myself for my day with the strength of those spiritual qualities. It clings to my hair, my clothes and in the air of my home. In that way, as I move through my day and I smell that fragrance I am reminded of how I have chosen to live that day - and in that, is the power of greeting my days with reverence, calm and prayer. In that is how I learn to direct my humanity toward peace, equality and harmony one day, one person, one circumstance at a time. Peace friends, travel well through this day and Stay Brown!

~ Richard Wagamese, Author

Jessie Buchanan Introduction Aamjiwnaang Art Therapy Intern

Boozhoo, hello, my name is Jessie Buchanan and I am a member of the Aamjiwnaang reserve. Although I did not grow up in Aamjiwnaang, I have always been interested in the community and my First Nations cultural heritage. I am currently studying Art Therapy at the Toronto Art Therapy Institute. While at the school, I became interested in First Nations healing and finding out more about it. Simultaneously, my interest in giving back to the community evolved out of my passion for my cultural roots and the therapeutic power of art. As part of the requirements for completion of my program, I was asked to find a community to work in. Having wanted to be a resource for the community of Aamjiwnaang, I decided to find out if there was an art therapy program offered at the Health Centre. Luckily, I discovered that not only was there an art therapist here, but also that she was interested in having a student intern to run Art Therapy sessions under her guidance.

I am a believer in the healing power of art; I am also a painter. I have used art as a therapeutic tool for myself for most of my life. In 2010, I graduated with a Bachelor of Fine Arts Degree from Algoma University, in Sault Saint Marie. I am still painting and exhibiting my artwork, in addition to training as an Art Therapist. I am inspired by other First Nations artists, writers and healers.

I am excited for the opportunity to be able to work under an experienced and knowledgeable Art Therapist such as Tracey George, and hope that I can make a difference in the community of Aamjiwnaang.



YOGA

Beginner's Class

Instructed by Joanne Dunn



Tuesday's

January 21st - February 25th
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 4th

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*

INDOOR WALKING

Every Wednesday

STARTING: Wednesday,
February 5, 2014

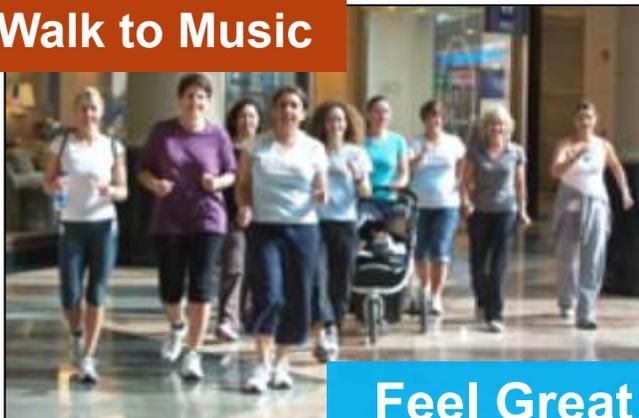
ENDING: Wednesday,
March 26, 2014

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



Gallery in the Grove 2014
March 2—April 12
FIRST NATIONS ART SHOW
2618 Hamilton Road
at Wildwood Park
Bright's Grove, ON N0N 1C0
519-869-4643

This is the Gallery's first showing of First Nations art from local reserves including Aamjiwnaang and Kettle Point. Traditional items such as dream catchers, pouches, bone carvings, bead work, leather work, and paintings will be featured.

Gallery Hours

Mon.—Thurs. 11 am - 5 pm
Sat. & Sun. 11 am - 3 pm
Closed Fri. & Holidays
CLOSED July, August & December

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 1st, 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 31st, 2014

Please NOTE: ONLY those applications **received by January 31st, 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.



Sandy Cottrelle
makes beaded ring
Dreamcatcher Clocks
Dream Catcher's and
other Handcrafted items

To view clocks go to:
[sandycottrelle.wix.com/
allkindatime](http://sandycottrelle.wix.com/allkindatime)

To order call or text
226-886-1271 and/or to haggle



Attention Home & Community Care Clients & Family Members

On February 17th, 2014
— this is Family Day

There will be **NO SERVICE**
this day, regular hours will
commence the following day.



Enjoy your Family Day
with family and friends.

Thank you for your
cooperation & understanding

Becky Adams—H&CC Clerk



First Aid & CPR Training



February 8-9, 2014
9:00am till 5:00pm

At the Community Centre
Lunch will be provided

Call Melissa at the
Band Office to sign up
519-336-8410 ext. 249

“Only 18 spots available”



Chi Meegwetch.....

My children, Meeg Snake and his partner, Lesley Smoke, and children Marie, Tessa, baby girl on the way, and Taislyn; and Hallie Snake and her partner, Nolan Smoke, would like to thank their family and friends for their presence, words of comfort and condolence, prayers and support on the recent death of their beloved dad, John Snake.

John died suddenly at his home in Orillia on January 14, 2014. Funeral services were held for him in his home community of Rama on January 17, 2014. They would like to thank all those that braved the bad weather to be with them in their time of need and sorrow.

Thank you to Laura Rogers who brought Taislyn to be with her dad, Meeg, and her aunt Hallie during this difficult time. We were all so overwhelmed and happy that she was there....this was so very precious.

Thank you to Rhonda Rogers, who travelled through the storm and back home through the storm, all in one day, bringing Sereena, Diane and Ravena Williams just to be with us for that one evening. Hallie really needed to see her friends! And Diane brought some much needed laughter!

Thank you to John's chosen sisters, Peggy Rogers and Shelley Redmond for being there sharing your love and support. Thank you to Mark Rogers, Rachel Rogers, to Ponchie and Deb Plain, to Stephanie Rogers, Poj Walker, Kelly Kiyoshk, Stacey Nahdee, Arno and Carolyn Yellowman. Thank you to Nim Plain, who came straight from work and through the stormy weather also to be with us. Chi-Meegwetch to Lynn Rosales and Pam Plain for coming and for helping their Midewewin Family to assist Meeg and Hallie's dad on his journey. Thank you so much to Hallie and Meeg's grandma, Jean Henry, uncles and aunts, Darren, Kim, Doug, Carol...to their cousins Niki, Ugga, Jill, Alissa, Zak, Jada, Selena, Nolan...for their love and presence. There were so many others from all the surrounding First Nations, including Meeg and Hallie's great aunts and uncles, and cousins, Bob Bressette, Marg Pepper, Pauline Bressette, Sam Lefthand, and Mike Henry who came. Thank you to my husband Ed Gilbert, who was there to support, encourage and be strong for me, so that I could be strong for my children and grandchildren....and thank you to Ed, for offering his love, support and comfort to Meeg and Hallie, their partners and children.

My children appreciate all the singers, men and women, who came and gathered around the drums to sing together in unison all their dad's songs that he had composed throughout the years. I apologize for anyone I may not have mentioned who were present, for amongst the sea of 600 + faces, our memories may have fallen short....I would love to list all the names of those who called, texted, facebooked, sent word and offered their words of love....but the list would be endless...but no less appreciated and remembered.

Thank you Aamjiwnaang....thank you friends....thank you, our family!!

Patty Snake-Gilbert,
on behalf of Meeg Snake, and Hallie Snake.



Dealing with Grief: Confronting Painful Emotions

By Edward T. Creagan, M.D.

www.mavoclinic.org/grief

Sooner or later, each of us will experience that dagger in the heart called grief — and dealing with grief is a challenge like no other. How can you pick up the pieces, heal the wounds and move on with the rest of your life without feeling like you're betraying the memory of your loved one?

Facing the unexpected emotions of grief

As an oncologist, every day I see people who have cancer struggle with death and dying. Every day, I also see families struggle with the inevitable end of life — families who aren't really prepared for the avalanche of emotions that sweep over them when the final moment comes, even if they knew death was imminent.

I know how challenging and devastating the raw, intense emotions of grief can be, because it's happened to me.

I went for a run one frigid winter morning nearly 30 years ago. When I got home, my son, Ed, then 18, compassionately broke the news — my mother had died. Even though my mother had struggled with breast cancer and alcoholism, the news struck me like a two-by-four whipsawed across my abdomen. I felt drained of every ounce of vitality. It took all the energy I had to keep from slumping to the floor. As the hours evolved into days, it became exhausting — even physically painful — to make any decisions. Our family was completely unprepared for the feelings of confusion and disorganization following the news.

Easing the healing process of grief

Painful as my own grief was, my mother's death gave me new insight on dealing with grief. Although there are no quick fixes for the anguish after a loved one's death, I learned that you can take steps to make the coping easier. Here are my suggestions:

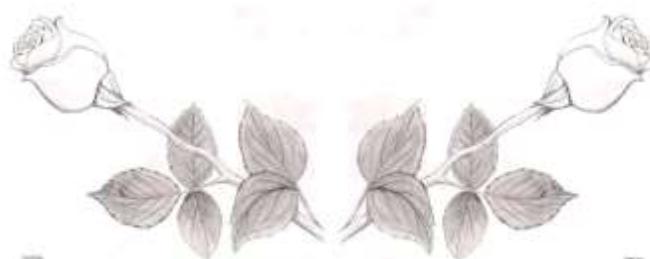
- **Actively grieve and mourn.** Grief is an inner sense of loss, sadness and emptiness. Mourning is how you express those feelings. You might plan a funeral or memorial service, wear black, and carry a somber demeanor. Both grief and mourning are natural and necessary parts of the healing process after a loss.
- **Acknowledge your pain.** If you don't face your

grief, your wounds might never quite go away. Accept that the pain you're feeling is part of dealing with grief and moving toward a state of healing and acceptance.

- **Look to loved ones and others for support.** Spending some time alone is fine, but isolation isn't a healthy way to deal with grief. A friend, a confidant, a spiritual leader — all can help you along the journey of healing. Allow loved ones and other close contacts to share in your sorrow or simply be there when you cry.
- **Don't make major decisions while grieving.** Grief clouds the ability to make sound decisions. If possible, postpone big decisions — such as moving, taking a new job or making major financial changes. If you must make decisions right away, seek the input or guidance of trusted loved ones or other close contacts.
- **Take care of yourself.** Grief consumes a significant amount of energy. Your will to live and ability to follow normal routines might quickly erode. To combat these problems, try to get adequate sleep, eat a healthy diet and include physical activity in your daily routine. Consider a medical checkup to make sure your grief isn't adversely affecting your health — especially if you have any existing health conditions.
- **Remember that time helps, but it might not cure.** Time has the ability to make that acute, searing pain of loss less intense and to make your red-hot emotions less painful — but your feelings of loss and emptiness might never completely go away. Accepting and embracing your new "normal" might help you reconcile your losses.

Losing a loved one is devastating. Someday, however, the sun will shine again. The day will seem brighter and your life will go on — even if it'll never be quite the same.

Edward T. Creagan, M.D.
Division of Medical Oncology
Mayo Clinic, Rochester, Minn



TACO SALE



**Fundraising for LNHL
Aamjiwnaang Midget Boys**

January 31st, 2014

11:30 Until Sold Out!



***Ron & June Simon's
160 Marlborough Lane***



Nacho Supreme \$6.00
Taco's \$6.00
Pop \$1.00

Call **519-332-4433** or **519-330-2644** to order ahead or
for delivery of orders \$20 or more

**Workplace
Development Series**



CONFLICT MANAGEMENT
February 13th 10-4
 MAAWN DOOSH GUMIG
 LUNCH INCLUDED

YOUNG DRIVERS OF CANADA
 Presentation

INFORMATION WILL BE PROVIDED FOR NOVICE & EXPERIENCED DRIVER'S—Also, CONSEQUENCES OF TRAFFIC OFFENCES & INFO ON HOW TO OBTAIN YOUR DRIVING PRIVELIGES

FEBRUARY 20TH
MAAWN DOOSH GUMIG
1:00 - 3:00 pm

***DRIVERS HANDBOOKS WILL BE GIVEN TO PARTICIPANTS**



Employment Supports
 Ontario Works
 Call Marina Plain to register
 519-336-8410
Some restrictions apply

**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

Seniors Healthy
Cooking Class
Tues., February 11/14
Health Centre
10:30 - 1:30



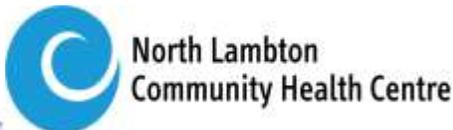
- * Simple recipes made together
- * Tasty food samples to take home
- * Friendly conversation
- * Healthy eating information
- Nutrition and health questions welcome

Come out and join us!

Just call Peggy 519-332-6770x31
to register!



Presented by: *Sandra Walker*



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

SENIORS MOVIE NIGHT

Monday evening

February 3 @ 6 pm &

Thursday afternoon,

February 13 @ 1:30 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*

Senior & Youth Ojibway Bingo & Dinner

When: Wednesday,
Feb. 19, @ 5 pm.

Where: Community Centre

20 Seniors/20 Youth

Youth ages 10 - 18 years

Call Peggy, 519-332-6770,
to sign up **by February 13**

Seniors Pizza and Game Night

When: Wednesday,
Feb. 26, 2014 @ 6pm

Where: Seniors Drop-In
@Community Center

Call Peggy, 519-332-6770
if signing up



RIGHT TO PLAY



Presents

CASINO NIGHT

And Gambling Awareness

February 5th 2014

5pm—7pm

Community Centre

Youth Room

Door Prizes, entertainment
and light dinner



We build strong kids,
strong families, strong communities.



"All birds, even those of the same species
are not alike, and it is the same with animals
and with human beings. The reason *Wakan
Tanka [Creator]* does not make two birds, or
animals, or human beings exactly alike is
because each is placed here to be an inde-
pendent individual and to rely upon itself."

~ *Heháka Sápa, Black Elk*

"We have no buildings, there are no steeples.
The lake is our church, the evergreen trees
are our living saints if we must speak in your
language. Leave us to see beauty everyday
rather than find it only in our memories."

~ *Taos Pueblo Elder*

Chiefs of Ontario News Release:**ONTARIO REGIONAL CHIEF STAN BEARDY RECOGNIZES THE EFFORTS BY NEIL YOUNG'S TREATY TOUR IN BRINGING ISSUES TO THE FOREFRONT**

Thunder Bay, ON (January 21, 2014) — Ontario Regional Chief Stan Beardy today applauded the efforts of performer Neil Young after he concluded his Honour the Treaties tour Sunday in Calgary.

"He not only brought to the forefront important issues of environment and industry but he recognizes that First Nations people are the rights holders and caretakers of these lands," said Regional Chief Beardy. "He accomplished his goals of raising funds for a Northern Alberta First Nation fighting tarsands development and he raised awareness of the broader issue of treaty rights."

The goal of raising \$75,000 for the Athabasca Chipewyan First Nation's legal defence fund was surpassed a few days ago, according to reports. And beyond the financial goal, Young said the concerts have succeeded in getting Canadians talking about these issues.

Young began his four-city Canadian tour January 12 with stops in Toronto, Winnipeg, Regina and Calgary. His tour which Young said was not meant to be an "anti-tarsands crusade."

"The solutions of the challenges we face as treaty peoples are in the recognition and implementation of the treaty relationship," Regional Chief Beardy said. "The treaty talks about resource sharing, it talks about the relationship with the Crown. Yet while the treaty we made with the Crown is legally binding, we have not benefitted fully. We will not stop talking about the treaties until the spirit and intent of them are fulfilled."

The Chiefs of Ontario is a political forum and a secretariat for collective decision making, action, and advocacy for the 133 First Nation communities located within the boundaries of the province of Ontario, Canada.

For more information, please contact:

Jamie Monastyrski, Communications Coordinator

Phone: (807) 630-7087

Email: jamie.monastyrski@coo.org

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 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 in PDF or Doc file

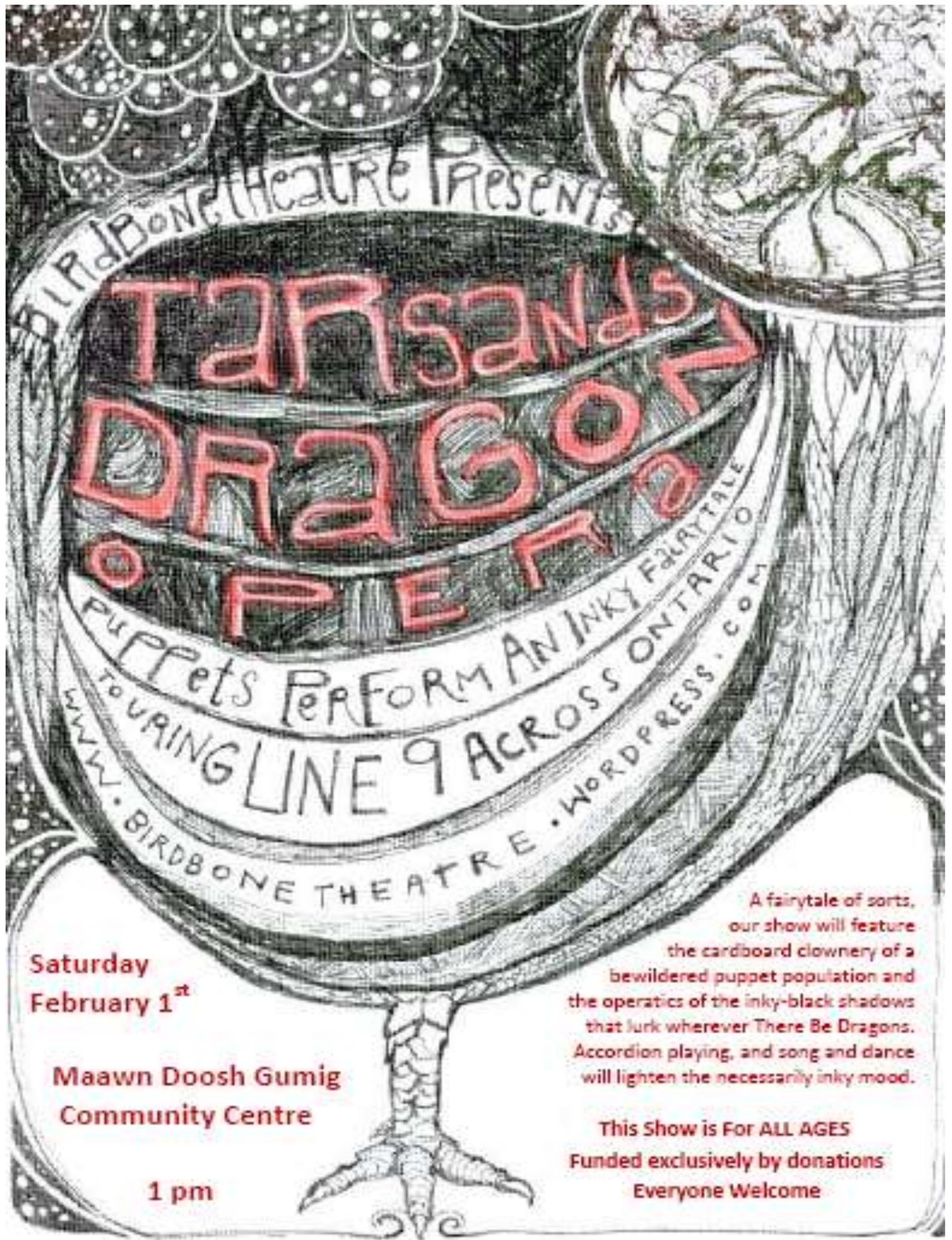
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**Saturday
February 1st**

**Maawn Doosh Gumig
Community Centre**

1 pm

A fairytale of sorts, our show will feature the cardboard clownery of a bewildered puppet population and the operatics of the inky-black shadows that lurk wherever There Be Dragons. Accordion playing, and song and dance will lighten the necessarily inky mood.

**This Show is For ALL AGES
Funded exclusively by donations
Everyone Welcome**

Be Prepared for an Emergency

<http://www.caer.ca/be-prepared-for-an-emergency/>

During some emergencies, it may be necessary to protect our citizens by evacuating the area impacted by the emergency. An emergency evacuation centre may be set up to provide shelter and food to people affected by the emergency. The nature, magnitude and location of the emergency will determine the evacuation routes to be used and what areas are affected. When you hear municipal emergency sirens or the interruption of local cable TV, you should tune into the local Sarnia-Lambton Radio stations for information and instructions: The Fox 99.9 FM, CHOK 103.9 FM, or K106.3 FM

PLEASE NOTE: When you hear sirens or local TV broadcasting interruptions other than Mondays at 12:30 noon you are directed to monitor your local Sarnia-Lambton radio stations for emergency instructions and for the most current information available. Stay tuned to these radio stations.

Do not evacuate unless instructed to do so by radio or Emergency Personnel. Exposure to chemicals could put you at risk, and unnecessary traffic could hamper emergency operations.

Listen carefully to evacuation instructions as they are broadcasted or provided to you by Emergency Personnel, and follow them exactly.

Key Points for Evacuation

- Assemble only the essential items you will need.
- Take your prepared emergency kit.
- Don't forget any necessary medications or prescription drugs.
- Emergency Plan: If you have time, leave a short note telling others when you left and where you went (this could be left in your mailbox). If you are evacuated, register with the reception centre so that you can be contacted and reunited with your family and loved ones. If you are going somewhere else other than the reception centre, advise the centre of your whereabouts.
- Take items appropriate for the care, feeding and entertainment of infants and young children.
- Pets should be caged or on a short leash.



The 72-Hour Emergency Kit

One of the best ways you can prepare for emergencies is to have enough supplies at home to feed and take care of you and your family for at least three days. The following items are considered crucial in times of emergency. Do you have them on hand?

- Flashlight & batteries (if the lights go out)
- Radio & batteries or crank radio (for news bulletins) - Spare batteries for flashlight and radio
- First Aid Kit
- Candles and waterproof matches/lighter
- Extra car keys & cash (coins for payphone)
- Important papers (ID & Important documents for everyone)
- Food—at least 3 days worth of canned & dry foods that are easy to prepare and don't need heating. (i.e.. Soups, stews, vegetables, fruits, crackers, instant drinks, etc...)
- Bottled water for at least 3 days. (4 litres per person per day = 12 litres per person—for drinking, washing, cooking, etc...)
- Disposable cutlery, cups, plates, bags.
- Fuel stove & lanterns & fuel (do not use indoors)
- Extra set of clothing & shoes per person.
- Blankets and/or sleeping bags.
- Toilet paper, diapers & personal supplies.
- Medications, eyeglasses, prescriptions.
- Whistle (for emergency situations)
- Playing cards, games, toys for kids.
- Container to carry emergency supplies.

Safe drinking water—for Boil Water Advisory or if water is unsafe use alternate water sources if possible or follow these instructions.

1. Bring water to rolling boil for at least 1 minute.
2. If water cannot be boiled, add six drops unscented, liquid bleach (4-6% chlorine) per 4.5 litres (one gallon) of water. Use a new bottle to ensure effectiveness. Stir well and let water stand for 30 minutes before using. If making formula, let the water stand overnight, covered with paper towel or loose lid. This allows the bleach to do its job and then dissipate so that bleach will not affect the taste of the formula.
3. You can use water purification tablets to treat water. Follow the instructions.



1 tablet treats 2 L. Safe for drinking, brushing teeth, cooking, etc...

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 VOLLEYBALL • WRESTLING



For Information Contact:

Aboriginal Sport & Wellness Council of Ontario

Stephanie Feletto

Operations Manager and Assistant Chef de Mission

stephaniefeletto@gmail.com

(807) 355-4277

www.aswco.ca





Aboriginal Team Ontario 2014

North American Indigenous Games 2014

Marc Laliberte

Chef de Mission

marclaliberte@shaw.ca

(807) 476-7081

Stephanie Feletto

Operations Manager & Assistant

Chef De Mission

stephaniefeletto@gmail.com

(807) 355-4277

www.aswco.ca

Aboriginal Sport & Wellness Council of Ontario



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

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

For more information:

Facebook Group - Aboriginal Team Ontario Volleyball

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



For More Information also visit www.aswco.ca



NAIG 2014 - Basketball Tryout

Male and Female - U14 - 2000 and later

Male and Female - U16 - 1998 & 1999

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

O'Gorman High School

150 George Street, Timmins, Ontario

Saturday, February 22nd, 2014

Male:	9:30 - 10:00 am	Registration
	10:00 - 12:00 pm	Drills/Assessment
	1:00 - 3:00 pm	Scrimmage
Female:	3:30 - 4:00 pm	Registration
	4:00 - 6:00 pm	Drills/Assessment
	7:00 - 9:00 pm	Scrimmage

Contact:

Justin Sackaney, Basketball Sport Manager
sackaney.justin@hotmail.com



Archery Athletes Team Ontario - NAIG 2014

U16 - Players born 1998 or later

U19 - Players born 1995 or later

Contact:

Dwayne Kechego, Archery Sport Manager
dkechego@cottfn.com



NORTH AMERICAN
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Tips for Kids ~ Anger & Bullying

We all feel angry from time to time. It might be because your sister or brother won't let you watch your favourite TV show. You may get mad when someone says something mean about you, or even when your parents want you to clean your room before you go out to play. Anger is a normal and natural feeling but it can be dangerous if you let it get out of hand. It's important to know that when you get mad there are good ways and bad ways of working with your anger.

Good ways of dealing with anger

- Take a time out or count to ten.
- Breathe slow and deep.
- Talk yourself through the emotions. Ask yourself, why do I feel this way?
- Walk away from the situation.
- Wait until you cool down before talking about your anger.
- Use words like "I feel" to express how you've been upset.
- Write down your emotions and feelings.
- Talk about what has upset you with someone you trust.
- Find a solution to what made you mad.

Bad ways of dealing with anger

- Hitting, kicking, throwing things.
- Breaking things around the house.
- Screaming, yelling and saying mean things. Words hurt too and are hard to take back.
- Bottling up emotions until you explode.

Everyone gets angry or mad and it could be hormones, natural chemicals in the body. You could be a person who has strong emotions or behave the way you've seen others act. Sometimes people act out to hide other emotions but we need to understand how to control anger or better ways of showing it. If you are getting into fights or always feel mad, you should get help dealing with your anger. Parents, teachers, and counsellors are ready to listen and can help you find out why you are angry. Just remember that anger is a normal emotion and asking for help can be the bravest thing you do.*

Growing up can be tough, even tougher if you're dealing with bullies or in a bad relationship. No

one should have to put up with being hurt or bullied. Bullies only want attention. If you fight back or call them names you're only giving them what they want and it could become a bigger problem. Ignore bullies the best you can and report their behaviour to a teacher, principal, counsellor or parent.

Helping out a Friend.

It's hard to watch a friend with problems and it can make you feel helpless, but there is something you can do. You can help them just by being there, someone they can talk to and confide in. Let your friend know they are not alone. There are people and organizations that can help, like guidance counsellors, teachers or adults they trust. The best thing you can do is encourage your friend to talk about their problem and let them know they don't deserve to be treated this way. Keep talking to your friend until they agree to get help. Whether it's a bully at school or a boyfriend or girlfriend who is hurting them, it's important to take your friend seriously. No one should have to put up with someone hurting or scaring them.

What is a Role Model?

A good role model is someone you look up to, who inspires you, and encourages you to make good choices. A role model could be your mom, dad, brother, sister, grandparent, sports star, teacher, or a police officer. A good role model is someone you can learn from and makes the world feel like a better place.

Role models can help you find out who you are and discover who you would like to become. They will listen to your problems and try help you work out your anger and other emotions. Sometimes role models can tell you where to go for help or how they got through a similar situation. Learning how they made it to where they are in life today can help you become who you want to be. Positive role models encourage you to be your best and help you achieve your goals.

In uncomfortable situations or if someone is treating you wrong, reach out and talk to someone. Your self-esteem is what matters and reaching out is a part of healing.

For anonymous advice, call the Kid's Help Phone at 1-800-668-6868.

Something to Know and Think About!

1. Some people left their car in the long-term parking at San Jose while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home in Pebble Beach and robbed it. So I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

2. GPS.

Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS - don't put your home address in it... Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

3. CELL PHONES

I never thought of this...This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I re-

ceived your text asking about our Pin number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral of the lesson:

- a. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc....
- b. And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back.
- b. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.

4. Purse in the grocery cart scam...A lady went grocery-shopping at a local mall and left her purse sitting in the children's seat of the cart while she reached something off a shelf...wait till you read the WHOLE story! Her wallet was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.



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PLEASE HAVE YOUR BAND REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

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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 (external link) and immunize.ca

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

Call Gail at 519-332-6770



Valentine's Day Banquet

"Healthy Relationships"

With Guest Speaker:
Dr. Carlen Costa, DHS, MPH,
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Couple's & Single's Welcome

In this *fun & practical* session, participants will explore ways to enhance their partnerships.

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BANQUET at
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Tuesday
February 11th, 2014
5:30 to 7:30 pm

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with Jessica Joseph at
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What you do matters

Our family. Our friends. Our people.

Smoke Free Ontario Act — As of May 31/2006

Fact Sheet — Health Effects of Second-Hand Smoke

Smoking is the primary cause of avoidable death and disease in Ontario — 16,000 Ontarians die each year as a result of commercial tobacco use. Plus the level of smoking among Aboriginal peoples can be three times higher than the provincial average. Therefore, the presence of second-hand smoke is a major problem — to family, to friends, to all our people.

SECOND-HAND SMOKE IS TOXIC

Second-hand smoke releases the same chemicals as smoke that is inhaled — but in greater quantities. This hidden threat contains over 4,000 chemicals, of which more than 50 are known or suspected cancer-causing agents.

In Ontario, second-hand smoke from cigarettes and cigars causes about 425 deaths every year among healthy non-smokers. It has been classified as a known human carcinogen by respected health agencies around the world — and no health body in the world has established a safe level of exposure to second-hand smoke.

RESEARCH PROVES THE DANGER

Studies from Canada and around the world have established that second-hand smoke is a serious health hazard. They include the U.S. Environmental Protection Agency, the Australia National Health and Medical Research Council, the California Environmental Protection Agency, the United Kingdom Scientific Committee on Tobacco and Health, the U.S. National Toxicology Program and the International Agency for Research on Cancer.

There is overwhelming proof that second-hand smoke is a serious health hazard to our communities, our people.

THE HARMFUL EFFECTS

Second-hand smoke burns at a lower level than inhaled smoke so it can contain two times more tar and five times more carbon monoxide. In essence, two thirds of the smoke from a burning cigarette is not inhaled, but enters the surrounding area and can be inhaled by anyone in that environment. Plus the smoke lingers in enclosed areas exposing family and friends to the dangers.

We all suffer when second-hand smoke fills the air around us. We are more threatened by illnesses like ear infections, asthma and even heart disease and cancer. More specifically, second-hand smoke causes the following diseases and conditions.

In Adults:

- Heart disease: Exposure to second-hand smoke increases the risk of an acute heart disease event by 25–35%
- Lung cancer: Never-smoking partners of smokers have an increased risk of lung cancer of between 20% (for women) and 30% (for men)
- Nasal sinus cancer
- Breathing symptoms such as bronchitis and chronic obstructive pulmonary disease (COPD)
- Eye and nasal irritation



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Georges Karam
CEO, Atelka




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you're Invited

Community Dinner and Meeting with Suncor Energy

Update on Suncor activity on Vidal Street

We understand that our efforts to manage and remove contamination on Vidal St. are very important to the community.

Please join employees from Suncor for a community dinner and meeting to learn more about the work that has taken place so far.

For childcare and rides please call the Environment Department at: 519-336-8410 by Wednesday, February 5th at 4 pm.

Thursday
February 6th, 2014
Drop-in from 4-7pm
Dinner at 5pm

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@ 7:30 PM - \$150.00
PER PERSON

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@ 8:00 PM - \$140.00
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Includes: Coach Bus, Ticket, Adult Beverages Contact Tracey, 519-862-1200 or Willie, 519-384-1957



SKATE & SWIM TIMES
MOORETOWN SPORTS COMPLEX
October 2013 to March 2014

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
	22	Swim	3:00 - 4:00 pm
March	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:

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

Featuring Aamjiwnaang's ~ Kyle Jackson

**Mooretown Storm Atom
AE OMHA Playdowns**

<u>Date</u>	<u>Time</u>	<u>Place</u>
Feb 1	1:15 PM	Home vs Dorchester
Feb 8	1:15 PM	Home vs Lambeth

League playoff schedule to follow.

Mooretown Storm Aamjiwnaang members:

Zak Cottrelle and Ryan Parkinson.



Next issue is due out on
Friday, February 14, 2014

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

Chi-Miigwetch, ~ Bonnie Plain, Editor

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue
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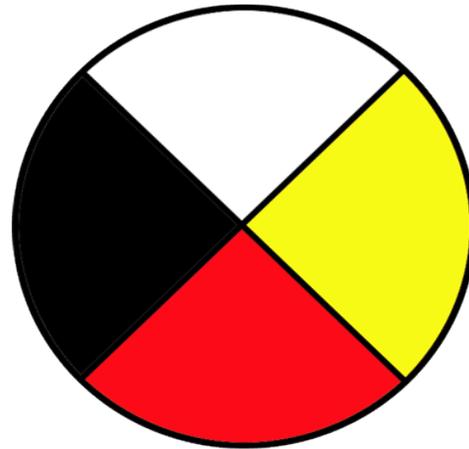
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E-mail: tribeune@aamjiwnaang.ca

[https://sites.google.com/site/
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Northern Direction Giiwaydinnoong

Winter - Beboong
White - Waabishka
Spirit - Manitouwabi
Bear - Mukwa
Sweetgrass - Wiingashk
Night - Naakshig
Elder - Chiahyaog
Grandmother - Nokomis
Grandfather - Mishomis



The Northern Direction is a time of Wisdom, Teachings, and Healthy Minds. The wisdom of the elders comes from the North as they share stories about the experiences they've acquired throughout their life's journey. Tis' the season to reflect upon what we've learned and experienced in the thirteen full-moon cycle. It is a time to rest and revitalized our mind, body, and spirit for the upcoming season of renewal.

Elders carry the wisdom, knowledge, history, ceremonies, songs, dances, language, medicines, and culture of their nation. It is a time for sharing knowledge and story telling. Elders follow the "Seven Teachings". They expect and deserve respect as an elder and for the teachings shared at any gathering. It is out of respect, and is protocol, to offer an elder the gift of Semma (tobacco) for spiritual guidance, ceremony, advice, or information. Oftentimes a meal, cup of tea, a place to sleep, and/or honoraria is given to give thanks and show appreciation.

To Cherish Knowledge Is To Know Wisdom ~ Wisdom is the demonstration of clarity, rightness, objectivity, and discernment. Wisdom is to acknowledge and practice values that are respectful of men and women. Wisdom is the courage to change those behaviours that are not positive or respectful.

Today I acknowledge that to change my life requires the twin elements of honesty and wisdom. Honesty to understand when a change is necessary and good, Wisdom to change my patterns of behaviour even if they fly in the face of what others think and believe about me. I have a sacred right to live my life as I choose, and I reject any roles imposed or assigned to me in dysfunctional situations. I will not waste the gifts freely given by my Ancestors.