



# CHIPPEWA TRIBE-UNE

Interim Editor,  
Lynn Rosales

## Gichi-Manidoo Giizis - Spirit Moon - January

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Aamjiwnaang  
Population Stats  
**Current: 2326**



Photo Submitted: Courtesy of Marion Waters; Artist: Dennis L. Plain

# Mino Dbishkaan-Happy Birthday

## Jan. 9 - 23, 2015

Niah-Envy	Bird	Jan.	10	Mary	Bird	Jan.	16
Amy	Crober	Jan.	10	Selena	Mejia-Smith	Jan.	16
Wesley	George	Jan.	10	Lucy	Myers	Jan.	16
Robert	Nahmabin	Jan.	10	Frieda	Stewart	Jan.	16
Calista	Plain	Jan.	10	Verna	Cottrelle	Jan.	17
Katera	Rogers	Jan.	10	Jackson	Joseph	Jan.	17
Steven	Stone	Jan.	10	Byron	Bird	Jan.	18
Ivan	Wright	Jan.	10	Betty	Gray	Jan.	18
Adam	Alton	Jan.	11	Brady	Medeiros	Jan.	18
Philemon Alexander	Bird	Jan.	11	Natalie	Nahmabin	Jan.	18
Charmaine	Jacobs	Jan.	11	Mazl	Ohayon	Jan.	18
Melissa	Maness	Jan.	11	Audrey	Williams	Jan.	18
Neela	Martinez	Jan.	11	Raven	Williams	Jan.	18
Angela	Shanks	Jan.	11	Roger	Bourque	Jan.	19
Jessica	Adams	Jan.	12	Sharren	Fisher	Jan.	19
Raymond	Fisher	Jan.	12	Malysha	Williams	Jan.	19
Richard O	White	Jan.	12	Holly	Foster	Jan.	20
Rudy M	Williams Jr.	Jan.	12	Tiffany	Gilbert	Jan.	20
Jackson	Antila	Jan.	13	Noal	Grondin	Jan.	20
Mikeesha	Bressette	Jan.	13	Alexander	Maness	Jan.	20
Vicky	Doxtator	Jan.	13	Brandon	Nahmabin	Jan.	20
Ernest	Gray	Jan.	13	Ernest	Plain	Jan.	20
Malcolm	James	Jan.	13	Joshua	Plain	Jan.	20
Megan Lee	Nahmabin	Jan.	13	Heather	Robertson	Jan.	20
Kaden	Plain	Jan.	13	Anikka	Witting	Jan.	20
Lacey	White	Jan.	13	Christopher Llyod	Flegg	Jan.	21
Klorissa	Yardley	Jan.	13	James	Gray	Jan.	21
Jennifer	Bright	Jan.	14	Tirah	Oliver	Jan.	21
Capryse	Dube	Jan.	14	Bertram	Partin	Jan.	21
Esther	Elie	Jan.	14	Carrie	Plain	Jan.	21
Evelyn	Giorgi	Jan.	14	Corrie	Plain	Jan.	21
Cheryl	Johnson	Jan.	14	Barry	Bird	Jan.	22
Lisa	Joseph	Jan.	14	Sylvia	Kearse	Jan.	22
Kenneth	Maness III	Jan.	14	Corina	Lawrence	Jan.	22
Robert	McNickle	Jan.	14	Cassidy	Nahmabin	Jan.	22
Steven	Stager	Jan.	14	Deon	Wrightman	Jan.	22
Angela	Walker	Jan.	14	John Darren	Adams	Jan.	23
Jason	Hewitt	Jan.	15	Donald	Gray	Jan.	23
Lance	Hewitt	Jan.	15	Lynda	Hajas	Jan.	23
Calley	Jonker	Jan.	15	Dawn	Kulanda	Jan.	23
Alicia	Noble	Jan.	15	Sandra	Lacroix	Jan.	23
Fancy Rose	Partin	Jan.	15	Sandra	Waring	Jan.	23
Nancie	Rogers	Jan.	15				



## **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.

## **COMMUNITY NOTICE**

Our Community Health Nurse (Gail) will be out of the office until January 19. Unfortunately, she is the only nurse on staff who is covered under our medical directive to give needles. Therefore, no immunizations, flu shots or B12 injections will be available at the Health Centre until January 19.

You can get a flu shot at the following locations:

- Your primary care provider
- By appointment at Lambton Public Health. Call: 519-383-8331 ext. 3554
- Many pharmacies, including Food Basics, Shoppers Drug Mart, Vidal Pharmacy, Hogan Pharmacy, etc.

For enquiries regarding immunization or personal record updates, please phone Lambton Public Health at 519 383-8331 ext. 3554 or email at:  
[immunization@county-lambton.on.ca](mailto:immunization@county-lambton.on.ca)

## **NOTICE**

The Community Centre  
gymnasium will be  
renovated starting;

**Monday, January 5, 2015**

Renovations will last  
Approximately 6 weeks.  
We will be having the Gym  
floor replaced and new  
lighting installed.

**Jamie Maness**  
**Community Services Coordinator**



## 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.

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:

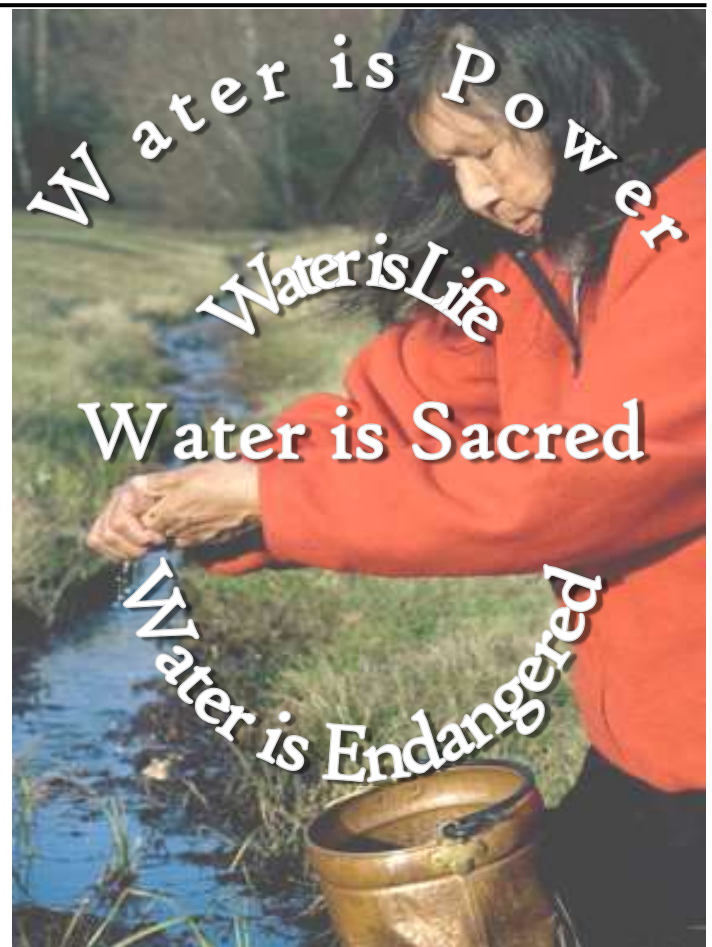
<http://www.afn.ca/>

Southern First Nation Secretariat

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

Aboriginal Affairs and Northern Development Canada

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





## **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, January 19, 2015**

The deadline for submission is:

**Wednesday, January 14, 2015, 4:00 PM**

## **TRIBE-UNE SUBMISSION INFO!! SUBMISSION DEADLINE**

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

**Tuesday, January 20 @ 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 15<sup>th</sup>.

**Limit of 4 Per Household.**



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.**

## **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 Simon .....328-0203

Sheila Firth .....383-1073

Mary Lou Williams .....337-9342

Carol Miller .....332-0751

Christine Plain .....466-0054



**Respect Yourself.  
Treat your body  
well and choose  
wisely.**

THERE IS NO SUCH THING AS  
"JUNK FOOD."



THERE IS JUNK, AND THERE IS FOOD!



**Thursday, January 15, 2015**

**Thursday, February 12, 2015**

**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!



## Healthy Babies/Healthy Children & Head Start



**Monday, January 5, 10:30 am to 1:30 pm**

**Polar Bear Handprints**

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

**Playdough, Gak, and Slime!**

**Thursday, January 8, 10:30 am to 12:30 pm**

**Play and Literacy Specialist**

**Monday, January 12, 10:30 am to 1:30 pm**

**Simple Sewing**

**Wednesday, January 14, 5:00 pm to 7:30 pm**

**Sledding in Bear Park  
(weather permitting)**

**Thursday, January 15, 10:30 am to 12:30 pm**

**Sexologist and HIV Presentation**

**Monday, January 19**

**Drum Making - sign up**

**Tuesday, January 20, 10:30 am to 12:30 pm**

**Traditional Family Parenting starts  
- Sign up**

**Wednesday, January 21, 10:00 am to 3:00 pm**

**New Parents Group - Moss Bags  
- Sign up**

**Wednesday, January 21, 5:00 pm to 7:30 pm**

**Teepee craft**

**Thursday, January 22, 10:30 am to 12:30 pm**

**Baby Moccasins-Sign up**

**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**

## Father's Photovoice Contest

Photovoice is a picture that gives voice through images.



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



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

Here is an example:

“Children spell love T-I-M-E.”  
Anthony P. Whitham



Submit your photos with your contact information by March 4, 2015 to Joanne Culley at [jculley@aamjiwnaang.ca](mailto:jculley@aamjiwnaang.ca)



1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 13 & 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**

**Date: Jan 21 - 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 Program**

The Withdrawal Management Program (WMP) helps people in Sarnia-Lambton who struggle with substance use, including drugs, alcohol, and/or prescription medication. The program supports a harm reduction approach to drug and alcohol addiction, and provides a safe and supportive environment to help people break the cycle of addiction. The free walk-in programs in Sarnia provide information about treatment, coping, harm reduction, and navigating available services. In addition, the Withdrawal Management Program will provide Aamjiwnaang with a variety of bi-weekly psycho-educational groups available to those struggling with substance use and support for their family members and/or loved ones.

**January 22, 2015 1:00-3:00 P.M.**

**E'Mino Bmaad-Zijig**

**Aamjiwnaang Health Centre**

**Call Penny for more information (519) 332-6770**



## **Concurrent Disorders Training**

**January 22-23, 2015**

**Aamjiwnaang Community Centre  
(Banquet Room)**

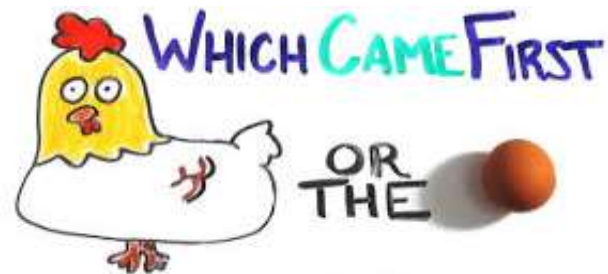
**9 A.M.-4 P.M.**

### **Lunch will be provided**

Concurrent disorders is a term used to refer to co-occurring addiction and mental health problems. It covers a wide array of combinations of problems, such as anxiety disorder and an alcohol problem, schizophrenia and cannabis dependence, borderline personality disorder and heroin dependence and bipolar disorder and problem gambling.

These problems can co-occur in a variety of ways. They may be active at the same time or at different times, in the present or in the past, and their symptoms may vary in intensity and form over time.

People often ask, "Which came first: the mental health problem or the substance use problem?" This is a hard question to answer. Often it is more useful to think of them as independent problems that interact with each other.



Dr. Cullen is a registered social worker, psychotherapist, consultant and trainer. His practice provides integrated psychotherapy using evidence-based interventions including; cognitive behavioural therapy, motivational counselling, psychodynamic models, existential therapy, brief solution-focused therapy and couple therapy. He works from a trauma & attachment informed, harm-reduction model of practice.

**Limited seating available, please call  
(519) 332-6770 to reserve your spot today!**

**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**

ALL OTHER FRAMES  
**30% OFF**

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

## Coping With Death and Grief

By [Patricia Johnson](#)

Death is inevitable, yet the loss of a close friend or family member always showers us with a range of emotions. One day we might desperately try to avoid the pain, anxiety and feelings of helplessness we feel when a loved one dies. Other days, we feel like life has returned to normal—at least until we realize that our life has changed irrevocably.

Despite the gamut of emotions we feel, grieving for a loved one helps us cope and heal. The intense, heart-breaking anguish indicates that a deep connection has been severed. Without a doubt, grieving is painful. But it is also necessary.

Going forward doesn't mean forgetting about the loved one who died. Enjoying life again doesn't imply that the person is no longer missed. Piecing together your shattered emotions doesn't mean you, somehow, betray a friend or family member. It simply means that your grief has run its course.

While no single pathway through grief exists, people do share common responses.

In 1969, psychiatrist Elisabeth Kübler-Ross introduced what became known as the "five stages of grief," which represent feelings of those who have faced death and tragedy.

Based on her years of working with terminal cancer patients, Kübler-Ross proposed the following pattern of phases many people experience:

1. Denial: "This can't be happening to me."
2. Anger: "Why is this happening? Who is to blame?"
3. Bargaining: "Make this not happen, and in return I will \_\_\_\_."
4. Depression: "I'm too sad to do anything."
5. Acceptance: "I'm at peace with what has happened."

Although these are common responses to loss, there is no structure or timetable for the grieving process. That said, understanding grief and its common symptoms are helpful when grieving. Recognizing the difference between trauma and depression is also beneficial.

Besides understanding how stress can take a toll on us physically, emotionally and spiritually, we need to understand the practical guidelines to ease the process. These include taking care of our bodies, spending time with others and reaching out to the church community.

Finally, there will come a time when someone close to us experiences a significant loss. Knowing how to respond to a grieving friend is a good first step in acting as a reliable companion.

The death of a loved one is a shattering experience with far-reaching implications. As difficult as the loss may be, it is possible to move forward with hope for the future.

### Understanding the Grieving Process

"Grief is a journey, often perilous and without clear direction," writes author Molly Fumia. "The experience of grieving cannot be ordered or categorized, hurried or controlled, pushed aside or ignored indefinitely. It is inevitable as breathing, as change, as love. It may be postponed, but it will not be denied."

Fumia says it well. When it comes to grieving the death of a loved one, there are no linear patterns, no "normal" reactions, no formulas to follow. The word "grief" is derived from the French word "grève," meaning a heavy burden. Indeed, the physical, emotional, psychological and spiritual implications can be overwhelming.

While grief is an expected response to a significant loss, the unfamiliar emotions that arise can lead to feelings of helplessness, fear and isolation.

Following a death, everyone works through these stresses differently. Some are instantly devastated; others feel numb and disconnected. Some withdraw socially, while others reach out for support. What's more, just

when the initial shock begins to subside, a deeper sense of reality and despair sets in. Those who grieve may need to learn new skills, adopt different habits and adjust to daily life without the physical presence of the person who died.

Although grieving is an individual experience, there are symptoms many people share after suffering personal loss:

- Feels physically drained
- Can't sleep at night
- Forgetful and unable to think clearly
- Noticeable change in appetite
- Physical distress such as chest pains, headaches or nausea
- Stays extremely busy to avoid thinking about his or her grief
- Eats, drinks watches television, etc. excessively
- Participates in harmful activities
- Senses or dreams about the deceased
- Becomes withdrawn, lonely and apathetic
- Frequent sighing and crying

Each person sets his or her own pace when grieving. There will be ups and downs, moments of relief followed by moments of anguish. The first few days after someone dies are generally the most intense, marked by chaos, strong emotions and a "dreamlike" sensation.

Over time, a host of emotions may emerge. From guilt to remorse to anger, reactions vary from person to person. It's not uncommon for grieving loved ones to ask questions like *Why did this happen? Where was God?* or *Why didn't the doctors find the cancer sooner?*

Among those mourning a death, some find the pain diminishes within weeks or months. They arrive at a place of acceptance, peace and hope for the future. They reminisce about their deceased loved one instead of feeling consumed by memories.

For others, the healing process persists and it is difficult to enjoy a reasonable quality of life. Everyday events and significant life markers are painful reminders of what could have been.

If debilitating symptoms continue longer than six months, we suggest seeking professional help. A counselor or therapist can help you release the emotions you may have stored up inside.

The intensity of grief may relate to the following factors:

- Whether the death was sudden or expected
- Your feelings about the person who died
- Your personality, family background, coping style and life experience
- Your belief system and view on death
- How those around you react and support you

The grieving process can be long and isolating, yet it's crucial to accept support rather than grieve alone. Talking about grief is an essential part of healing. Receiving reassurance and feeling understood will help make the recovery process more complete during one of life's most challenging times.

### **Grief, Trauma or Depression?**

After a loved one dies, those who grieve may find it difficult to function in everyday situations. Lingering emotional turmoil, a sense of shock and social withdrawal are painful but natural reactions.

Despite these expected symptoms, is it possible to become "stuck" in grief? What if the loss prompts thoughts of self-harm or even suicide? And how can trauma affect the healing process?

Symptoms of grief, depression and trauma can resemble one another. In order to respond to these symptoms appropriately and move on with life, it is crucial to understand the differences.



### When Grief Becomes Clinical Depression

It's not unusual for those who grieve to feel despondent, empty and anxious. Grief encompasses different emotions for different people, and it takes time to adjust to the loss and any accompanying changes.

Sometimes, though, the depressive state doesn't diminish over time and continues to disrupt everyday life. This may be an indicator of a depressive disorder.

According to the American Cancer Society, about one in five bereaved people will develop major depression.

<sup>1</sup>It is difficult to predict whose grief will or won't turn into depression following the death of a loved one.

However, the following risk factors may increase the likelihood:

- History of depression
- Little previous experience with death
- No support network
- Intense depressive reactions early in the grieving process
- Prior issues with alcohol or drug abuse

It is possible to grieve without being depressed. That said, there is a difference between the sadness of grief and the unrelenting numbness of depression. Here are signs indicating that a grieving person may also be depressed:

- Shows symptoms of grief for four or more months with no sign of improvement
- Prolonged or severe inability to function at home, work and/or school
- Stays in bed all day, doing nothing
- Thinks of suicide and/or has a preoccupation with death
- Speaks and moves slowly
- Hallucinates, which may or may not relate to the deceased
- Feels worthless

If symptoms persist—and especially if suicidal thoughts occur—it is imperative to reach out to a family doctor, counselor or pastor. Those with depression will not simply “snap out of it.” However, depression is highly treatable, and with competent care a healthy life can be restored.

### When Trauma Blocks Grief

Losing a loved one in a sudden or unexpected way—a car accident, heart attack, murder or suicide—may result in a traumatic reaction that hinders the grieving process. This sense of shock can also occur when the death is expected, as in the case of a long illness.

If a person is run down psychologically, suffers from anxiety or depression or has endured previous traumatic experiences, it's more difficult to handle another setback. As a result, additional grief symptoms can be unbearable. In order to cope, the traumatized individual may attempt to avoid grieving altogether.

The National Center for Posttraumatic Stress Disorder highlights broad types of symptoms that differentiate trauma from grief:

- Re-experiencing Symptoms: Mentally replays the trauma while awake or asleep
- Avoidance Symptoms: Avoids trauma-related activities, places, thoughts or feelings
- Numbing Symptoms: Loss of emotions, especially positive ones
- Arousal Symptoms: Difficulty concentrating and sleeping, and a heightened sense of being on guard

Over time, if symptoms continue to influence life at work and home, counseling is advised. In addition to support groups, treatments that are both comforting and effective are available. Grieving the loss may be painful, but it is necessary to allow healing to occur.

### Helping Loved Ones Grieve

When someone we love is grieving the death of a friend or family member, it's a challenge to know what to do. We want to say the right thing, show support and ultimately help in the healing process.

Yet all too often, we end up awkwardly offering advice, sputtering a spiritual rationalization or avoiding the

situation altogether.

Sara Alcoran can relate. She remembers the early morning phone call, the immediate sense of dread, the sorrow in her husband's voice when he said, "Dad is gone."

She remembers hastily packing up her infant daughter and speeding to the fire station where Linus worked.

"When I saw him, all I could do was hug him and cry," says Sara, a 30-year-old stay-at-home mom. "I had no idea what to say."

Like Sara, all of us try to be effective comforters but may find ourselves coming up short. Still, there are specific ways we can respond when those we love lose someone close to them.

### **Acknowledging the Loss**

In an instant, the death of a loved one turns life upside-down. Emotions are piqued and responsibilities are overwhelming, making it tough to know when to reach out and when to give space.

"I believe it is more helpful to acknowledge the loss," says Ann Kihara, a licensed marriage and family counselor in Pacific Grove, Cali. "You can even simply say, 'I'm so sorry for your loss.'"

"Although the initial contact may feel nerve wracking, take a first step by promptly making a call, writing a letter or paying a visit. Kihara cites other explicit do's and don'ts when standing alongside someone in pain:

"It's unhelpful, even callous, to say things like, 'This is God's will,' 'They would not want you to cry,' or 'They are in a better place.'" Kihara reasons, "We cannot presume to know the will of God nor the emotional state of our loved one who is grieving."

Instead, here's what you can do:

**Be there to listen.** "It's always tempting to give advice, but don't," Kihara says. True empathy, encouragement and compassion will help those going through a difficult time.

**Encourage professional help if necessary.** If you feel your loved one is unable to cope alone, gently recommend that he or she seek professional help. Providing a list of area grief counselors may expedite the process.

**State specifically how you're able to help.** Offer to prepare a meal, provide a ride, or help clean and sort through old items. Be sensitive to your friend's feelings and proactive when it comes to meeting needs.

**Remind your loved one to take time out to rest, and to hold off on any major life decisions.** It is undoubtedly draining to adjust to a loss and this impairs the ability to think clearly and make decisions.

**Reach out when your friend most misses a loved one.** "Holidays and anniversaries will often trigger the grief response—even many years later," says Kihara. "Those are good times to be extra supportive and loving."

When it comes to helping a loved one cope with loss, Renee Mahdavi knows what it's like to be on the receiving end. After experiencing several miscarriages, Renee acknowledges the importance of validating the loss itself.

"I think the most valuable support we can possibly offer is to be there—just be there—and be willing to not 'fill the space' with our words," says Renee. "There are few things more powerful than knowing we are loved and supported through the valleys of life."

If you have questions or concerns please contact the Health Centre 519-332-6770 or other Local Mental Health Providers.

#### Counselors:

Life's Seasons, Tina Hunter 519-466-3723

Conrad Holtz, 519-339-9993

Cathy Hockin, 519-332-0017

#### Crisis:

Kids Help Phone: 1-800-668-6868

Distress Line Sarnia 519-336-3000

Mental Health Crisis Service 519-336-3445





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



The Housing Department is currently accepting applications for the 2015 housing waiting list.

**ONLY** those applications **received by January 31, 2015** will be put on the 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.

Please contact the Housing Department if you have any questions. Applications can be picked up at the front desk at the Band Office.

**Winter Check List**

- Inspect your home for excessive moisture.
- Check electrical cords, outlets and plugs for damage.
- Check caulking and weather-stripping, including around entry door from garage and house.
- Check basement drain trap.
- Have furnace/heating system serviced.
- Check and replace air filters if needed.

**SAFETY UPGRADE PROGRAM**

**Re: Venmar HRV Units**

Only certain models of air exchangers manufactured from January 1983 up to 2009 are affected. For a complete list of model number please contact Venmar Ventilation by phone at 1-866-441-4645 or visit the website at [www.venmar.ca](http://www.venmar.ca)

*From our families to yours  
Wishing Everyone a  
Prosperous New Year in 2015*

**2014 – 2016  
Housing Committee**

Sherri Crowley, Councilor/  
Chairperson  
Randi Rogers, Councilor  
Ada Lockridge, Band Member  
Jim Maness, Band Member  
Joe “Ponchie” Plain, Band Member

Housing Committee meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. If you have items for the agenda please have all information into the Housing Department one week prior to the meeting.

Thank you.

**Housing Department Staff**

**Tracy Williams**, Housing Coordinator  
[twilliams@aamjiwnaang.ca](mailto:twilliams@aamjiwnaang.ca)

**Tanya Williams**, Housing Assistant  
[housingassistant@aamjiwnaang.ca](mailto:housingassistant@aamjiwnaang.ca)

**Earl Cottrelle**, Maintenance  
[maintenance@aamjiwnaang.ca](mailto:maintenance@aamjiwnaang.ca)





## AAMJIWNAANG

### NOTIFICATION SYSTEM

NOONDAN GEZHAWEBAG  
(to hear what will happen)



### From the Office of Emergency Planning- Aamjiwnaang First Nation



Spending time outdoors in the winter season is good for your health, and can be a lot of fun. But you need to be aware and prepared for Canada's cold and severe winter weather. In an average year, more Canadians die from exposure to winter cold than from lightning, wind storms and tornadoes combined.

When severe winter weather threatens, Environment Canada issues special alerts that notify Canadians in affected areas so that they can take steps to protect themselves and their property from harm. These weather alert bulletins are issued through the media, as well as through the Weatheradio service, and the Government of Canada's [weather.gc.ca](http://weather.gc.ca) website.

Canada has one of the most severe winter climates of any country in the world. We experience a wide variety of dangerous weather conditions including extreme cold, blinding blizzards, and treacherous ice storms. Even conditions more typical of the warmer months such as heavy rain and lightning are possible in winter.

Anyone who has ever waited at a bus stop or taken a walk on a blustery winter day knows that you feel colder when the wind blows. This cooling sensation that is caused by the combined effect of temperature and wind is what is known as wind chill. The best way to avoid the hazards of wind chill is to check the weather forecast before going outside, and to be prepared by dressing warmly.

And it's not just the weather itself that can have serious consequences, but also the *rapid transitions* be-

tween weather types or the *long durations* of any one particular type that occur from time to time. It's one thing to be prepared for the cold, snow and ice, but are you ready for those times when the weather changes in the blink of an eye or when nasty conditions seem to go on forever?

This is why it's important to be aware of the various weather alerts available from Environment Canada, which are issued to help you make informed decisions.

### **Three Types of Wintertime Alerts**

The type of alert used depends on the severity and timing of the event:

1. **Special Weather Statements** are the least urgent type of alert. These are issued to let you know that conditions are unusual and could cause concern. They provide a heads up of what weather may be coming.
2. **Watches** alert you about weather conditions where there is potential for a significant storm or severe weather to occur. As certainty increases about the path and strength of a storm system, a Watch could be upgraded to a **Warning**.
3. **Warnings** are urgent messages that severe weather is either occurring or will occur. These alerts are updated regularly so that you can stay informed and take appropriate action.

Of the above types of alerts, different weather patterns can bring different types of threats/hazards. These can generally be defined as precipitation events (snow, freezing rain, etc.), extreme cold and wind chill, and reduced visibility. Any of the three threats can arrive alone or in combination of two or more.

Environment Canada issues over 20 different types of alerts for the various weather hazards that are possible across the country.

But to simplify, winter alerts can be categorized into

three basic categories (each of which can occur in combination with another):

#### Precipitation alerts:

- **Snowfall** – significant snowfall
- **Snow Squall** – when cold air moves across larger open bodies of water (such as the Great Lakes) creating nearly stationary bands of cloud and snow
- **Freezing Rain/ Drizzle** – when rain or drizzle falls onto sub-zero surfaces and freezes on contact forming a layer of ice
- **Rainfall** – significant rainfall
- **Winter Storm** - issued when multiple types of severe winter weather are expected to occur together

#### Cold Alerts:

- **Wind Chill** – wind or cold on their own may not be hazardous, but the combination of the two may warrant issuing this type of alert
- **Flash Freeze** – issued when a rapid drop in temperature causes water from rain or melted snow on streets, sidewalks etc. to quickly freeze

#### Poor Visibility alerts:

- **Blizzard** – issued when winds are expected to create blowing snow giving widespread reduced visibility of 400 metres or less
- **Blowing Snow** – issued when winds are expected to create blowing snow giving poor visibility of 800 metres or less

## DID YOU KNOW ?



## Job Search Sites

(for complete job description or other employment listings please visit the website listed with posting info)

- OFIFC**, Toronto, Check out website for postings; <http://www.ofifc.org/>
- Healing & Wellness Manager**, OFIFC, Toronto, Deadline to apply: Posted Until Filled; <http://www.ofifc.org/>
- Nokee Kwe, Native Education Centre, London, ON, several job listing check it out at; <http://www.nokekwe.ca/>
- Southern First Nation Secretariat**; <http://www.sfns.on.ca/index.html>
- N'Amerind Friendship Centre (London), Check out website to postings; <http://www.namerind.on.ca/>
- Anishnawbe Health Toronto**; Check out website for postings; <http://www.aht.ca/>
- SOAHAC** London, Chippewas of the Thames, Owen Sound, check website for job listings; <http://www.soahac.on.ca/>
- 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/>



## Aamjiwnaang Environment Community Updates

This fall the Environment Department welcomed the new 2014-2016 Environment Committee Members into the circle and the Environment staff have been continuously learning new and innovated ways to help protect the environment.

The staff attended many Workshops, Seminars, Training, Teleconferences, and Meetings with the MOECC, Industry, Consultants, and many other Environmental and Industrial Organizations. The team has gained valuable environmental training and information from the following sessions:

- Negotiation Skills Training
- St. Clair River Symposium
- Air Quality Monitoring Workshop
- Upper Thames River Water Innovation
- Environment Compliance Essentials

We currently have two Aboriginal Funding Applications under review for the Species at Risk Prevention Stream for the Assessment, Planning, and Protection Management of Culturally and Socioeconomically Significant Priority Species and for the Butler's Garter Snake Quantification & Habitat Usage in and around Aamjiwnaang. These projects will help protect and preserve rare plants, trees, and wildlife and their unique habitats within Aamjiwnaang from future destruction.

We have plans to hold information sessions, interviews, and focus groups in the community to further expand on the Aboriginal Traditional Land Use Study. These studies are to preserve the stories about the usage of medicinal and culturally significant plants that our grandmothers and grandfathers used throughout history; the ways of life through hunting, fishing,

and gathering; and the importance of our traditional territory.

The Environment Department strives in making our community a safe place to live despite our geographical location within Chemical Valley. There are continuous meetings, talks, and negotiations between legal consultants and industry to ensure policies, remediation's, and capacity agreements are made and retained. The Environment Department collaborates with many non-profit organizations and environmental groups to help restore and revitalize our waterways, wetlands, prairie grasses, and forests. These partnerships proved to be beneficial in the Talfourd Creek Restoration Project and the Turtle Garden Project. Upcoming projects include the Greenhouse Initiative and Native Plant Nursery.

All projects are for the benefit of the community as a whole; bringing the community together in a positive way, with a common goal—to restore the natural beauty of our native landscape.

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

Sharilyn Johnston, Coordinator

Christine Rogers, Consultation Worker

Courtney Jackson, Environment Worker

Bonnie Plain, Administrative Assistant



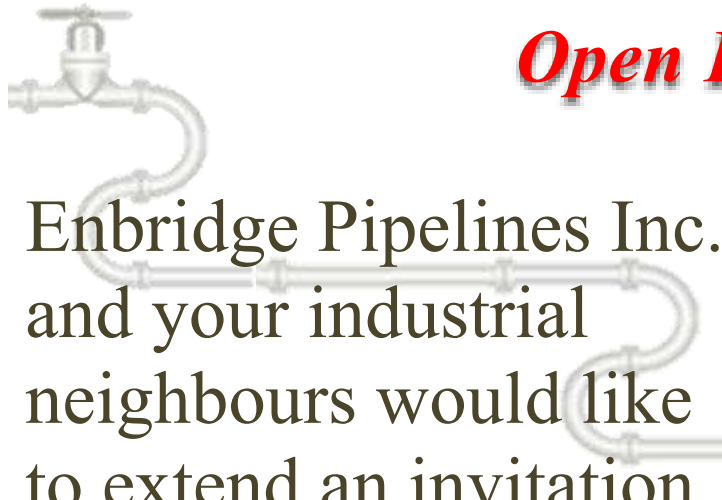


*You are invited to a*



## ***Public Awareness Information***

### ***Open House***



Enbridge Pipelines Inc. and your industrial neighbours would like to extend an invitation to you, Aamjiwnaang community members, to come and meet with us for dinner. It's an opportunity to share important information, ask questions and to update you on relevant company information.

#### **Where:**

**Community Center  
1972 Virgil Ave, Sarnia**

#### **When:**

**Thursday, January 15, 2015  
4:00pm – 7:00pm**

- **FREE Starter Emergency Kits**
- **Dinner & Door Prizes**
- **Childcare & Transportation is provided**
- **Face painting & Olaf will make a special visit with the children!**

*If you need a ride, please contact the Environment Department prior to event at (519) 336-8410.*

## **\* FREE Starter Emergency Kits \***

Please stop by the Community Centre to get your Free Starter Emergency Kit. Proof of residency is required as we only have one per household on the First Nation. If you have any questions regarding the Notification System or Emergency Planning Department, Wilson Plain Jr. will be available to answer all your questions.

## anishinaabemowin naakaazdaa enweying (lets speak our language)

### Questions & Statements of Facts

Wegonen owe? - What is this?  
 Wegonen iwe? - What is that?  
 Wegonen iwedi? - What is that over there?  
 Awenen wa'a? - Who is this?  
 Awenen awe? - Who is that?  
 Awenen awedi? - Who is that over there?  
 Waaka'igan iwe - That is a house.  
 Jiimaan iwe - That is a boat.  
 Nibi iwe - That is water.  
 Ishgode owe - This is fire.  
 Mazina'igan iwe - That is a book.  
 Adoopowin owe - This is a table.  
 Desabiwin owe - This is a chair.  
 Desabiwin iwedi - That is a chair over there.  
 Inini wa'a - This is a man.  
 Inini awe - That is a man.  
 Inini awedi - that is a man over there.  
 Ikwe awe - That is a woman.  
 Mitig awe - That is a tree.  
 Giizis awe - That is the sun.  
 Dibiki-giizis awe - That is the moon  
 Anaang awe - That is a star.  
 Odaabaan awe - That is a car.  
 Awenen awe inini? - Who is that man?  
 Awenen awe ikwe? - Who is that woman?  
 Awenen awe gwiiwizenz? - Who is that boy?  
 Awenen awe ikwizenz? - Who is that girl?  
 Nibaabaa awe - That is my father.  
 Nimaamaa awe - That is my mother.  
 Ningozis awe - That is my son.  
 Nindaanis awe - That is my daughter.  
 Mary awe - That is Mary.  
 Animosh na awe? - Is that a dog?  
 Inini na awe? - Is that a man?  
 Mazina'igan na owe? - Is that a book?  
 Mazina'igan na iwe? - Is that a book?

### New Words:

Plural endings are in brackets. Words should

be read:

waaka'igan - house; waaka'iganan - houses,  
 etc;  
 all the nouns will be given with plural endings  
 in brackets (more about plural see in next les-  
 son.)  
 wegonen(an) - what (about inanimate object)  
 awenen(ag) - who (about animate object)  
 waaka'igan(an) - house  
 jiimaan(an) - boat, canoe  
 nibi - water (inanimate)  
 ishkode - fire (inanimate)  
 mazina'igan(an) - book, document, paper  
 adoopowin(an) - table  
 desabiwin(an) - chair  
 mitig(oog) - tree  
 giizis(oog) - sun  
 dibiki-giizis(oog) - moon  
 anaang(oog) - star  
 odaabaan(ag) - car, sleigh  
 animosh(ag) - dog  
 inini(wag) - man  
 ikwe(wag) - woman  
 gwiiwizenz(ag) - boy  
 ikwizenz(ag) - girl  
 nibaabaa - my father [ni-baabaa - my-father]  
 nimaamaa - my mother [ni-maamaa - my-  
 mother]  
 ningozis(ag) - my son [nin-gozis - my-son]  
 nindaanis(ag) - my daughter [nin-daanis - my-  
 daughter]

**Demonstrative pronouns.** These are words, used to  
 point out things and persons, like 'this', or 'that'.

In Ojibwe these words used with animate nouns are  
 called animate demonstrative pronouns:

wa'a - this (the closest)

awe - that (further)

awedi - that over there (the furthest)

With inanimate nouns other (inanimate) demonstrative  
 pronouns are used:

owe - this (the closest) iwe - that (further)

iwedi - that over there (the furthest)

The language being presented is using the Fiero spelling.

Source: [http://weshki.atwebpages.com/ok\\_1.html](http://weshki.atwebpages.com/ok_1.html)

# CIRQUE DU SOLEIL®

## OPEN AUDITIONS FOR CHILDREN OPENING CEREMONY OF THE TORONTO 2015 PAN AM GAMES TORONTO - FEBRUARY 7, 2015

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Cirque du Soleil® is seeking **115 motivated and enthusiastic children (boys/girls)** from **all cultural backgrounds** willing to participate as a **volunteer** in a *Cirque du Soleil* production created exclusively for the Opening Ceremony of the TORONTO 2015 Pan Am Games.

Candidates must be **12 years old or older as of April 24th, 2015** and **no taller than 1.47m (4'10")**.



**REGISTER ONLINE NOW:**  
**CIRK.ME/PANAM\_CHILDREN**



CIRQUE DU SOLEIL



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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](http://toronto2015.org/volunteer/ceremonies)

Photos: Richard Termini. Costumes: Philippa Gullottal. © 2006 Cirque du Soleil. Cirque du Soleil is a trademark owned by Cirque du Soleil and used under license.



# ANGER!

## BOOT CAMP

**Learn to Facilitate A 10 Module  
Anger Solutions Program.**

**Proven Strategies for Effectively  
Resolving Anger for your clients (Groups)  
(Individuals)**

**TRAIN the TRAINER IN  
ANGER SOLUTIONS**

**(c) Leverage U - Julie Christiansen**

**When:** February 11, 2015

**Where:** Bears Inn, Six Nations

**Time:** 9:00 a.m. to 4:00 p.m.

Cost is \$450.00  
\$75.00 of materials included!  
Lunch & Refreshments

**Please call to register at  
289 396 5157 or email  
info@nativewindconsulting.com**

**www.nativewindconsulting.com**

Hosted by two certified Anger Solutions  
trainers from Native Wind Consulting Sher-  
ri-Lyn Hill & Dennis Fitzpatrick

**Limited space is  
available**



Happy New Year or Happy Hogmanay as my  
Mother would say!

My Mum came from Scotland so New Years Eve  
was a big event in our lives. The days before New  
Years would be spent cleaning, preparing and get-  
ting organized for the upcoming year. It wasn't a  
bad idea really. My mum would sort through any  
bills that had to be paid and get rid of things that  
were no longer needed as she let go of the old and  
prepared to welcome the new.

At midnight we would open the doors to let the  
old year out. Every home would invite someone  
to be the 'first footer' to enter the front door and  
cross the threshold carrying a piece of coal. It was  
thought that they would bring good fortune for the  
upcoming year. Of course, this was all kinds of  
fun. Yet, we know that these traditions didn't  
evolve by chance.

Thresholds and turning points are important  
times and the practice of marking them is still  
important.

Today, we stand on the threshold of a brand new  
year filled with possibility. The New Year helps  
us to think about how we would like to live our  
lives and gives us a chance to start again with a  
new attitude for ourselves and the greater good of  
the world.

Many blessings for the New Year.

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**





### Future Films:

**January 17 2015 - Girl Rising: The Power of Education to Change the World** <http://girlrising.com>

**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](mailto:justicefilm@sympatico.ca)  
[www.facebook.com/SarniaJusticeFilmFestival](http://www.facebook.com/SarniaJusticeFilmFestival)  
Twitter: @SarniaJusticeFF



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

The program is only 1500 hours, the schedule is:

Tuesday - Friday, from 9:00 am - 4:00 pm

Saturdays, from 9:00 am - 3:00 pm

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

**[www.onedgeacademy.com](http://www.onedgeacademy.com)**

## Travelling Seniors Fundraiser **MEAT BINGO**



**Thursday, January 22 2014**

**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  
**FROZEN**

At JOE LOUIS ARENA,  
DETROIT MICHIGAN

**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 Sagaming 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**

**MELIA LAS AMERICAS GOLF &**  
**BEACH RESORT – 18+**

**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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COURTESY SHUTTLE**

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



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SUSPENSION • TUNE-UPS • TIRES**

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

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

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

Owner: Greg Gray  
1909 Virgil Ave-Sarnia, Ontario  
(226)-349-1865  
Auto Detailing  
Upholstery & Carpet Cleaning



THE GOLD CUBE

Call Shawnacey Williams:  
**519.312.5477**  
thegoldcube@gmail.com

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FOR HIRE!**

Websites • Business Cards • Flyers • Branding  
Brochures • Postcards • Logos • CD Album Design  
T-shirts • Apps • Signage • Banners • Custom Design

**Need Work Done?**

Man willing to do odd jobs such as snow shovelling,  
hanging lights, cutting wood, cleaning basement/garage/  
crawl spaces, help with moving or other small jobs.

Contact Keven Cottrelle (AKA "Joe Pete")

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



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AUTHENTIC  
NATIVE CRAFT SHOP**

**Lots to  
choose From &  
Great  
Gift Ideas!**

STORE HOURS  
Monday ~ Saturday  
10:00 am ~ 6:00 pm  
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The next issue is due out on  
**Friday, January 23, 2015**

The deadline for submissions is  
**Tuesday, January 20, at 4:00 pm**

*Chi-Miigwech,  
Lynn Rosales, Interim Editor*

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## ***You're Invited***

### **Native Plant Nursery: (Feasibility Study)**

*Come on out and join Ben Porchuk of  
Correctonomics for an overview of the Native Plant  
Nursery (Feasibility Study)*

Community members will have access to Traditional medicines to serve as additional and or alternative treatments to western medicines.

The process of restoring dozens of acres of land at Aamjiwnaang will begin the process of healing and giving back to Mother Earth for both gratitude and efforts to help her absorb and cleanse the toxins in the air, water and soil. Multiple benefits for our First Nation of this project will involve real job creation, direct and indirect community revenues, as well as positive impacts to the community's cultural, spiritual connection to native plants. And so much more...

*Please stop by the Community Centre on Jan. 15, 2015 to hear more from  
Ben Porchuk on the Native Plant Nursery.*

**January 8, 2015**

**6:30 – 7:30 – Presentation**

**7:30 – 8:30 – Café Style Discussion**

**Aamjiwnaang Community Centre -  
(Seniors Room)**



If you have any questions, please contact the Environment Department at  
(519) 336-8410.

***Aamjiwnaang***