



AAMJIWNAANG FIRST NATION

CHIPPEWA TRIBE-UNE

July 18, 2013

Issue 13.14

Editor: Bonnie Plain

Assistant Editor:
Judith Plain

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Literacy and Credit Recognition



Aamjiwnaang's
Alternative & Continuing
Education Program



Summer Celebration 2013 & Barbeque

Points of interest:

- * Beading Classes
- * Tenders Wanted
- * Power Skating
- * ALC Vacation
- * GrandRiverPowwow
- * Senior's News



Happy Birthday

July 20th to Aug. 2nd 2013

Waasaya	Cottrelle	July	20	Michaela	Nahmabin-Hiltz	July	27
Koshay	Matte	July	20	Kaylann	Witting	July	27
Linda	Sapier	July	20	Mitchal	Yellowman	July	27
Nicona	Smith	July	20	Joseph Gerald	Jacobs	July	28
Miranda	DeLauter	July	21	Sheree	Joseph	July	28
Adrienne	Durkee	July	21	Verlyn	White-Plain	July	28
Nicholas Ross	Plain	July	21	Gabriel	Wilson	July	28
Tracy M	Williams	July	21	Meghan	Akiwenzie	July	29
Telford Raymond	Adams	July	22	Matthew	Goulais	July	29
Richard	Ayers	July	22	Nehemiah	Gray	July	29
Corey	Bird	July	22	Yellow Medicine Root	Matte	July	29
Joanne	Bird	July	22	Myella	Rogers	July	29
Tena	Gorrie	July	22	Kaleigh	Tagak	July	29
Jada	Henry	July	22	Jolene	Bird	July	30
Kalleigh	Van Troost	July	22	Brendan	Gold	July	30
Joseph	Chirico	July	23	Joseph R	Lucas	July	30
James E	Maness Sr.	July	23	Charles E	Maness	July	30
Linda C	Williams	July	23	Markus	Nie	July	30
Jana	Aiken	July	24	Aaron	Partin	July	30
Bernard	Alindayu	July	24	Joseph	Rising	July	30
Katherine	Briones	July	24	Beverley	Rogers	July	30
Mary Lee	Simon	July	24	Lexus	Thistle	July	30
Mary Lou	Williams	July	24	Darleen	Williams	July	30
Esau	Adams	July	25	Steven	Williams	July	30
John	Baker	July	25	Steven	Chaisson	July	31
Hazel	Cottrelle	July	25	Mackenzie	Durkee	July	31
Aushja	Harbin	July	25	Anna	Garrett	July	31
Arlene	Joseph	July	25	Gregory D	Gray	July	31
Jeremy	Maness	July	25	Felicia	Maness	July	31
Joseph	McCormick	July	25	Timothy M	Plain	July	31
Brook	Shorey	July	25	Cassius	Smith	July	31
Samuel	Sinopole	July	25	Jayson	Williams	July	31
Paul	Stone	July	25	Virginia	Williams	July	31
Kyla	Lacroix-Bardsley	July	26	Genesee	Bird-Hemphill	Aug.	1
Kendra	Maness	July	26	Elgin	George	Aug.	1
Naomi	Oliver	July	26	Aaliyah	Harbin	Aug.	1
Wilbert	Pitfield	July	26	Juanita	Plain	Aug.	1
James	Rogers	July	26	Ridhard	Stone	Aug.	1
Jeremy	Smith	July	26	Sheila	Yendall	Aug.	1
Matthew	White	July	26	Catina	Gray	Aug.	2
Shelby	Adams	July	27	Jill	Henry	Aug.	2
Carolyn	Bressette	July	27	Natasha	Jacobs	Aug.	2
Betty	Dobrowolski	July	27	Jolene	Kearse	Aug.	2
Matthew	Kriston	July	27	Raymond	White Jr.	Aug.	2
Aaron	Maness	July	27				

Letters of Introduction

Aanii, fellow members of Aamjiwnaang First Nation. My name is Judith Plain and I will be working with Bonnie Plain as the assistant Tribe-Una Editor for the next six weeks. I'm currently attending school at St Clair Secondary, and will be returning in the fall for my grade 11. I look forward to advertising my style and creativity in the Tribe-Una and also broadening my writing skills as I do so.

Chi Miigwech,
Judith Plain

Hello, friends and family of Aamjiwnaang my name is Brittany Jacobs. This summer I am pleased to say that I will be working at the E'Mino Bmaad-zijig Gamig as the Assistant for the next six weeks. I currently attend St Clair Secondary, and will be going back for grade 11 this fall. My duties at the Health Centre will consist of helping out around the building, and also volunteering my help to the healthy kids camp. I look forward to working with the all people here, and also helping with the healthy kids camp because as a career options, I am considering working with the children/youth as a possibility.

Thank you,
Brittany Jacobs

Hola , my name is Keisha Walker and I am working for the Environmental Department at the Band Office as a summer student for the next six weeks. I currently attend St Clair Secondary, and are going into grade 12, and are also hoping to do the ICET course at Lambton after I finish high school. But as I work this summer, I will be learning more about the environment and various functions that go on to keep a healthy living space. I hope by the end of my summer job to achieve further knowledge about the environment.

Thanks,
Keisha Walker

Hello, my name is Daanis Fisher, I have just finished my third year of high school. I currently attend St. Clair Secondary School. This summer I have been chosen to be a KIPS Camp Leader. For the next six weeks I will be working with some of your children and hopefully be giving them a fun filled summer.

Sincerely,
Daanis Fisher

Summer Recreation Program

Hello, my name is Kyle Jackson and I would like to take a moment to introduce myself and let you know about some of the services I will be offering this summer at Maawn Doosh Gumig.

Currently I am a student at the University of Michigan in the Sports Management program as well as a member of the Varsity Men's Lacrosse team. This has given me the opportunity to work with some of the best coaches and trainers in the country and I look forward to sharing my knowledge with the community.

Over the summer I will be available to assist anyone with questions or concerns they may have about physical fitness; as-well-as, helping our youth be fit on a daily basis with the KIPS program. I will also be available as a Personal Trainer in the Fitness room. You can drop in between 8:30am and 3:30pm or call ahead and make an appointment with me.

I can be reached Monday to Friday at
(519) 491-2160 between 8:30am and 4:00pm.
I look forward to working with you!

Hi, my name is Austin Williams. I am working this summer at the band office I the environment department. I work with Christine Rogers, Sharilyn Johnston, Wilson Plain, and fellow summer work, Keisha Walker. I never know what to expect when I come into the office in the morning. Every morning I ask Christine "so what are we doing today?", because I never know what to expect. We could be doing anything ranging from; organizing folders for the next committee meeting, to searching Talfourd Creek for mussels! This job provides a wide spectrum of daily duties and responsibilities. In the end, they all consist of informing the community about which environmental projects are being done in the community. I love the job that I've been given this summer! I am looking forward to the upcoming week as well!

Sincerely,
Austin Williams

★ VOLUNTEERS NEEDED ★

Right To Play Lacrosse For Development July 26, 27, 28

Looking for 10-15 volunteers in areas of:

- Group Leaders
- Meal Preparation
- Registration Table
- Helping to lead RTP games & activities

You do not have to commit for all 3 days.

High school students needing community service hours are welcome.

Please contact Tony Jacobs at
519-491-2160 to sign up.

RIVERSIDE LUNCH

Will be open for Lunch

FRIDAY—JULY 19th, 2013
From 11:00 to 1:30 ONLY!

Sorry for any inconvenience

We will be open for our regular hours
on Monday, July 22nd

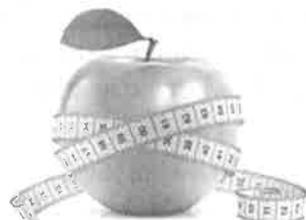
Aamjiwnaang Health Services

New Dietician

We have a new interim dietician – Jennifer McLaren. Jennifer will continue with us every Monday until June -2013. She is from Southwest Area Aboriginal Access Centre in London, Ontario.

If you would like to book an appointment with the dietician, please contact Dorothy at the Health Centre @ 519-332-6770.

Thank you.



Impact of stress

Would you like to learn about

- Stress and it's effects on you?
- How to effectively cope with stress?
- The long-term effects of stress?
- What foods to eat when you're stressed out?
- Ages 16+

If so, this workshop is for you!!

July 24th 2pm—4pm @ the Health Centre

***For more info please call Tracey
@ 519-332-6770***



Addictions in the Family

Has your family been affected by addictions or substance abuse? Would you like to learn more about specific drugs and their effects? Do you need to know how to help your loved one? Are you feeling overwhelmed by the difficulty of dealing with addictions in your family?

If you are aged 16+ Please come and share your experiences or come to learn about the drugs and what you can do to help.

July 31st 2pm - 4pm

Adult Education Celebrates Learner Recognition

The Aamjiwnaang Alternative and Continuing Education Program held its annual Literacy and Credit Recognition Summer Celebration & Barbeque on July 11, 2013. The first Awards Celebration was held 14 years ago, in 1988, in the old banquet room at the community centre. So in the spirit of recognizing learner achievements, an event of this nature, will be ongoing. Congratulations to all the Recognition Recipients and keep up the great work!



*Congratulations to Becky Adams for achieving your goal in completing your OSSD through the Aamjiwnaang Alternative & Continuing Education Program
From: Terry, Natalie, Brenda, and Fred*

Partnerships within various Aamjiwnaang departments are acknowledged and valued as a strength regarding servicing our community together. The support from Chief and Council has always been there for the program and is greatly appreciated.

A special thanks to the adult learners who helped barbeque, prepare, and clean up before and after the celebration.—Thanks to the Aamjiwnaang maintenance crew for their assistance in supplying the picnic tables, etc.—Mii Gwetch to Mike, Tim, Shawnessey, and kids from the Ween-gushk drum for your presence and gifting us with a welcoming song, the Aamjiwnaang song, and an honour song.—And thanks to the staff team: Natalie, Brenda, Fred, and Vicki.—Chi-mii-gwetch to all attended.



On behalf of the Aamjiwnaang Alternative and Continuing Education Program, I would like to thank Fred Rigby, one of our program volunteers, for his contributions to our community over the last two decades.

Fred started volunteering with the Literacy and Basic Skills program in 1991. Fred, now age 93, still drives to Aamjiwnaang from Sarnia on a weekly basis to volunteer with the Adult Education Program. He assists where ever he is needed, whether it be tutoring adult learners or helping with administrative duties, i.e. photocopying or organizing high school credit lessons.



Mr. Fred Rigby helping adult students in the early 1990's at the Literacy and Basic Skills program offered at the Community Centre

Fred is deeply appreciated by past and present staff members and students for the dedication he has demonstrated in helping the Aamjiwnaang Adult Education Program throughout his numerous years of voluntary service. In recognition of his services to Aamjiwnaang, and as a gesture of gratitude and respect, Fred was presented with a carved pipe by Roger Williams, as-well-as a gift certificate. These gifts are to mark the awesome achievements of such a great milestone in Fred's participation as a volunteer with Aamjiwnaang First Nation.

Terry Plain ~ Literacy Worker, Aamjiwnaang Alternative and Continuing Education Program



Literacy Worker, Terry Plain, presenting Fred Rigby with a carved pipe. Ween-gushk singers-background

NOTICE

**ALL Band Operations
will be CLOSED
Monday Aug. 5, 2013
for the Civic Holiday
All Operations will resume on
Tuesday Aug. 6, 2013**

Attention Aamjiwnaang Golfers

Chief and Council is sponsoring a team for the **8 Nations Elders and Youth Gathering Fundraiser Golf Tournament** taking place on Friday August 2nd at the Wardsville Golf and Country Club.

If you are an Aamjiwnaang band member, you may submit your name and contact info for a draw, to enter a team at the reception desk at the Band Office (519-336-8410).

St. Clair United Church

July Agenda 10 -11 am

Special Guest Speakers

July 21st—Norma Maness

July 28th—George Pitfield

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)

Attention Aamjiwnaang Members Chippewa Tribe-Une Update

The following information is in regards to the recent changes to the Chippewa Tribe-Une

As of July 8th, 2013 Judith Plain was hired as the Summer Tribe-Une Assistant Editor.

Summer office hours for the Tribe-Une are **Monday—Friday from 9:30 to 4:00**

Starting Friday, August 2nd, the Tribe-Une will be delivered **Every Other Friday**

The deadline for submissions will be every other **Wednesday by 4:00 pm**

* If you receive your Tribe-Une via email, and do not require a paper copy, please call the Band Office and let me know. Or leave your name with Naomi at the front desk.

NOTE: For Status Card Photos

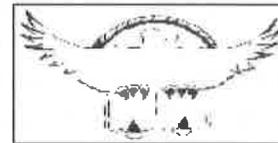
I will **NOT** be available to take pictures on **Fridays!** If you require a photo please call in advance to ensure Carolyn and I are in. Carolyn will be on holidays the last 2-weeks of August.

Mii Gwetch, from Bonnie Plain

Aamjiwnaang's Alternative and Continuing Education for Adults

Monday, Tuesday & Thursday

AACE: 9:30—2:30



**WE WILL BE CLOSED FOR
3 WEEKS FOR
SUMMER VACATION**

Last Day—Thurs., Aug. 1st

Closed: Aug. 5—23

**Will resume classes on
Monday, August 26th**



The Inn
Of The Good Shepherd
Caring hands of the community
Est. 1981

Mobile Market 2013



MONDAYS until the end of October

at the Community Centre Pavilion

Time: 1:00pm - 2:00pm

A program of The Inn of the Good Shepherd

Fresh produce is available at no cost (while supplies last)

Many thanks to the farmers, greenhouses and gardeners who support this program with donations of produce!

To access the Mobile Market, please bring one of the following:

- ✓ Inn or food bank client card
- ✓ ID and proof of residence in Lambton County or Co-op Housing
- ✓ Proof of social assistance income (OW or ODSP or OAS)

See You at the Mobile Market on Mondays

Host Employment Supports Contact person Marina Plain 519-336-8410



Coming to a community near you!

Mondays – Petrolia, Corunna & Aamjiwnaang

Petrolia – Food bank, 4156 Petrolia Line _____ 9:30 - 10:30

Corunna – All Saints Anglican, Hill St _____ 11:30 - 12:30

Aamjiwnaang - Community Centre Pavilion _____ 1:00 - 2:00

Tuesdays – Forest, Thedford & Kettle Point

Forest – Contact House, 6276 Townsend Line _____ 9:30 - 10:30

Thedford – Widder Court, 172 Deacon St _____ 11:30 - 12:30

Kettle Point – Child & Family Services _____ 1:30 - 2:30

Thursdays – Watford & Alvinston

Watford - United Church, 555 Ontario St _____ 9:30 - 10:30

Alvinston – Hope United Church, 3219 Elgin St _____ 11:30 - 12:30

Fridays – Sarnia

Rogers St., parking lot _____ 9:30 - 10:30

Kathleen Ave., park _____ 11:30 - 1:00

PLEASE SHARE

It's a good idea to carpool with people who don't have a car! Give your friend, family, or neighbour a ride when you come out.

****Bring a bag or two****

NO DONATION required!



COMMUNITY FOUNDATION

Many thanks to the Sarnia Community Foundation for their financial Support of the Mobile Market program this year!

Healthy Activities ... Healthy Lifestyles

Following up on the successes of last summer, Lambton Community Health Services and North & West Lambton Community Health Centres will be attending various mobile markets with health activities and providing resources with recipes and tips to preparing the vegetables.

New to the Mobile Market ... Community Kitchen nights!!!

In August & September join us for a couple evenings to learn how to prepare & freeze corn, tomatoes & squash and take quantities home to stock your freezer for the winter!

Dates & locations to be announced at the markets 2-3 weeks prior to kitchen nights.

WHMIS

WHMIS Symbols



The Workplace Hazardous Materials Information System (WHMIS) is Canada's national hazard communication standard. The key elements of the system are cautionary labeling of containers of WHMIS "controlled products", the provision of material safety data sheets (MSDSs) and worker education and training programs.

JULY 30

**FOR REGISTRATION
INFO CONTACT
MARINA PLAIN**



Workplace Hazardous Materials Information System (WHMIS)

**INDUSTRIAL EDUCATION
COOPERATIVE**

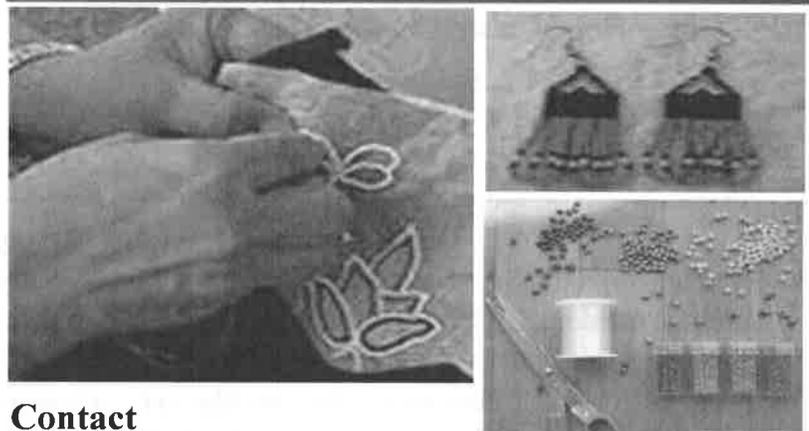


Beading Class

Maawn Doosh Gumig
Every 2nd & 4th Tuesday
July 9

6-8 pm

Beading with Ada
Come out and learn to bead
All levels are welcome!!
From beginner to intermediate



**Contact
Marina Plain
519-336-8410**

Aamjiwnaang

Ontario Works
Community Placement program



Volunteers

Are you looking for volunteers to help with that project?



Employment Supports
will help participant with supplies,
child care & transportation costs

How does Community Placement benefit our community?

For our community, Community Placement enhances the community services and programs offered by its agencies and projects. Through the program it gains members with knowledge, skills, and experience leading to paid work and a reduction in reliance on the social assistance system.

- Participant will receive work experience
- Groups will gain an additional worker
- The project cannot go over 70 hours monthly

For additional information contact:

Marina Plain at 519-336-8410

CONTACT PERSON: MARINA PLAIN

DATE: JULY 30

REFLEXOLOGY

**LYN SPROVIERO
REGISTERED REFLEXOLOGIST**

Reflexology has many
HEALTH BENEFITS SUCH AS:

- **STRESS RELIEF**
- **CIRCULATION**
- **IMPROVED ENERGY**
- **IMMUNE SYSTEM**

Location: Aamjiwnaang Maawn Doosh Gumig

TIME: 9:30 AM

*** LIMITED SPACES - REGISTER EARLY TO BOOK YOUR 1/2 HOUR TREATMENT**



London District Chiefs Council
In conjunction with the
Southern First Nations Secretariat Present:
8 Nations Elders & Youth Gathering
Fundraiser Golf Tournament
Wardsville Golf & Country Club
Friday, August 2, 2013

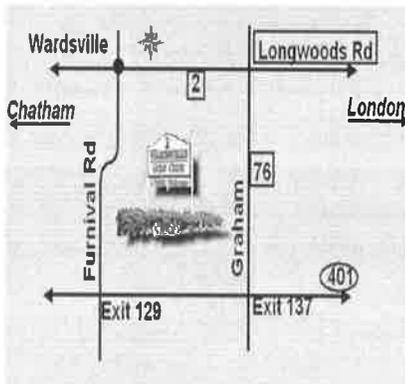
**** FIRST 32 PAID TEAMS ****

\$125.00 per player or \$500 per team

Includes: 18 holes of Golf, Power Cart, Steak Dinner and Swag Bag

**CASH PRIZE FOR 1st PLACE TEAMS FOR:
Men's (\$800), Women's (\$800) & Mixed (\$800)**

**For further information or to register your team please contact:
Karen Stonefish, (519)692-5868, ext. 22**



**Please Make Cheques Payable to:
Southern First Nations Secretariat
c/o Elders & Youth
Golf Tournament 2013
22361 Austin Line
Bothwell, ON N0P 1C0**



TEAM REGISTRATION

TEAM NAME: _____

TEAM CAPTAIN: _____

2. _____

3. _____

4. _____



REPTILES AT RISK

...ON THE ROAD



≧Conservation Through Education≦

Join us for an exciting hands-on educational outreach program, featuring live animals found right here in Ontario.

Ontario Tour 2013

Location:

Community Center

Date:

Monday, August 12, 2013

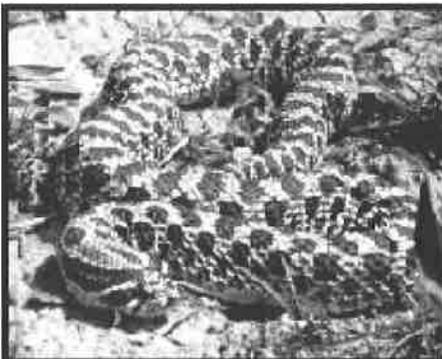
Showtimes:

9 am – 1 pm



Fun for All Ages!

Presented by *Scales Nature Park* in partnership with *Sciensational Sssnakes!!*, *Laurentian University* and the *Canadian Amphibian and Reptile Conservation Network*.



For more information, visit: www.reptilesatrisk.org

Assistance for this project was provided by the Government of Ontario.



Senior & Youth BBQ & Bingo

Youth ages 10-18 years



In Celebration Of Grandparents Day

Thursday, August. 22, noon
Under the pavilion @ Community Centre

Don't forget your dabbers!

Call Peggy, 519-332-6770, to sign up by August 16

WOMEN'S DAY

Join us for a visit to the Breast Screening Clinic in Sarnia for a ROUTINE MAMMOGRAM

Open to Women 50 years & older
With no history of cancer or implants

Wednesday, August 14, 2013

Open to 8 Ladies

Meeting at the Health Centre 8:30am Sharp

Lunch to follow

Transportation available

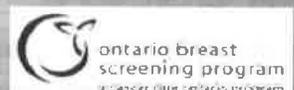
** Mammograms are recommended every two years for women 50 years and older, but if your doctor has recommended you to have one yearly, you may also join us this day as well.



Please call the Health Centre to sign-up

519-332-6770

The best protection is early detection



Attention Seniors

If you do not have a mailbox, you can pick up your monthly newsletter at the Band Office, Health Centre or at the Community Centre.

All articles are also posted in the Tribune.—Thanks!

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Senior's 55 & over "CONGREGATE DINING"

Wednesdays, 12 - 1 pm

Senior's Drop-In

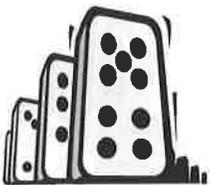
@ Maawn Doosh Gumig

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

Hope to see you there!

.....

THURSDAY AFTERNOONS



1:30 - 3:30 PM
SENIORS DROP-IN
ROOM

Come on in & beat the heat!

We can watch movies, play card games, Scrabble, Dominoes.....

Light snacks and refreshments available




**LOVE YOUR PARENTS
AND TREAT THEM
WITH LOVING CARE...
FOR YOU WILL
ONLY KNOW
THEIR VALUE
WHEN YOU SEE
THEIR EMPTY CHAIR...**



**Sewing with
Denise Wright**

**July 22 & 23
9 am - 4 pm**

**Seniors Drop-In
Room**

Lunch and snacks provided

We will be making purses, tote bags, satchels, shirts, skirts or vests, whatever you choose to do.

***Bring your material & sewing machines (if you have one)**

Please call Peggy at 519-332-6770 if you will be attending, thank you.



**Seniors New Horizons Dinner
Planning Meeting
Monday July 29, 5 pm**

Seniors Drop-In Room



This years project focuses on more cultural awareness, skills, and teachings.

Please come out to share your ideas and help plan this years project.

**Please call Peggy, 519-332-6770,
if you plan on attending.**

Thank-you!

SENIORS SHOPPING TRIP

Wednesday, July 31/13

8:30 - 11:00 am

**I can take you to the Farmer's
Market and grocery shopping.**

Limited to 7 people

**Contact Peggy at Health Centre,
519-332-6770, to reserve your spot.**



Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106° F or higher within 10 to 15 minutes.

Signs & Symptoms of Heat Stroke

Warning signs may vary but may include:

- Extreme body temperature of 103° +
- Red, hot, or dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacements of fluids.

Signs & Symptoms of Heat Exhaustion

Warning signs vary but may include:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin may be cool and moist
- Pulse rate may be fast and weak
- Breathing may be fast and shallow



You can find Heat Tips for the Elderly on the following page....

Heat Tips for the Elderly and Other at Risk Individuals

Elderly people aged 65 and up are more prone to heat stress than others for several reasons:

- Elderly people don't adjust as well to sudden changes in temperature
- They are more likely to have a chronic medical condition that upsets normal body responses to heat
- They are more likely to take medications that impair the body's to regulate temperature or inhibit perspiration

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, non-alcoholic, non-caffeinated beverages. (If your doctor generally limits the amount of fluids you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest
- Take a cool shower, bath, or sponge bath
- If possible, seek an air-conditioned environment.
- If you don't have air conditioning, consider visiting a shopping mall or library.
- Keep warm areas ventilated if not air-conditioned.
- Wear lightweight clothing.
- If possible, remain indoors in peak hours.
- Do not engage in strenuous activities.
- Sunblock/sunscreen with 15 (SPF-15) factors can be helpful if exposed to sunlight.

If you have elderly relatives or neighbours, you can help them protect themselves from heat-related stress:

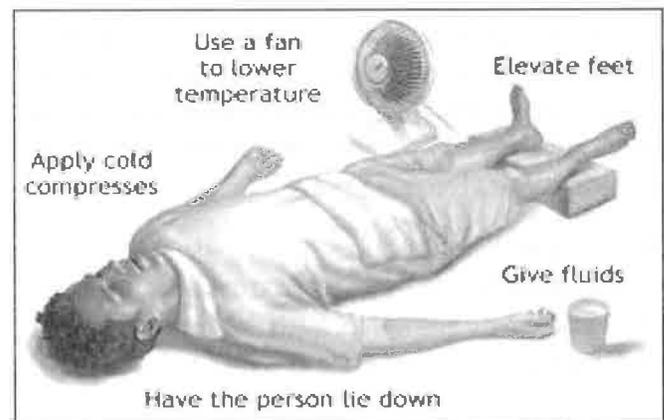
- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Take them to air-conditioned locations if

they don't have transportation.

- Make sure they have access to a fan.

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person by doing the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse them in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge them off with cool water; or if the humidity is low, wrap them in a cool, wet sheet and fan him/her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101° -102° F.
- If emergency personnel are delayed, call the hospital emergency for instructions.
- Do NOT give the person alcohol to drink.
- Get medical assistance as soon as possible.



Places to go if you don't have air condition:

- Maawn Doosh Gumig
- Health Centre
- Administration Building
- Senior's Complex
- Lambton Mall
- Bayside Mall
- A family, friend, or neighbors house

Mosquito Larviciding set to begin in Lambton County

Catch basin larviciding has begun and will continue until September 30, 2013. The Community Health Services Department will be monitoring and larviciding catch basins on public property, under the authority of the local Medical Officer of Health, Dr. Sudit Ranade, to control vector mosquito larvae that have the ability to transmit West Nile virus.

Larvicide will be applied by the St. Clair Conservation Authority, a Ministry of the Environment licensed operator with licensed pesticide exterminators and qualified pesticide technicians, contracted by the Community Health Services Department.

Within this time period three separate applications of the pellet formula of the larvicide Methoprene, Altosid, Pest Control Products Act (PCP) # 21809 will be applied at 21 day intervals, or Methoprene, Altosid XR Briquet ingot formula, PCP # 27894, will be placed in up to 16,000 catch basins in urban settings in Lambton County including Aamjiwnaang First Nation.

The Larvicide B.t.i (Bacillus thuringiensis israelensis), VectoBac 200G (granular formula), PCP # 18158, will be used in affected stagnant water on public lands in urban areas in Lambton County including Aamjiwnaang First Nation where there is ample evidence of vector mosquito larvae present.

Please Prepare to Stop

The public is encouraged to take precautions when driving this summer in consideration of employees who will be treating catch basins across the county. Please look out for vehicles equipped with a roof top yellow flashing light, West Nile virus signs, and a caution signs reading "Makes Frequent Stops."

Remove Stagnant Water

Community Health Services urges Lambton residence to remove stagnant water around their homes. Mosquitoes can lay eggs and develop in water that has been sitting for as little as four days.

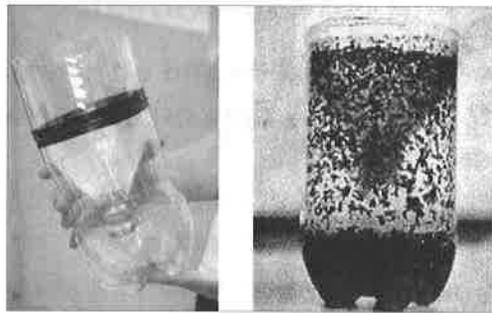
For more information or to report a dead bird, call the West Nile virus info line at 519-383-3824, toll free 1-800-867-1838 ext. 3824 or visit www.lambtonhealth.on.ca.



COMMUNITY HEALTH SERVICES DEPARTMENT

Environmental Health & Prevention Services
160 Exmouth Street
Point Edward, ON N7T 7Z6
Telephone: 519-383-3824
Toll free: 1-800-667-1838 ext. 3824
www.lambtonhealth.on.ca

HOMEMADE MOSQUITO TRAP



Items needed:

- 1 cup of water
- 1/4 cup of brown sugar
- 1 gram of yeast
- 1 2-liter bottle



HOW:

1. Cut the plastic bottle in half.
2. Mix brown sugar with hot water. Let cool. When cold—pour the mixture into the bottom half of the bottle.
3. Add the yeast. No need to mix. (this creates carbon dioxide, which attracts mosquitoes)
4. Place the funnel part, upside down, into the other half of the bottle, taping them together if desired.
5. Wrap the bottle with something black, leaving the top uncovered, and place it outside in an area away from your normal gathering area. (Mosquitoes are drawn to the color black.)
6. Change the solution every 2 weeks

HOME MADE MOSQUITO REPELLENT chemical free—also good for ants and fleas

Ingredients:

- 1/2 litre of alcohol
- 100 gram of whole cloves
- 100 ml of baby oil or similar
(almond, sesame, chamomile, lavender, fennel etc.)

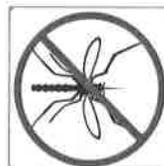


Preparation:

Leave cloves to marinate in alcohol four days
Stir every morning and evening
After 4 days add the oil and it's now ready to use.

How to use:

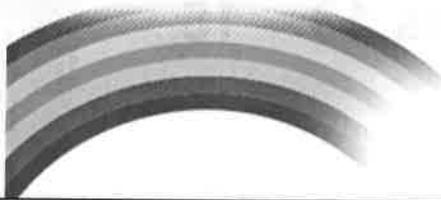
Gently rub a few drops into the skin of the arms and legs. Watch mosquitoes flee. Repels fleas on pets too.



Kids EXPO



TUESDAY, AUGUST 13TH, 2013
9AM-1PM
MAAWN DOOSH GUMIG



Tacky Tourist Theme

Best Dressed

- 1st - \$50 Cineplex card
- 2nd - \$30 Cineplex card
- 3rd - \$20 Cineplex card



PLUS+

Fill out your passport by visiting our booths for your chance to win an ipad mini!!!



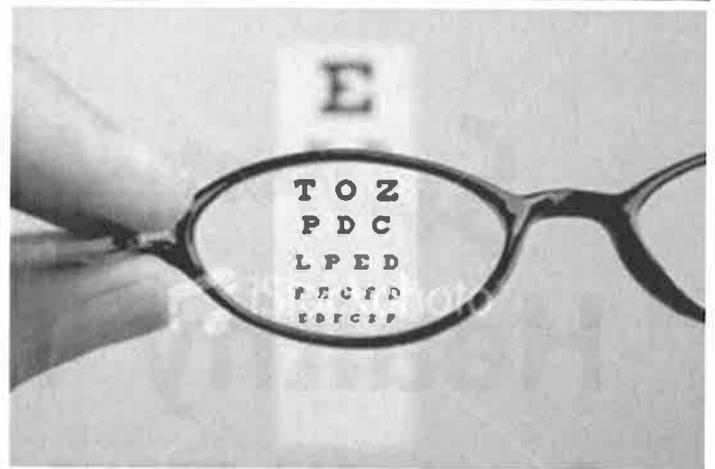
To sign up please contact Roberta or Jessica at 519-332-6770.

Sponsored By:

Ontario Poison Control



24-HOUR CRISIS LINE 888-337-3320

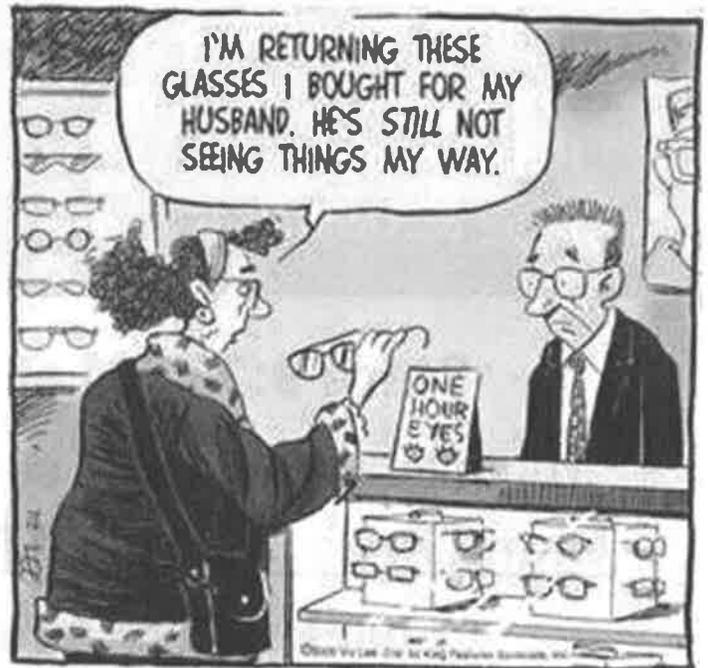


Mobileyez

will be at the Health Centre on
Wednesday, July 31, 2013
10am-5pm.

People can call 1-866-920-6480
to make an appointment.

EYE HUMOUR



Did you hear about the optician
who fell into the grinder?
He made a real spectacle of himself.

Come join us in the fun! Hosted by Chippewas of the Thames First Nation in partnership with Aboriginal Sport & Wellness Council of Ontario www.aswco.ca

One of the 2014 NAIG and Aboriginal Team Ontario Qualifiers



Ontario Aboriginal Summer Games



Scouting/ Trials for Aboriginal Athletes born between 1995-2001 - final team selections to be made after review of all times & performances after all Team Ontario events and activities are completed over coming year. Check Competition Governing Rules/Sport Technical Packages for Sport Specific Specs at www.naigscouncil.com

Host Governor: Destiny Albert
destinyalbert21@hotmail.com
919-388-2232

Event Coordinators for OASG at COTTIN:

Archery -
Danyne Kachago
dkachago@yahoo.com

Wyatt Kachago
wyatt17@tba.ca

Athletics -
Team Ontario Leader - Gloria
Mendrick-Laliberte
glorylan@yahoo.com

Monty McGeary II
monty.mcgeary@gmail.com

Canoeing -
Shaelyn Johnston
sjohnston@canjunosag.ca

Austin Henry
austinhenny21@hotmail.ca



Sports

Archery
Athletics
Canoeing

Eligible Age/Divisions

U14 (born 2000 and later)

U16 (born 1998 and later)

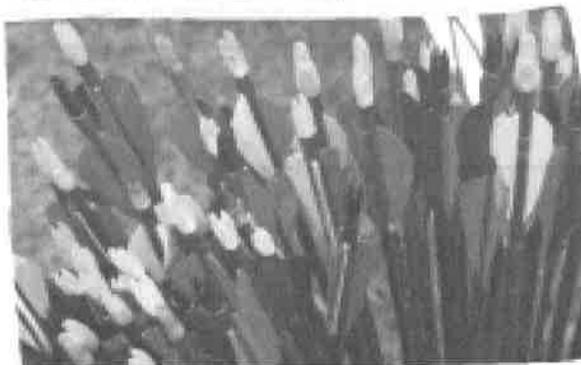
U19 (born 1995 and later)

check your specific sport category for eligible age divisions

Athletics

can include: 80m, 100m, 150m, 200m, 300m, 400m, 800m, 1200m, 1500m, 2000m, 3000m, x-country, high jump, long jump, triple jump, shot put, Javelin, 4x100m relay, 4x400 m relays

- event to be scheduled depending on registrations



Registration fee \$25 for forms received by Wed. July 31, 2013 includes athlete listing in games program booklet

\$35 fee for those received after or day of

DOWNLOAD Info & registration form from www.cottin.com

August 10-11th, 2013 9a.m.

Date & Venue Locations:

ATHLETICS Aug. 10 - Regina Mundi College, 5250 Wellington Rd S, London, ON

ARCHERY Aug. 10 - 11 Chippewas of the Thames, Muncy, ON

CANOEING - Aug. 10-11 Fanshawe Conservation Area, London, ON

Proudly sponsored by Chippewas of the Thames First Nation, Aboriginal Sport & Wellness Council of Ontario

VOLUNTEERS & SPONSORS WELCOME - CONTACT HOSTS FOR MORE





**2013 ONTARIO ABORIGINAL SUMMER GAMES
ATHLETE REGISTRATION FORM**

ONTARIO

The Aboriginal Sport and Wellness Council of Ontario has chosen Chippewas of the Thames First Nation to be host community for the 2013 Ontario Aboriginal Summer Games. This event will be for the sports: Archery, Athletics, and Canoeing. This event will serve as ONE of the qualifiers for 2014 North American Indigenous Games (NAIG) to be held in Regina, Saskatchewan from July 20-27, 2014.

Please complete and return this form by July 31, 2013, a \$25 registration fee will be collected upon arrival (while pre-registration is preferred late registrations will be accepted up to 9 am the day of the event, an additional \$10 late fee will apply)

Athlete Name (First name, middle initial, Last name):

Mailing Address:

Phone No.: _____

Email Address: _____

Indigenous Ancestry: must be born of North American Indigenous Ancestry, proof of ancestry is required, please attach front and back copy of either one of the following: Treaty/Status Card, First Nations Card, Inuit and Inuvialuit identification card or Provincial Metis Card

Nation Affiliation: _____ Proof of Status attached: yes or no _____

Age: _____ Birthdate: _____ Gender: _____

Guardian/Parent Name (if under the age of 18):

Mailing Address (if different from the one provided above):

Phone No.: _____

Email Address: _____

CO-ED TWO PITCH TOURNAMENT

19+ TOURNAMENT



19+ TOURNAMENT

AUGUST 30TH, 31ST & SEPT. 1ST 2013
ON AAMJIWNAANG FIRST NATION

\$350.00 Entry fee with 100% payout!!

***** GUARANTEED 4 GAMES *****

A DIVISION : 1ST - \$1500

2ND - \$750

3RD - \$200

4TH - \$200

5TH - \$100

6TH - \$100

B DIVISION: 1ST - \$700

2ND - \$350

3RD - \$100

4TH - \$100

5TH - \$50

6TH - \$50

***** PAYOUT BASED ON 12 TEAMS *****

*****This is a 19+ tournament*****

TOURNAMENT WILL HAVE 3 DIVISIONS OF 4 TEAMS (A,B,C). TOP 2 IN EACH DIVISION WILL ADVANCE TO THE (A) DIVISION. BOTTOM 2 IN EACH DIVISION WILL ADVANCE TO THE (B) DIVISION WITH A SINGLE ELIMINATION IN THE PLAYOFF ROUND.

***** REGISTER BY AUGUST 23RD 2013 *****

FOR MORE INFORMATION OR TO REGISTER CONTACT:

MARK ROGERS @ 519-312-3885

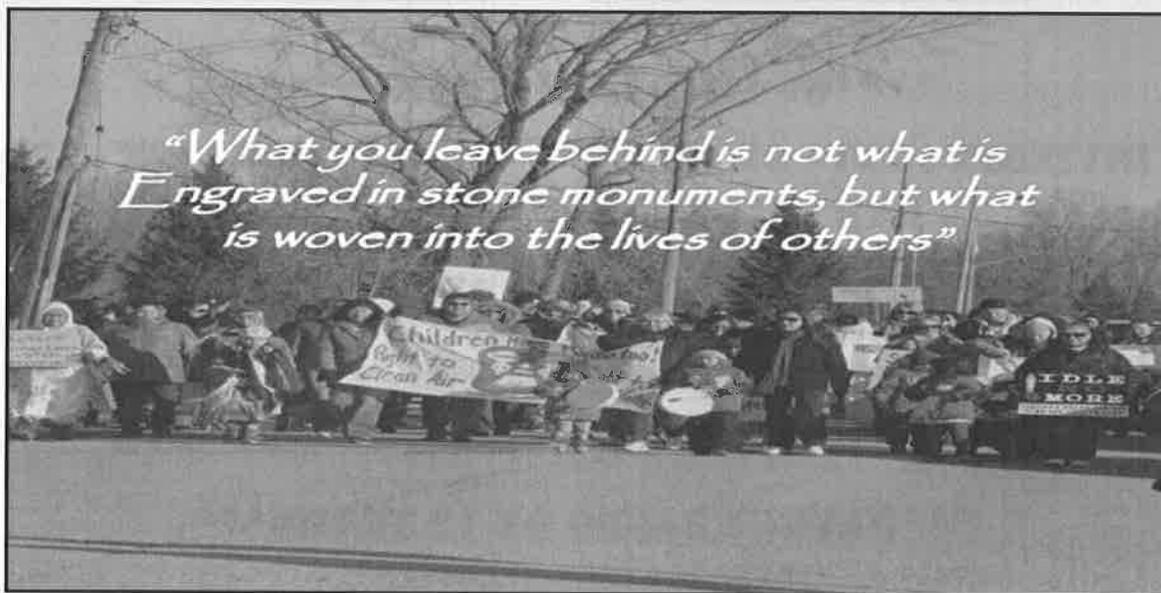


Beer tent, Food sales and 50/50 raffles will be available

***All proceeds raised will go towards the Aamjiwnaang
 Talons youth baseball funds***

Traditional Land Uses Study Meeting

Meetings will be held Friday the 19th
Through Sunday the 21th



The meetings/discussions will revolve around the interest the committee has expressed towards researching, and doing traditional values community surveys. These surveys will determine how fishing, hunting, traditional values, ceremonies and how they impact Aamjiwnaang.

If interested in attending, please contact Keisha Walker
OR Austin Williams ASAP!
(519) 336-8410 ext. 250

The Victim

She is a beautiful opal
Lying against black velvet,
Draped in a cape of gauzy white
She is serene and patient
In her meditation of life,
When one views her from afar.
She is a tireless giver,
Giving of herself

To those who depend on her sustenance.

She offers her body freely,
Asking little in return,
Wishing silently for respect.
But while we admire her
And say that we love her
And say that we respect her...

We poison her blood.
We cover her in filth.
We cut her and maul her.
We rape her savagely.
We suffocate her slowly.

Laughing as we go...
And we look at her ravaged body,
Seeing nothing but what we want.
Smiling with satisfaction...
As we call her our Mother.

- Carol Dixon.

she Who Heals

Mother, sing me a song
That will ease my pain,
Mend broken bones,
Bring wholeness again.

Catch my babies
When they are born,
Sing my death song.
Teach me how to mourn.

Show me the Medicine
Of the healing herbs,
The value of spirit,
The way I can serve.

Mother, heal my heart
So that I can see
The gifts of yours
That can live through me.

-Unknown Author.



Five Hundred Nations

Five Hundred Nations once were We...
The Peoples Who once owned this country.
Five Hundred Nations still are We...
Peoples kept alive through history.

Cultures of some have vanished,
Though their tribal members survive.
Some, not all, may be vanquished...
But all, of which We will revive.

All our nations deserve to flourish.
As once They did in the past.
All Our nations again will nourish,
As it's Our time that's come at last.

For this is the time of which was spoken
To revive Old traditions and Ways...
To repair the spirits that have been broken
And prepare for the coming days.

Days which We've long been told would come
When the Red Man would conquer his foes
And all the obstacles He would overcome,
As in numbers and strength He grows.

Look to the Heavens and feel the Earth...
Await the sign that will appear...
And take to your heart their full worth...
They'll let Us know when our time is here.

Five Hundred Nations We'll be again...
And we'll resume Our rightful place.
Five Hundred Nations We'll be... 'til then,
Dream of an all-powerful Red Race.

-Author Unknown.

Joke Of The Week

What did the grape say when it got crushed?
Nothing, it just let out a little wine.

NOTICE

RIVERSIDE LUNCH

**Will be open for Lunch
FRIDAY—JULY 19th, 2013
From 11:00 to 1:30 Only
Sorry for any inconvenience**

**We will be open for our regular
hours on Monday, July 22nd**



**TIGERS vs. PHILLIES
July 26th, 2013**

**\$80 Includes:
Bus - Ticket - Refreshments
Bus Leaves:
RACK-N-ROLL @ 3pm**

**DETROIT TIGER TICKET'S
WASHINGTON vs. DETROIT**



**Weds. July 31st @ 1:05 PM
TICKET(Sec.140),**

**COACH BUS, Adult Beverages
\$110.00CDN / ONLY 40 TICKETS
Tickets available @ Brownstones Sports
Bar & Restaurant
Proper ID for border crossing
BUS LEAVES 9:00 AM SHARP from
Clearwater Arena**

RIVERSIDE LUNCH

Phone: (519) 312-2502

*'when your in a crunch and need to
munch stop for lunch'*

		<u>Combo</u>
Sausage (hot & mild)	\$5.00	\$7.50
Cheeseburgers	\$4.75	\$7.25
Hamburgers	\$4.25	\$6.75
Hot Dogs (jumbo)	\$4.00	\$6.50
Coney Dog	\$4.75	\$7.50

Combo includes: Fries & Pop (Gravy \$1.00 extra)
Instead of regular fries in combo add \$1.25/
poutine, \$1.75/chili chz fry, \$2.25/fry supreme

	<u>Sm.</u>	<u>Med.</u>	<u>Lg.</u>
Fresh Cut Fries	\$3.00	\$3.75	\$7.25
Poutine	\$4.50	\$5.25	\$8.75
Chili Chz Fry	\$4.50	\$5.25	\$8.75
Fry Supreme	\$5.25	\$6.00	\$9.50
Gravy	\$1.00		

Chili or Chz Topping on Fries or Chz Slice \$0.75 ea.

Pop	\$1.00
Water	\$1.00
Juice Box	\$0.75
Freezies	\$0.75

(5 orders or more, please call ahead)

OPEN: Mon. - Fri. *11am - 6pm*

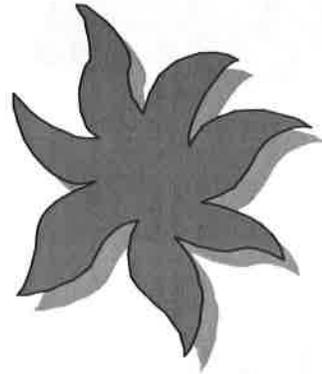
Will deliver on Reserve



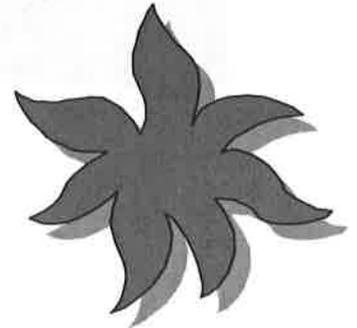
Youth CHAT & The City Of Sarnia Present :

Outdoor Tobacco-free Movie Night

Featuring:



THE CROODS



“The World’s First family”

Before Fire, Before Shoes, Before Tobacco

Friday, July 26th

(Behind) Clearwater Arena

Free Admission. Free Popcorn.

7 p.m.-9 p.m.:

Prehistoric dance party

Caveman look-alike contest; prehistoric games

Dusk:

The Croods on the big screen. (bring lawn chairs and blankets.)



Tacos, Tacos, Tacos And Other Items Sold

Friday August 2, 2013

11.00 a.m. - 1.00 p.m.

Darren & Kim’s

1746 St. Clair Parkway



Taco’s - \$5.00
Pop - \$1.00



Please call ahead for any large orders - 519-464-7044 OR 519-336-5689

Talfourd Creek

Awareness Day

Let's gather together
around the Creek

JULY 30, 2013

3 PM – 6 PM

BEAR PARK

**Education
Program**

BBQ at 5 pm

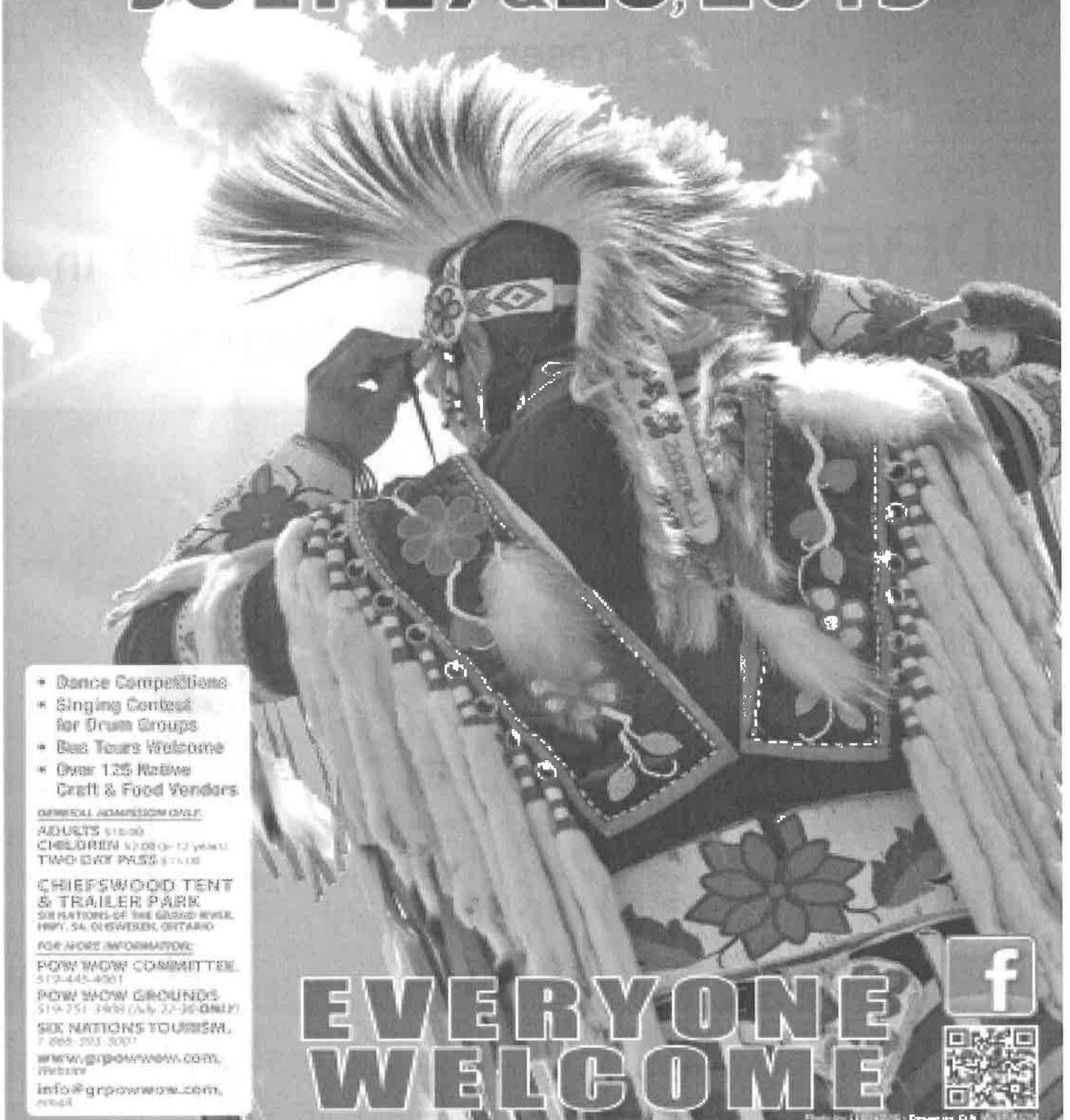
Door Prizes

The Talfourd Creek Awareness Day will allow for
community members to see what habitats and
species are in the Talfourd Creek

GRAND RIVER POWWOW

THIRTY-FOURTH ANNUAL • "CHAMPION OF CHAMPIONS"

JULY 27 & 28, 2013



- Dance Competitions
- Singing Contest for Drum Groups
- Bus Tours Welcome
- Over 125 Native Craft & Food Vendors

GENERAL ADMISSION ONLY:

ADULTS \$15.00
CHILDREN 5 TO 12 YEARS
TWO DAY PASS \$11.00

CHIEFSWOOD TENT & TRAILER PARK
500 PLAZA OF THE GRAND RIVER
HWY. 54, OAKVILLE, ONTARIO

FOR MORE INFORMATION:

POW WOVW COMMITTEE
519-445-4901

POW WOVW GROUNDS
519-251-1469 (July 27-28 ONLY)

SEE NATIONS TOURISM,
7 066 203 3007

www.grpowwow.com,
#GR2013

info@grpowwow.com,
#GR2013

EVERYONE WELCOME





+ **RIGHT** +
TO PLAY



Presents...

THE LACROSSE FOR DEVELOPMENT PROGRAM in AAMJIWNAANG FIRST NATION

WHEN: July 26-28, 2013

WHO: Ages 8-18yrs

WHAT: The Lacrosse For Development Program teaches life skills through lacrosse. Led by Right To Play staff and professional lacrosse players from the NLL, this program is an exciting opportunity for children and youth to learn from and be inspired by professional lacrosse players and role models.



To register for the Lacrosse For Development program,
contact:
TONY JACOBS
519.491.2160
tiger6_sir@hotmail.com

LACROSEE FOR DEVELOPMENT PROGRAM

Participant Registration Form



Right To Play's Promoting Life Skills in Aboriginal Youth (PLAY) program, the National Lacrosse League, and the Professional Lacrosse Players Association are excited to launch the Lacrosse For Development program from July 28-29, 2013 in Aamjwnaang First Nation! The Lacrosse For Development Program will be a 3-day lacrosse and play-based event, for children and youth ages 8-18 years.

Over the course of the 3 days, children, youth and the community will engage in lacrosse clinics, facilitated by professional lacrosse players, as well as complimentary leadership and craft-based activities, facilitated by Right To Play staff. To register, please complete the form below and return it to Tony Jacobs. You can also contact Tony to learn more about the Lacrosse For Development program at 518-491-2180 or tiger8_air@hotmail.com.

Participant Information

NAME OF CHILD/YOUTH:			
COMMUNITY:		GENDER (please circle):	
		MALE	FEMALE
BIRTH DATE:	AGE:	PHONE NUMBER:	
SPECIAL MEDICAL CONCERNS (LIST ANY ALLERGIES, MEDICATIONS, CONDITIONS OR MEDICAL ISSUES WE SHOULD KNOW ABOUT)			
DIETARY RESTRICTIONS (List any specific dietary needs)			
PARENT/GUARDIAN FULL NAME:		EMERGENCY CONTACT NUMBER: (IF DIFFERENT FROM ABOVE)	

Photo and Research Consent

Right To Play requests permission to use, copy, or display my child's name, photograph, or video recorded image to promote Right To Play events & advertisements on websites, news releases, brochures, pamphlets or other:

- Yes, I grant permission to Right To Play to use my child's photo, or video recorded image
- I agree (or give consent for my child) to participate in research associated with the PLAY Program which may include; having a discussion associated with the Lacrosse For Development program, tape-recorded quotes from my child being used, without any information that would identify my child, for the purposes of a discussion summary, a theatre presentation or other ways of disseminating knowledge.
- No, please do not use my child's photo, or video of my child

Signature of Parent/Guardian

Date

LACROSSE FOR DEVELOPMENT PROGRAM

Participant Registration Form



Right To Play Policy

1. Right To Play and the PLAY program have a zero tolerance for violence, drugs or alcohol. Anyone found engaging in such activities will be immediately sent home at their own expense, or the expense of their family.
2. While at the Lacrosse For Development there will be no smoking unless of legal age, in which case you may only smoke in designated areas.

I _____ agree to follow these policies and acknowledge the implications of breaking the rules.

Signature of Parent/Guardian

Date

Risk Waiver / Authorization

I understand that, as in all sports/activities, there is a risk of physical injury and damage to property.

I hereby give my consent for my child/youth _____ (print participant's name): (Check Boxes)

- To participate in the Lacrosse For Development program and Right To Play activities.
- To receive emergency medical care which may become necessary in the course of such activities
- I further agree not to hold Right To Play or Right To Play staff or anyone acting on its behalf, responsible for any injury occurring to the named participant during Right To Play activities.
- Upon registration of my child at the Right To Play Lacrosse For Development program, I permit my child to participate in a full range activities, and I authorize Right To Play staff and their appointee in the event of an accident or illness affecting the above named participant; to authorize on my behalf all procedures, including admission to hospital and necessary treatment therein, as he/she may deem essential for the care and well-being of the participant. Such action shall be taken only when immediate contact with the undersigned cannot be made.

Signature of Parent/Guardian

Date

Travelling Senior's Winner's Choice



Thursday, August 15, 2013

Time: 6:00 pm ~ Kitchen opens at 5 pm

Where: Maawn Doosh Gumig Community Centre

Cost: When you purchase a 2 Strip Book @ \$15,
get 1 strip for \$5 more

MENU SPECIALS!

Available at 5pm—Eat in or takeout available

6 Tickets
for \$5.00 or
\$2.00 Each

Raffle Tickets For Sale
Win a Tassimo Coffee Maker
(coffee included)

Raffle to be held just after
the Midway Break!



Every Bingo gets a prize!



This is a Travelling Seniors Fundraiser event!

EVERYONE IS WELCOME TO PLAY

Drug Overdose Awareness Day

2nd Annual 2 Pitch Baseball Tournament

September 13-15, 2013

[Kettle Point Baseball diamond]

Kettle and Stony Point Health Centre will be hosting the second annual Drug Overdose Awareness Day Baseball Tournament to be held September 13 to the 15 at the Kettle Point Baseball diamond.

THIS IS A DRUG AND ALCOHOL FREE EVENT.

- 10 Teams (10 players min)
 - 4 Females
 - 4 Males
 - 1 Female youth aged 13-18
 - 1 Male youth aged 13-18
- Round Robin format
- \$100.00 entry fee per team
- Prize Money will be determined according to # of teams registered
- Home run derby
- Team shirts to be provided
- Food Booth available
- Bring a non perishable food item and receive a free hotdog
- Much More prizes to be won
- **Please register by September 5th, 2013**



For more details and to complete your registration form please contact Penny or Tammy at 519-786-6588



SPLASHDOWN

*****LIMITED SPACES CALL TO SIGN UP*****

Wednesday, July 31.

Meet in the parking lot at splashdown
Between 10:00 and 11:00 A.M.

*****Adult or parent must accompany a child.**

Transportation is on your own.

Lunch and light snacks will be provided.

**Any extras such as water balloons, rock climbing, and laser tag
are at your own cost*****

To reserve your spot call Melanie Williams at the
Band Office **519-336-8410 ext. 228**

Call between Monday July 22 & Thursday July 25

Sponsored by NCB



Beauty Tips & Facts

Skin Care:

- Having a healthy lifestyle , which includes a balanced diet and regular physical exercise, will result in healthier skin.
- Apply lotion, cream, or baby oil after each bath/shower. This helps retain moisture to your skin.
- Don't pop your pimples! Doing so actually pushes bacteria deeper into your skin which can lead to redness, swelling, and/or scarring!
- Shrink your pimple by placing an ice cube in a thin towel over the pimple for about 3 minutes; this reduces swelling and redness.

Hair Care:

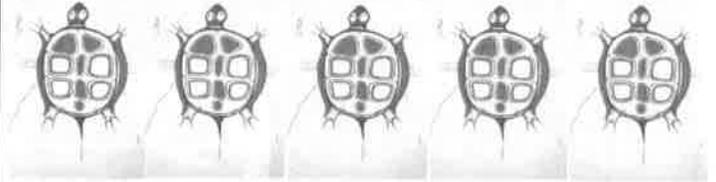
- For curls, that will last longer, spray some hair-spray on before you curl your hair.
- Heat opens up your hair cuticles and allows moisturizer to penetrate your hair, giving it softness and elegant bounce.
- For shine, mash up avocado, mix it with a tablespoon of olive oil and rub through hair and then wash hair after 15 minutes.
- Massaging your scalp can improve circulation to your head and promote hair growth.

Make-up:

- If you have thin lips, and want them to appear bigger. Use a lighter shade of lip stick, darker shades makes them look smaller.
- Apply two coats of mascara, but let the first coat dry prior to adding the second. Doing this will avoid clumping.
- If you have brown eyes, use copper, bronze, or brown eye shadow.
- If you have small eyes use only light colored eye shadows, and use no more than two shades at once.
- Do not apply your eyeliner in a thick line. It makes your eyes look puffy, heavy, and tired.

Nail Care:

- Stick your fingernails in lemon halves for 5-7 minutes, this will help to clean and brighten them.
- Fresh carrot juice is high in calcium and phosphorus, which is great for strengthen your nails
- Store your nail polish in the refrigerator to maintain its smooth consistency.
- Vitamin A and calcium deficiency can cause nail dryness and brittleness.



Foods that benefit you

I believe people should know how the food they consume is beneficial to them and not just by keeping you full. But by also giving you perks such as clear skin, shiny hair, feeling fresh, having more energy, just feeling like the ultimate you. In this section below, I will list a couple examples of food that benefits you and what it does.

Fruit & veggies:

- Eating an apple a day with the skins on it, will help your skin look healthy and smooth.
- Sweet potatoes contain lots of vitamin A, which is known to be a great ant-aging and anti-wrinkle vitamin.

Meats & Alternatives

- Eating kidney beans and lentils are good not only for your digestive system, but also for promoting hair growth due to the protein.
- Eating snacks high in fiber, such as nuts, seeds and dried fruits help keep your hair and skin healthy.
- Zinc can help prevent hair loss by building hair protein, so try eating more varieties of meat and seafood.

Wheat's and Grains

- Minimize simple carbs such as white bread, rice, pasta, and salt in your meals, if you want to avoid retaining water.

Milk & Alternatives

- Eating nonfat yogurt, is high in calcium and it helps to keep your smile white and your teeth cavity free.
- Eating Swiss, cheddar, or gouda cheese can block bacteria in your mouth and prevent cavities.

Other

- To help keep your hair silky and shiny, try drinking 8 glasses of water a day.

Submitted By: Judith Plain

Horoscopes' Of The Week



Capricorn (Dec 22 to Jan 19)

This week is the time to explore new ways of communicating things to others without pointing out the obvious. And to also reveal deep parts of yourself to others, to make or break ties, bonds, or relationships you are having. In addition you just need to manage to disarm the opposition.

Aquarius (Jan 20 to Feb 18)-

This week, you should take the time to do research into health matters, or return to an old understanding or give an old way of working a new look so that other practical facts can be shown. Your approach to work this week is pleasant, happy, and logical for the most part, unless you allow worry or scattered energy to enter the picture.. You are inclined to want to learn new work skills or improve your skills and output in terms of work. So just allow yourself to wander aimlessly and to explore . Not knowing where to begin is a common form of paralysis, so just begin anywhere.

Pisces (Feb 19 to Mar 20)

You tend to discover indirect ways to express creative self, and truly value unique insights into your many forms of self-expression. This week is great time to for exploring the youthful, natural, spontaneous parts of yourself. Communication, imagination , cleverness will be an intrinsic part of you, adding greatly to your relationships in particular both intimate and professional On the other hand, there might frustrating hold-ups, conflicts with relatives, siblings/associates who can't match up to you. This can give insights into your creative expression , or a look back on some way that used to connect you to life's joy.

Aries (Mar 21 to Apr 19)

Your focus this week will be what's closest to the heart, which is your family and home. Even your career, achievements and intellectual pursuits are in viewed terms of how they will affect your home life, loved ones, and family. There will be returns from your past or you could get new information or a new perspective or way of viewing your home, family affairs or an important impression from the past. Something you've putting off around the house may become important. Exploit the liberty in casting your work as beautiful experiments, attempts, trials, and errors. Take the long view and allow yourself the fun of failure everyday.

Taurus (Apr 20 to May 20)

This week you may find yourself having thoughts you haven't had before, you want to express these thoughts, but will feel baffled on how to say them. But it is an ideal time to pick up information from your environment and the people in it, as your tendency is toward a certain level of intellectual detachment. It is a perfect time for learning non-verbal or indirect means of communicating, or renewing an old knowledge into a new skill or application. You have to be willing to grow, leave room for improvement!

Gemini (May 21 to Jun 20)

You will be take a new look at your values, what you have and how you are using resources. You may get an insight into your sub-consciousness as to why you want, why you hold on to things that you do, or why your self-image is supported by something. Material gains this of several kinds are more than likely this week. Money of goods thought lost may return, or your money supply may slow down because of peculiar circumstances, It is a great time for finding new ways on how to make money and/or hold onto it.

Cancer (Jun 21 to Jul 22)

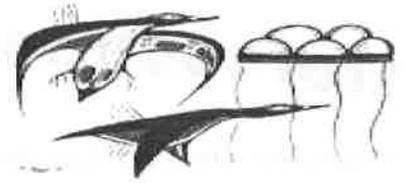
Rethink a new beginning you may have been offered recently, and/or finish up some old business so you can get on with a new way of perceiving , coordinating, or expressing something. This is a good time for reworking your self-expression and the personality you are exposing to the world. You will take a new look at your self-image and tend to collect pieces of information about yourself, or who you think are, may need to be reconsidered. You are more inclined to talk about yourself and your personal past now. This may be a restless time when it is difficult to turn the thinking process off when it would be better to relax.

Leo (Jul 23 to Aug 22)

This is the time for you to achieve closure on whatever sorrows and mysteries are still bugging you. Review and change your thinking and interpretations to come to a more compassionate view of what is leaving and why things have happened the way they did. Get a new insight into an old sorrow or self-undoing behavior. A great time for taking one last look back before closing a chapter in life that is already over. *It is NOT* a time to go overboard in self-pity, to see troubles where none exist, or to attempt to solve the worlds problems. It is a time to take the positive outlook, you need to carry a positive attitude.



Horoscopes' Of The Week



Virgo (Aug 23 to Sep 22)

It's time to get insights into your friends, goals, and ambitions. You might find yourself reconnecting with an old friend, or you might wonder why you once wanted something and how this is related to some unusual assumptions. It's a great time for forming some interesting public relationships, and harvesting something from the past in a new form. Find ways to recombine several old ambitions in a new package. Widening the vistas of your very existence is what this week makes you do. You still extend warmth and friendship, as well as cooperation at work. In any case, you are now in a mood to make long-lasting decisions and stand by them.

Libra (Sep 23 to Oct 22)

Take extra care about any important decisions to be made, as they will probably be subject to change and try to sign no important contracts during this week. This can bring reversals in public position, or long overdue acknowledgement or recognition. You may need to do some things neglected up to now, before you can move forward. Don't be drawn into discussions about other people's problems, or into conflict situations, you've got enough to deal with. This week is not the week for thrills and adventure, no matter how exciting it seems, or what friends offer.

Scorpio (Oct 23 to Nov 21)

You will take a new look at your future, life, journey, or your spiritual quest. This is a great time to review something you learned in the past, or for going back to school. Missing appointments and other forms of forgetfulness could be part of the picture now. It's a time to notice the little things that will affect your future to come, and experiment with different applications of your wisdom in a wide variety of situations. You have an important week in store for you! But much will depend on how you use the opportunities that are coming your way.

Sagittarius (Nov 22 to Dec 21)

Some believe wholeheartedly that the more we give the more we receive. Others take a more negative view of this theory, believing there is no connection between what we receive and what we give. I'm not trying to instigate a debate on the subject but I can tell you that the sky indicates clearly the fact that something you dearly want to receive can be yours if you're willing to compromise in some way. This week, expect signs of what will be expected of you.

Memorable Quotes:

"When the power of love
Overcomes the love of power
The world will know peace."

"Body and soul.
Two different things."

"Find out who you are
And do it on purpose."

"Wanting to be someone
Else is a waste of the
Person you are."

"When life pushes you
to the bottom
There's no where else
to go but up."

"In life, don't look back,
Just keep moving forward."

"A lot of people are
Afraid of heights
Not me, I'm afraid of widths."

"Criticism is something
We can avoid easily
By saying nothing
And being nothing."

"A friend is someone who
Gives you total freedom to
Be yourself."

Never say goodbye
Because goodbye means going away
And going away
means forgetting."

Fortune Of The Week

A feather in the hand is better than a bird in the air



★ Power Skating

RBC Centre

\$15 per person/per session

July Schedule

DATE	TIME	AGE / CATEGORY
Thurs. July 18	2:30	Tykes / Novice
	3:30	Atom & Older
	4:30	All Age Scrimmage
Wed. July 31	12:00	Tykes / Novice
	1:00	Atom / Pee-Wee
	2:00	Exhibition Game TBA

August Schedule

DATE	TIME	AGE / CATEGORY
Wed. Aug. 7	12:00	Tykes / Novice
	1:00	Atom & older
	2:00	All Age Scrimmage
Wed. Aug. 21	1:30	Tykes / Novice
	2:30	Exhibition Game TBA
Wed. Aug. 29	1:30	Tykes / Novice
	2:30	Atom / Pee-Wee



ATTENTION ATOM & OLDER AGE HITMEN

There will not be any ice-time available this up-and-coming Hockey Season.

You are encouraged to register where you choose to. (Sarnia, Mooretown, etc...)

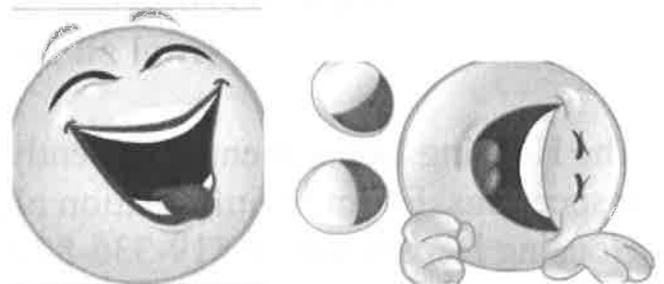
There will be ice-time available for **Instructional Tyke and Novice**

Deadline for Mooretown Registration is July 31, 2013

A Little Humour

Scotsman's first baseball game—

A recent Scottish immigrant attends his first baseball game in his new country and after a base hit he hears the fans roaring run....run! The next batter connects heavily with the ball and the Scotsman stands up and roars with the crowd in his thick accent: "R-r-run ya bahstard, r-run will ya!" A third batter slams a hit and again the Scotsman, obviously pleased with his knowledge of the game, screams "R-r-run ya bahstard, r-r-run will ya!" The next batter held his swing at three and two and as the ump calls a walk the Scotsman stands up yelling "R-r-run ya bahstard, r-r-run!" All the surrounding fans giggle quietly and he sits down confused. A friendly fan, sensing his embarrassment whisper, "He doesn't have to run, he's got four balls." After this explanation the Scotsman stands up in disbelief and screams, "Walk with pr-r-ride man! Walk with pr-r-ride!!!"



CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue
Sarnia, Ontario N7T 7H5

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

E-mail: tribeune@aamjiwnaang.ca

<https://sites.google.com/site/chippewatribeune/home>

Your next Chippewa Tribe-Une is due out on
Friday, August 2, 2013

The **deadline** will be on
Wednesday, July 31, 2013
by **4:00 pm**

Chi-Miigwetch, ~ Bonnie Plain, Editor



What is RRAP?

- It is a CMHC program for **low-income** homeowners
- Provides loans, a part of which may not have to be paid back
 - Available to repair substandard living units

What repairs qualify my house?

- Your house must be substandard or deficient in one or more of the following:



- Structural
- Heating
- Disabled
- Electrical
- Fire Safety
- Plumbing
- Overcrowding

- Adaptations to make a unit accessible for a disabled occupant also qualifies for our Disabled RRAP program

Who is eligible?

- The household's income must be lower than \$42,000.00.

Written verification of household income is required from all residence of the home.

The Housing Department is currently doing RRAP inspections. For more information please call the Housing Department at 519-336-8410.

