



AAMJIWNAANG FIRST NATION

CHIPPEWA TRIBE-UNE

July 4, 2013

Issue 13.13

Editor: Bonnie Plain

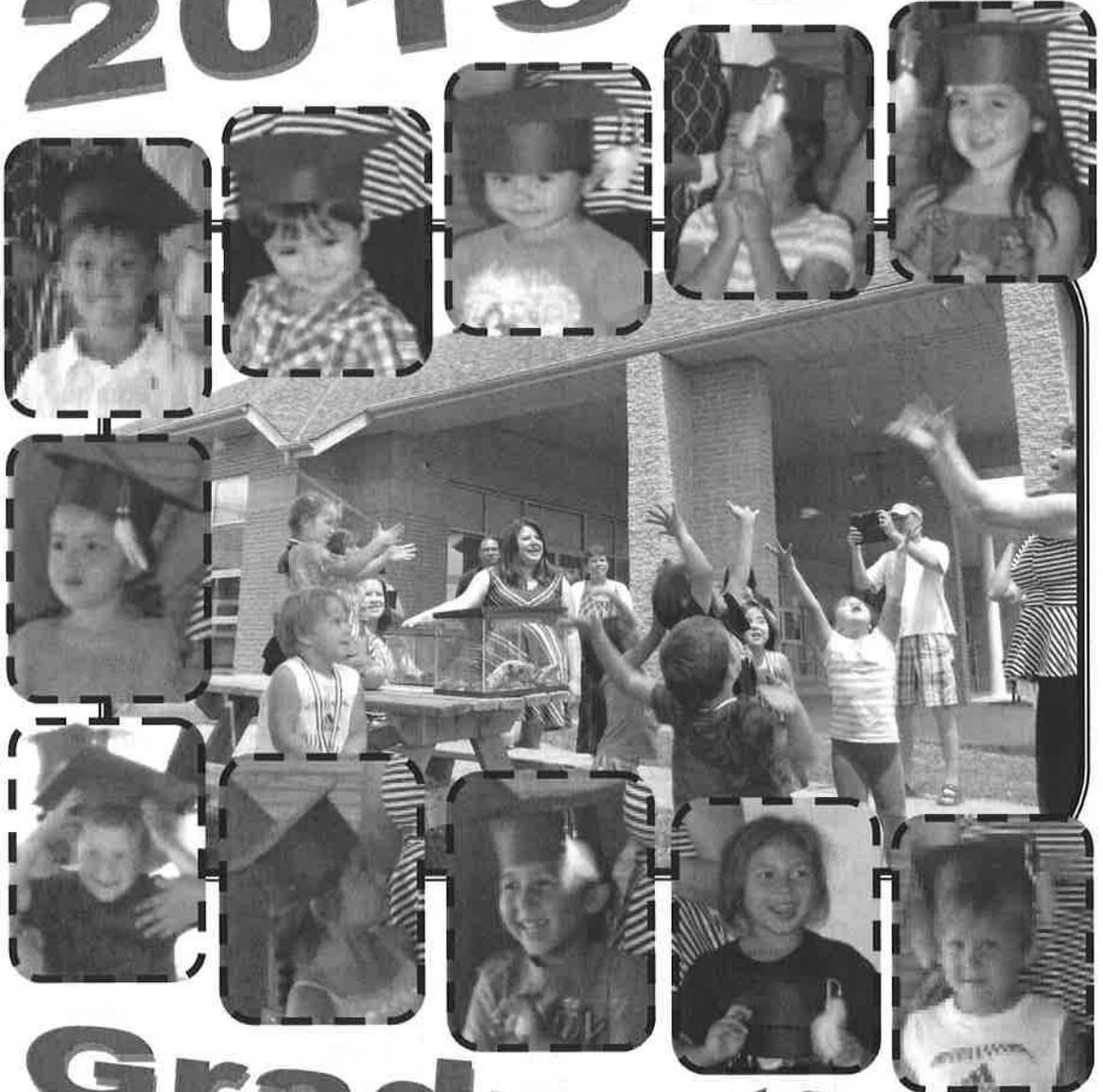
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Points of interest:

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2013 JK



Graduation

With the help of Mrs. Henry, Miss. Leanne, Janie, and Sophie the 2013 JK Graduating class released butterflies that they watched transform throughout their final weeks of school.



Happy Birthday

July 6th to 19th 2013

Katie	Courchesne	July	6	Zoey	Disel	July	12
Zoe	Doxtator	July	6	Jackson	Johnson	July	12
Brooke	Fearns	July	6	Nicole	Joseph	July	12
Gregory T	Fisher	July	6	Arnold	Joseph Jr.	July	12
SarahAnn	Fontaine	July	6	Norman	Joseph Jr.	July	12
Eve	MacGregor	July	6	Ethan	Miller	July	12
Layla	Noah	July	6	Kendra	Oliver	July	12
Nicholas	Shipman-Cottrelle	July	6	Brenda	Stone	July	12
Ronald A	Simon	July	6	Michael N	Ayers	July	13
Roberta	Bressette	July	7	Chantel	Joseph	July	13
Chelsey	Cottrelle	July	7	Brandon	Moodie-Gray	July	13
Mackenzie	Cottrelle	July	7	Wiingashk	Nahmabin	July	13
Gregory Lorne	Fisher	July	7	Christie	Stewart	July	13
Bernice	Pettit	July	7	Christopher	Jones	July	14
Joanne	Rogers	July	7	William	Baker	July	14
Kelly	Snook	July	7	Logan	Bird	July	14
Angelica	David-Accetta	July	8	Timothy	Bird	July	14
Jon	Ellerhorst	July	8	Mary Claire	Bourque	July	14
Annette	Gray	July	8	Alan	Bunce	July	14
Adam	Nahmabin	July	8	Jared	Forestell	July	14
Shane	Nahmabin	July	8	Ryan	Gould	July	14
Cheryl	Deacon	July	9	Vanessa	Gray	July	14
Ashlynn	Fisher-Cristovao	July	9	Christina	Plain	July	14
Carole	Gray	July	9	Demra	Hanna	July	15
Layla	Maness	July	9	Noah S	Joseph	July	15
Kimberly	Shorey	July	9	Raymaond A	Williams	July	15
Ray	Whitcher	July	9	Joseph E	Bird	July	16
Terry W	Williams	July	9	Helena	Cornelius	July	16
Ruth	Bourque	July	10	Farron	Joseph	July	16
Alyssa	Green	July	10	Diane	Love	July	16
Darcy	Hajas	July	10	Jamie	Maracle	July	16
Hilda	Oliver	July	10	Brooklyn	Williams	July	16
Andrew	Williams	July	10	Matthew	Isaac	July	17
Adam	Wright	July	10	Nicole	Maness	July	17
Piper	DeGurse	July	11	Nicole	Waring	July	17
Bonita	Howell	July	11	Michele	Bourque	July	18
Sarah	Joseph	July	11	Brandee	Brooks	July	18
Tahnisha	Joseph	July	11	Justin	Ellerhorst	July	18
Bonnie	Williams	July	11	Negaunee	Gray	July	18
McKayla	Bird-Little	July	12	Steven	Maness	July	18
Roderick	Bressette	July	12	Lily	Myers	July	18
John	Cady	July	12	Amanda	Plain	July	18
Lynwood	Cottrelle	July	12	Janice	Smith	July	18
Nitika	Desjarlais	July	12	Laura	Spero	July	18

Terrance	Walker	July	18
Nicolas	Williams	July	18
Nawana	Adams	July	19
Macklyn	Beauchesne	July	19
Roxanne	Oliver	July	19
Gerald	Plain Jr.	July	19
Anthony	Rogers	July	19
Destiny	Williams	July	19



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).

The draw will be Monday before **July 29th**.

St. Clair United Church

July Agenda 10 -11 am

Special Guest Speakers

July 7th—Mary Bird

July 14th—Mary Elford
(Ridgetown)

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)

Letters of Introduction

Hello Folks!

I just wanted to inform you that as of July 2, 2013, I Earle Cottrelle was hired as the new Housing Maintenance Worker. I look forward to assisting you with your housing maintenance issues. You can contact me at 519-336-8410 ext. 238 to book a housing maintenance inspection.

Yours Sincerely,

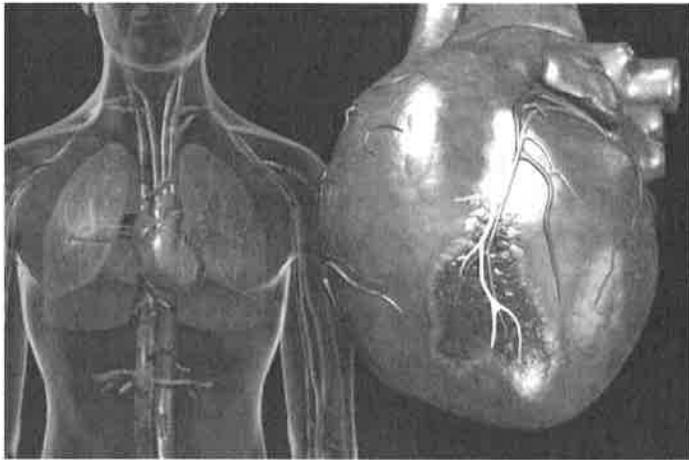
Earle Cottrelle

Boozhoo,

I'd like to take this opportunity to introduce myself as the new Aamjiwnaang First Nation Housing Clerk. My name is Jeannie Gray and I will be working alongside Housing Coordinator – Tracy Williams and the Housing Department Staff, for all departmental administrative and clerical services. I will be responding to telephone and in-person inquiries for on-reserve housing information by providing factual information or directing to the appropriate staff. I am also available to assist existing and new housing community members with filling out housing application forms, questions and/or concerns about housing programs and services, the legislation, policies and procedures that impact on First Nation Housing. Thank you and I look forward to working with you in the near future.

Hello there,

I hope your day is going well as you are reading this. My name is Megan Lee Nahmabin and I am the KIPS Coordinator for the summer. I am currently trying to complete my final year at Lambton College to become a Child and Youth Worker. I am so happy to be able to utilize my current skills and apply it back to my own community. I look forward to this summer and helping the kids have an awesome, fun and safe time at KIPS. Hope everyone has a great summer, stay safe and stay cool in the summer heat.



HEART ATTACKS AND WATER

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night. Interestingly—Cardiac Doctors indicate that gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. You do need a minimum amount of water to help flush the toxins out of your body.

Correct time to drink water...

Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body

- 2 glasses of water after waking up helps activate internal organs
- 1 glass of water 30 minutes before a meal helps with digestion
- 1 glass of water before taking a bath helps lower blood pressure
- 1 glass of water before going to bed helps to avoid stroke or heart attack. Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic Aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic and lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology states, "Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened." Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if a heart attacks happens in the wee hours of the morning, the Aspirin would be strongest in your system.
2. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar).

Something we can do to help ourselves

Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than tablets.

Why keep Aspirin by your bedside?

It's about Heart Attacks.

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

NOTE: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. - Say "**heart attack!**"

- Say that you have taken 2 Aspirins.

Take a seat on a chair or sofa near the front door, and wait for their arrival and ...**DO NOT LIE DOWN!** A Cardiologist stated that if each person shared this information with 10 people, probably one life could be saved! Please share this message. It may save lives! "Life is a one time gift"

Daily Water Chart			
Weight	Water	Weight	Water
20 lbs.	8 oz. = 1 cups	180 lbs.	72 oz. = 9 cups
40 lbs.	16 oz. = 2 cups	200 lbs.	80 oz. = 10 cups
60 lbs.	24 oz. = 3 cups	220 lbs.	88 oz. = 11 cups
80 lbs.	32 oz. = 4 cups	240 lbs.	96 oz. = 12 cups
100 lbs.	40 oz. = 5 cups	260 lbs.	104 oz. = 13 cups
120 lbs.	48 oz. = 6 cups	280 lbs.	112 oz. = 14 cups
140 lbs.	54 oz. = 7 cups	300 lbs.	120 oz. = 15 cups
160 lbs.	64 oz. = 8 cups	320 lbs.	128 oz. = 16 cups

28 PEDOMETER
DAY CHALLENGE



**Shed pounds,
gain energy, and
win fab prizes!**

AAMJIWNAANG Pedometer Challenge

**Learn about pedometers & how they can help you
increase your level of fitness**

**Kick-Off Day: Monday, July 8, 2013
5:30 pm at the Health Centre**

**Challenge starts: Tuesday, July 9, 2013
Challenge ends: Tuesday, August 6, 2013**



**All shapes, sizes, & fitness levels welcome
Great Prizes!!**

Why walk?

- Walking is a gentle activity that you can do at your own pace
- Done regularly, walking can strengthen your heart & lungs,
- Improve circulation & help maintain a healthy weight
- Walking also tones your muscles & keeps your bones strong

**Receive a
NEW
pedometer!**

So come grab a pedometer & walk your way to health!

If you are interested, and would like to sign up, please call the Health Centre 519-332-6770



Get Moving



Aamjiwnaang
 Ontario Works
 Community Placement program



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

For the summer ~ Every MONDAY—starting July 8th
Mobile Market Will be available at Maawn Doosh Gumig 1-2

Employment Supports

July Schedule

<u>Date / Time</u>	<u>Event</u>	<u>Location</u>
July 8	Mobile Market / 1-2pm	Maawn Doosh Gumig
July 9	Customer Service	Maawn Doosh Gumig
July 9	Beading with Ada / 6-8pm	Maawn Doosh Gumig
July 11	Food Handlers	Maawn Doosh Gumig
July 12	Cooking with Judy / 10-3	Maawn Doosh Gumig
July 30	Volunteer Lunch	Maawn Doosh Gumig

Please note: EA will be on vacation July 15-19

OFFICE DAYS: ALL DAY WEDNESDAY AND THURSDAY AFTERNOONS
Marina Plain 519-336-8410



***Please call if you are unable to make it.. Mii gwetch**

Customer Service Certificate



Please call if you are interested in receiving training through Lambton College you will receive a Customer Service certificate
 Site: Maawn Doosh Gumig
 One full day
 Date: July 9, 2013
 Lunch and snacks provided
 Marina Plain 519-336-8410

Lambton
College



FOOD HANDLERS COURSE

JULY 11, 2013

Please call and leave your name if you are interested in taking the:

*** FOOD HANDLERS*
 Certification Course**

I will need a minimum of 10 people to deliver the course.

Opportunities:

Kitchen hands, cooks, chefs, cafes, fast food outlets, catering, retail food stores, and small business operators



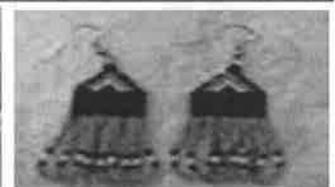
Thank you....Miigwetch!
 Marina Plain—519-336-8410



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



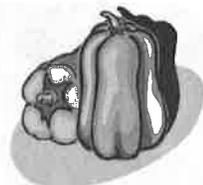
The Inn
Of The Good Shepherd

Caring hands of the community

Est. 1981



Mobile Market 2013



Coming to Aamjiwnaang!

Mondays

Community Centre Pavilion

Time: 1:00pm - 2:00pm

Every Monday starting July 8th until the end of October

A program of The Inn of the Good Shepherd

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

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

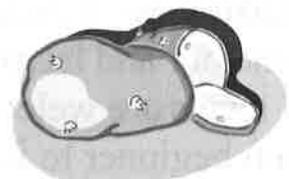
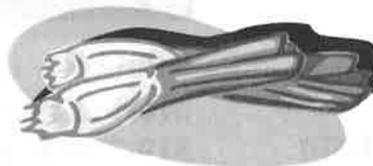
Proof of social assistance income (OW or ODSP or OAS)

See You at the Mobile Market on Mondays

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



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



NOTICE

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

NOTICE

Seeking Aamjiwnaang Band members interested in serving on the Education Committee for the remainder of the 2012-2014 term. Please submit a letter of interest to Chief and Council.

The deadline for submissions is August 29, at 4:00pm.



safeTALK
suicide alertness for everyone

Come out and become a certified Suicide alert helper! This **suicide alertness** training program can help you:
Identify person with thoughts of suicide
Connect persons with thoughts of suicide to suicide first aid resource

Friday, July 19th, 2013

**Aamjiwnaang Health Centre
9AM-12:30PM**

Lunch provided

THIS PROGRAM IS FOR AGES 15+

Please call the Health Centre to sign up at 519-332-6770

ATTENTION

Looking for Land to build on Next year (2014) I am looking to build a home at Aamjiwnaang and need to purchase some land (1 to 3 acres) Hopefully in a less populated area such as Scott Rd but will consider all options.

Please reply via email or call me with your lot # and your price for purchase.

Greg Plain gregplain@bell.net or

Cell (519) 381-7069

IMPORTANT NOTICE

Lands & Membership Dept.

Because of the limited number of status cards supplied from Aboriginal Affairs for the Aamjiwnaang membership; the Lands & Membership Officer will no longer provide status cards for Status Indians who are NOT registered members of Aamjiwnaang First Nation.

Thank you, Carolyn Nahmabin,
Lands & Membership Officer

Aamjiwnaang's Alternative and Continuing Education for Adults

Monday, Tuesday & Thursday

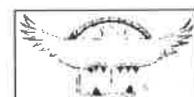
AACE: 9:30—2:30

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

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

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

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





As the Research Associate and my team of Research Assistants we would like to THANK every participant that came out to the CAMH-RHOC Lab to fill out the on-line survey and the verbal interview. The lab was only open for 12 short weeks and it was awesome to see the overwhelming response from the community wanting to have their input on this project. All the gathered information has now begun to be processed through the Centre of Addiction and Mental Health Analyzes team and we will see in a year's time what the community's input is in the areas of Mental Health, Addictions, and Violence.

I would also like to THANK my team of Research Assistants, Ada, Nim, and Lynn for all their help and contributions that they had over the 12 weeks, without you guys, none of this would have been possible, Thank you!

Sincerely,
Candida Wemigwans, B.A., Research Associate

Maawn Doosh Gumig 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!

Sincerely,

Kyle Jackson





**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***

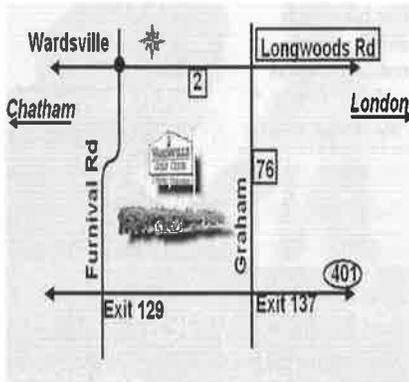
**** FIRST 32 PAID TEAMS ****

\$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. _____

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

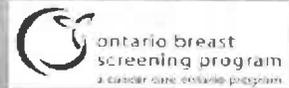
Transportation available

**** 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.**



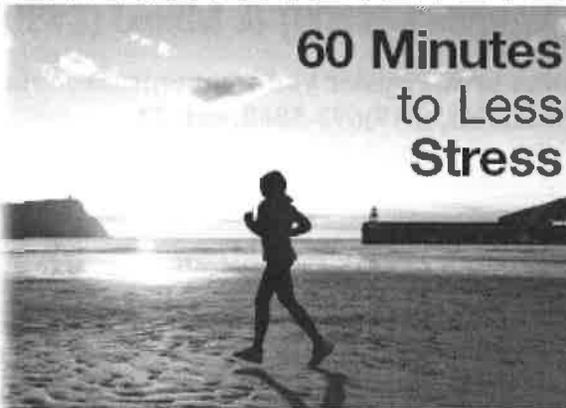
Please call the Health Centre to sign-up
519-332-6770

The best protection is early detection



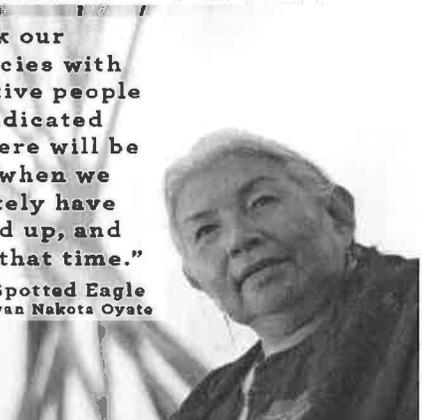
Are you struggling with ongoing stress? The level of stress you feel day after day could be jeopardizing your health if:

- ✓ You try your best but still feel trapped by situations you can't seem to change.
- ✓ You feel unhappy or anxious – not just for a few days but for weeks.
- ✓ You feel or express anger or irritability more than



"I think our prophecies with our native people have indicated that there will be a time when we absolutely have to stand up, and this is that time."

- Faith Spotted Eagle
Ihanktonwan Nakota Oyate



60 Minutes to Less Stress – Continued from page 1.

Before stress harms your health or the quality of your work or relationships, here's a 2-part coping strategy sure to restore balance in your life. It may become the best 60 minutes of your day.

1. Spend 30 minutes a day reviewing what's making you feel uptight. Maybe it's worry about bills or a difficult relationship at work. Write down the likely sources and seek solutions to those situations that are fixable. If you tend to dwell on problems, writing them down may help you "see" the situation is not truly critical.

Remember, the way you perceive your circumstances plays a big part in how you

react to them. This 30-minute routine may help you feel more in control, so you can leave the worry and tension behind.

2. Spend 30 minutes exercising to feel less stress. Exercise can reduce stress in several ways. A 30-minute walk or cardio machine workout is a proven stress reliever. Nonstop exercise releases endorphins in your brain that heighten positive emotions.

If you've had a rough day, going for a refreshing sprint or taking out your frustration on the weights or a rowing machine is one sure way that puts you in charge. *you can't beat exercise for improving your mental health.*

Listen to your elder's advice, not because they are always right but because they have more experiences of being wrong...

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!

.....
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



SENIORS SHOPPING TRIP

Friday, July 5, 2013

8:30 - ?

We will be Secondhand Store shopping for our material for our Sewing Workshop
We will stop for lunch along the way somewhere.

Limited to 7 people.

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



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)**



**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:

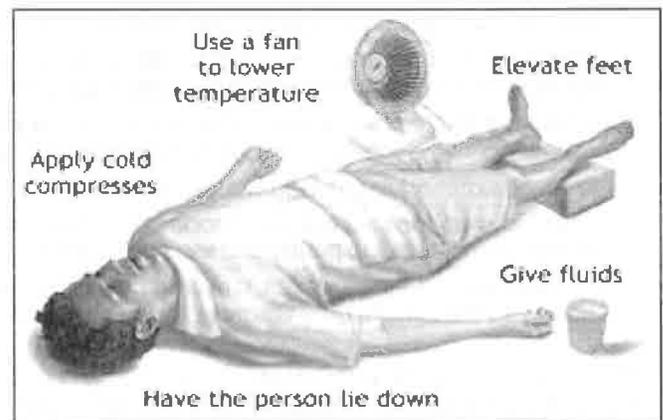
- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Take them to air-conditioned locations if

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



Tips for Parents - Brain Development

Did you know?

#	Age & Stage	Theme	Title
3	Pregnancy	Nutrition during pregnancy	Did you know that you should eat twice as healthy when you are pregnant, not twice as much?

"Eating for two" means eating twice as healthy, not twice as much. Eating well right from the start helps to build a healthy brain for your baby. It also helps you feel your best. During pregnancy, what you eat and drink, and the things that are around you, may have an impact on your unborn baby's brain.

- Make sure you include important baby-building nutrients such as:
 - Folate, from vegetables and fruit (spinach, broccoli, asparagus, sweet potatoes, oranges, berries, cantaloupe, etc.).
 - Vitamin C, from vegetables and fruit (oranges, grapefruit, tomatoes, red peppers, etc.).
 - Iron and protein, from meat and alternatives (lean red meat, beans, lentils, etc.).
 - Calcium, from milk and alternatives (milk, cheese, yogurt, fortified soy beverages, etc.).
 - Vitamin D, from fish and fortified products (milk, fortified soy beverages, margarine, salmon, mackerel, etc.).
 - Omega-3, from fish, nuts, seeds, fats and oils (sardines, salmon, mussels, walnuts, flax seeds, canola and soybean oil, etc.).
 - Carbohydrates and fibre, from whole grain products (whole grain breads, cereals, brown rice, rolled oats, whole wheat pasta, etc.), vegetables, fruits and legumes (dried beans, peas, lentils, etc.).
- Choose foods from all four food groups of Canada's Food Guide.
- Choose less processed foods more often, such as whole grain bread, homemade oatmeal and fruits and vegetables, etc.
- Have two servings of cooked fish each week (one serving = 75 grams or 2.5 oz. cooked, about the size of a deck of cards). Choose fish that are low in mercury such as salmon, rainbow trout, mackerel, light tuna, haddock, sole, etc. If you eat canned tuna, choose "light" tuna over "white" (also known as albacore). The "light" variety is usually lower in mercury.
- Read the labels to limit fatty, sweet and heavily salted foods. Foods with less than 5% of the daily value of salt are considered low in salt.
- Talk to your health care provider about the need for vitamins. Vitamin requirements may vary depending on a number of factors, including your diet and the length of time since your last pregnancy.
- Eat regular meals, including breakfast every day.
- If you are a vegetarian, ensure you get all the nutrients your baby needs, paying special attention to iron and protein.
- Limit the amount of caffeine to less than 300mg/day (about two 8-oz cups of coffee or three 8-oz cups of tea). Caffeine may reduce the absorption of some nutrients, especially iron.
- Be careful if you use herbal teas. Some may harm your baby or may cause early labour. Talk to your health care provider about the safe use of herbal teas or drinks or call Motherisk (1-877-439-2744).
- Drink milk, water or juice instead of soda (pop).
- Protect yourself and your baby from food poisoning by following safe food handling practices. Avoid raw and undercooked fish, meat, poultry and seafood. Avoid foods made with unpasteurized milk and juices.
- For a woman of average weight, a healthy amount of weight to gain while pregnant is 11.5 to 16 kg (25 to 35 pounds). Discuss your personal healthy weight gain with your health care provider.

Pregnancy is a good time to establish healthy family habits. These may include healthy food choices, being active, becoming a non-smoker, having non-alcoholic drinks and balancing work and family time. For some pregnant women, making these changes may be difficult. Help from a dietitian or prenatal nurse may help you manage these changes. Contact your local public health unit for these types of programs.

Links

- *Healthy Eating for a Healthy Baby*. Best Start Resource Centre. beststart.org/resources/nutrition/healthy_eating/HealthyEatingForAHealthyBaby_Eng_tml_212.pdf
- *Prenatal Nutrition*. Health Canada. www.hc-sc.gc.ca/nr-an/nutrition/prenatal/index-eng.php
- *Dish Safer Fish*. Canadian Partnership for Children's Health & Environment. www.dishsaferfish.ca

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 # 27694, will be placed in up to 18,000 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.

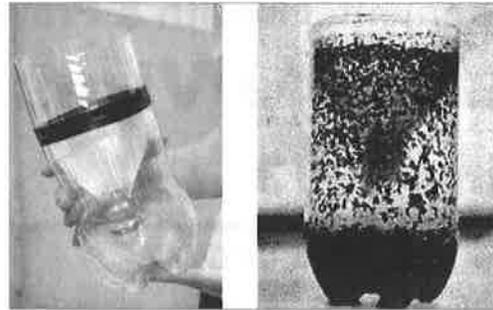
For more information or to report a dead bird, call the West Nile virus info line at 519-383-3824, toll free 1-800-887-1839 ext. 3824 or visit www.lambtonhealth.on.ca.



COMMUNITY HEALTH SERVICES DEPARTMENT

Environmental Health & Prevention Services
150 Exmouth Street
Point Edward, ON NPT 2Z6
Telephone: 519-383-3824
Toll free: 1-800-667-1839 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.



Environmental Health & Prevention Services

West Nile Virus Update

Spring 2013



What is West Nile Virus?

West Nile virus is a virus spread by mosquitoes that can cause illness in humans. It was first identified in the province of West Nile, Uganda in 1937. West Nile virus activity has been found in Lambton County since 2001.

In 2012, there were 2 confirmed human cases of West Nile virus infection reported in Lambton County.

How is West Nile Spread?

West Nile virus is spread by the bite of an *infected mosquito*. Birds carry the virus; mosquitoes bite the birds and become infected. However, not all mosquitoes are infected with the virus.

There is no evidence to suggest that West Nile virus can spread directly from person to person. There is also no evidence that the virus spreads directly from birds or animals to humans.

The virus can also be spread by:

- organ transplant
- blood transfusions
- breast-feeding
- mother to fetus

*These account for only a few cases.

Who Is At Risk?

West Nile virus can affect people of any age and health. People with weakened immune systems and those over the age of 50 are at greater risk of developing serious illness from West Nile.

The Symptoms of West Nile Virus

Most people who become infected with West Nile do not get sick. For those who do become ill, symptoms occur 2-15 days after the bite of an infected mosquito. Symptoms can include mild fever, headache, swollen lymph nodes, skin rash, and sore muscles.

In a few cases, the virus may cause swelling of the brain. This can result in the rapid onset of a severe headache, muscle weakness, high fever, stiff neck, and confusion. Long-term effects include tiredness, memory problems and depression.

West Nile Virus Protection

You can protect yourself and your family by reducing the chances of being bitten by mosquitoes.

- Apply an insect repellent containing DEET to clothing or skin. (Use a product that has no more than 30% DEET for adults). Avoid eyes and mouth.
- Health Canada and the Canadian Paediatric Society advises that children aged 6 months to 2 years may receive 1 application per day of a product containing 10% DEET or less if chances of being bitten are high. Do not use DEET on children under 6 months of age.
- For children aged 2-12 years, use a product with 10% DEET or less. Do not apply to the face and hands. Limit to less than 3 times a day.
- Take extra care when outdoors between dusk and early morning when mosquito activity is high.

...more



COMMUNITY HEALTH SERVICES DEPARTMENT

Environmental Health & Prevention Services

150 Exmouth Street

Point Edward, Ontario N7T 7Z6

Telephone: 519 383-6331

Toll free: 1-800-567-1639

Fax: 519 383-7092

Email: chsd@county-lambton.on.ca

www.lambtonhealth.on.ca

COUNTY OF
LAMBTON

- Wear long-sleeved shirts and pants when outdoors.
- Ensure door and window screens fit tightly and do not have holes.

Reduce Mosquito Populations

Mosquitoes require stagnant water to lay their eggs and mature before becoming biting adults. Reduce the amount of stagnant water on your property and you will lower the risk for mosquito breeding sites.

- Drain water from containers and toys that collect water, such as garbage cans, pool covers, flower pots, tires, and tarps.
- Change water in wading pools, birdbaths, and pet bowls twice a week.
- Drain or drill holes in the bottom of containers so that water doesn't collect.
- Keep roof eaves clear of debris.
- Fill low-lying areas that hold water.
- Maintain pools and aerate ornamental ponds or stock with fish.
- Do not let grass clippings enter roadside gutters or catch basins as these are perfect mosquito breeding sites.

County of Lambton

Standing Water By-law

No person shall from **April 1 to October 31** of any year:

- permit standing water to accumulate in debris, deep ruts and holes, excavations, depressions or any unprotected or unused wells on his/her property;
- permit a swimming pool, swimming pool cover, hot tub, wading pool or artificial pond located on his/her property to contain standing water.

To report a standing water complaint, contact Community Health Services Department at 519 383-8331 ext. 3580.

West Nile Virus Dead Bird Surveillance

The Community Health Services Department (CHSD) will continue its dead bird surveillance in 2012. In an effort to track the West Nile virus in Lambton County, the public is encouraged to report the sightings of ALL dead birds to Community Health Services.

In certain circumstances, adult crows and blue jays, dead for less than 24 hours, may be considered for testing. Crows and blue jays are seriously affected by this disease and are an indicator of West Nile in our community. **Please note that CHSD cannot collect every dead bird. If the bird will not be tested, you will be asked to dispose of the bird.**

If you find a dead bird:

- Call CHSD to report the location or use the online reporting form on our website. 519 383-3824 or toll-free 1-800-667-1839 ext. 3824. www.lambtonhealth.on.ca
- If you are not called within 24 hours, or the next business day, please dispose of the bird(s).
- Do not handle dead birds with bare hands. Use gloves and put the bird in a double plastic bag. If gloves are not available, turn a plastic bag inside out and scoop up the bird with the bag.
- If the dead bird has been reported but will not be tested, place the bagged carcass in an outdoor garbage can for disposal. If the bird will be tested, save the bird and CHSD will pick it up.
- For health and safety reasons, do not bring dead birds directly to Community Health Services. They will not be accepted.



For more about West Nile or to report a dead bird, contact Community Health Services at 519 383-3824 or toll-free 1-800-667-1839 ext. 3824. www.lambtonhealth.on.ca

Report Cards Wanted

Last day of school is **June 27, 2013**

Annual Aamjiwnaang Education Awards

Elementary School Students (JK to Grade 8)

Parents/Guardians of Aamjiwnaang elementary students must submit a copy of their student's final report card for the 2012/2013 school year. The receptionist at the Band Office or the Education Department will take a copy of the report card for you. Please ensure that your telephone number is on the copy. Mrs. K. Henry will forward the information for her Aamjiwnaang Junior Kindergarten class to the Education Department.

Secondary School Students (Grade 9-12)

The Education Department will be requesting the Credit Counseling Summaries from AMSS, St. Clair and SCITS for the Aamjiwnaang members who ride the reserve buses.

All other Aamjiwnaang students must submit a copy of their final report for both semesters. Please ensure that your telephone number is on the copy.

Adult Learning Centre Graduates

Students who have graduated from August 2012 to July 2013 must submit their final transcript. Please ensure that your telephone number is on the copy.

Deadline Date for Report Cards

All report cards must be submitted to the Education Department, at the Band office no later than **Friday, July 12, 2013**. Please write your telephone number on the copy.

Faxing or emailing the report is another acceptable means of submitting a copy.

Bursaries

The Curtis Hopkins Award, Suncor, Nova Chemicals, and Union Gas Bursary applications are now available in the Tribe Une and the Lobby in the Band Office. Email requests for the bursary applications are also available please contact Diane Aiken

daiken@aamjiwnaang.ca

Deadline dates for these bursaries are **Friday, July 12, 2013 at 4:00 p.m.**

Post Secondary Students

If you have graduated this 2012/2013 year, please submit a copy of your final transcript or a copy of your diploma to the Education Department. Please ensure that your telephone number is on the copy. Deadline is July 12, 2013 at 4:00 p.m.

If you have any questions, please do contact:

Vicki Ware

(519) 336-8410 ext. 247

vware@aamjiwnaang.ca

Diane Aiken

(519) 336-8410 ext. 246

Fax (519) 336-0382

daiken@aamjiwnaang.ca

Deadline date for all submissions is **Friday, July 12, 2013 @ 4:00 p.m.** To the Education Department at the Band Administration Office

**DID YOU GRADUATE WITH A GRADE 12
DIPLOMA THIS 2012/2013 SCHOOL YEAR?**

**HAVE YOU BEEN ACCEPTED INTO A FULL-TIME
POST SECONDARY PROGRAM FOR 2013/2014?**

**CAN YOU DEMONSTRATE PROMISING ACADEMIC
ACHIEVEMENT, LEADERSHIP QUALITIES,
AND COMMUNITY INVOLVEMENT?**



**IF YOU CAN ANSWER
YES TO ALL THE ABOVE
QUESTIONS THEN YOU
MAY QUALIFY FOR A**

FREE

LAPTOP!!

CHIEF AND COUNCIL HAVE GENEROUSLY DONATED UP TO 10 LAPTOPS FOR THOSE RECENT GRADUATES CONTINUING INTO A POST SECONDARY PROGRAM. PLEASE SUBMIT THE FOLLOWING CRITERIA BY **JULY 12TH, 2013, BY 4:00 P.M.** TO DIANE AIKEN, EDUCATION SERVICE ASSISTANT.



PROVIDE PROOF OF GRADUATING IN CURRENT YEAR AND ACCEPTANCE INTO A FULL TIME POST SECONDARY PROGRAM



WRITE A BRIEF SUMMARY (1 PAGE) OF ACADEMIC ACHIEVEMENTS, LEADERSHIP QUALITIES AND COMMUNITY INVOLVEMENT

THE SELECTION PANEL WILL CONSIST OF THE EDUCATION COORDINATOR, 1 PORTFOLIO COUNCILLOR, AND 1 EDUCATION COMMITTEE MEMBER. SELECTION WILL BE ANNOUNCED AT THE SECONDARY/POST SECONDARY ANNUAL BANQUET IN AUGUST.

PLEASE CONTACT THE EDUCATION DEPARTMENT WITH ANY QUESTIONS.

TENDERS WANTED

Please indicate which Banquet you are applying to

Elementary Awards Banquet #1

August 7, 2013

Approximately 200 people

Aamjiwnaang Community Centre – 1972 Virgil Ave.

Menu

Salads – Potato, Macaroni & veggies, Macaroni tuna
Fruit Tray
Veggie Tray
Cupcakes
Beverages – tea, coffee, juice, water

Duties

Purchase, prepare and cook food
Serve Banquet style
Purchase all utensils, napkins, serving trays etc.
Clean up kitchen
Responsible for any help you hire

Please submit your bid to: Diane Aiken
Aamjiwnaang Education Department
978 Tashmoo Ave.
Sarnia, Ontario N7T 7H5
Or email daiken@aamjiwnaang.ca or Fax: 519-336-0382

If further information is required, please contact Diane Aiken @ 519-336-8410 Ext. 246

Bids must include your help. Deadline for submissions is July 19, 2013 @ 4:00 p.m.

Secondary, Post Secondary Awards Banquet #2

August 14, 2013

Approximately 200 people

Aamjiwnaang Community Centre – 1972 Virgil Ave.

Menu

Roast Beef
Mashed potatoes
Gravy
Vegetables
Salads – Garden and Macaroni & veggies
Salad dressings (3)
Rolls
Cake
Beverages – tea, coffee, juice, water

Duties

Purchase, prepare and cook food
Serve Banquet style
Purchase all utensils, napkins, serving trays etc.
Table cloths
Clean up kitchen
Responsible for any help you hire

Please submit your bid to: Diane Aiken
Aamjiwnaang Education Department
978 Tashmoo Ave.
Sarnia, Ontario N7T 7H5
Or email daiken@aamjiwnaang.ca or Fax: 519-336-0382

If further information is required, please contact Diane Aiken @ 519-336-8410 Ext. 246

Bids must include your help. Deadline for submissions is July 19, 2013 @ 4:00 p.m.



TIGERS vs. PHILLIES
July 26th, 2013

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



COACH BUS,
\$20 Voucher for Gaming
Monday July 15th - \$30 per Person
Ticket's Available at White Knight
Proper ID for Border Crossing
Bus Leaves at 9:00 am SHARP

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





+ RIGHT +
TOPLAY



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

Turmeric is special among herbs

Very good antioxidant, anti cancer (anticarcinogenic) - overall tonic (Curcuma longa) Curcumin in curcuma longa is the principal curcuminoid of popular Indian Turmeric.

We now know that much of the aging process is a direct result of free-radical damage and oxidation to the body on a cellular level.

The key to slowing down the natural aging process is to introduce something to the body that has the opposite balancing effect of oxidation, and thank goodness there is such a thing! These agents have been appropriately named *antioxidants*.

The herb turmeric has been used for thousands of years to impart a wonderful fragrant flavor to meats, poultry and rice, and at the same time it was used in ancient medicinal systems like Ayurveda for joint concerns and all kinds of intestinal problems.

However, it wasn't until recent times that health experts came to understand why turmeric is so effective for promoting health. They're now discovering that the very pigments that give turmeric its distinct yellow hue are the primary source of its substantial power. These brightly colored polyphenols are called curcuminoids, and they are proving to be more effective than vitamins C and E, beta-carotene and even the OPCs in grapeseed and pine bark extracts for gobbling up free radicals, which are unstable oxygen molecules that eventually cause deterioration in health.

What areas of health does turmeric help?

I doubt there is a cell in your body that *wouldn't* profit from turmeric, but specific areas where considerable benefits have been documented are the joints, the liver, the digestive system, the nerves and the cardiovascular system. Turmeric also sensitizes cortisol receptor sites, encouraging this hormone to move out of the blood, which is critical to keeping all body tissues from aging, including facial skin. This spicy herb even helps relieve menstrual pain. No wonder people call it the gold standard in the world of herbs and spices!

Curcumin—is king of the natural anti-inflammatory agents. Dr. Russell Blaylock insists it's equal to steroids, yet completely safe. Since inflammation is at the root of most, if not all, disease, the value of this yellow spice is obvious. Use it liberally in cooking and take supplements of it. As much as you can stand, it's

that good for you. Curcumin stimulates wound healing and protects the brain from degeneration, too.

How does it help the joints?

Turmeric doesn't work like glucosamine to rebuild cartilage, but it works well *with* it because it really helps to make joints feel comfortable. Studies have shown that it is absorbed by the body especially well when paired with the pineapple enzyme bromelain. So, if you try turmeric for your joints, I suggest using it along with a bromelain supplement..

What it does for the liver.

Well, your thinking is right on track, and no doubt many of us should give more consideration to our livers because they regularly work overtime, cleansing and detoxifying all the foods and chemicals we eat and breathe in. Turmeric has demonstrated some amazing abilities to help the liver eliminate dangerous toxins, and animal studies have shown that when fed curcuminoids (an active compound in turmeric), the animals have higher than average blood levels of the enzyme glutathione S-transferase, which is the key antioxidant the liver makes to detoxify our bodies. That's a huge benefit right there! Turmeric also stimulates the flow of bile to help digest fats, so it's easy to understand why it was used as a digestive aid in times past.

Cardiovascular health.

Turmeric helps to digest fat, as previously stated. According to Ann Louise Gittleman (*The Fat Flush Plan*), it is also a lipotropic agent, meaning that it helps prevent excess fat buildup and it thins or emulsifies fat for easy movement through the bloodstream. This action has enormous significance for heart health, as it helps keep veins clear and open, promotes healthy levels of LDL cholesterol and helps to maintain blood pressure already within the healthy range.

Nerve health?

This is especially exciting, because up until now, there wasn't much progress in this area of research. However, preliminary studies show that turmeric preserves the myelin sheath encasing our nerves by reducing the IL-2 protein that can destroy it, and this is highly important for those concerned about nerve health.

Comments: "I have been taking a teaspoon of turmeric powder daily with food for 18 months. Excellent anti-inflammatory. Very useful in reducing body fat, possibly suppresses appetite as well as seeming to help fat with reduction. With vitamin D3 it apparently enhances the immune system. I've had no colds or infections for well over a year now".—posted by Bill

Ginger Destroys Cancer More Effectively than Death-Linked Cancer Drugs ~ by Anthony Gucciardi



Ginger, a cousin spice of super anti-cancer substance turmeric, is known for its ability to shrink tumors. Astoundingly, it is even more effective than many cancer drugs, which have been shown to be completely ineffective and

actually accelerate the death of cancer patients. Commonly consumed across the world in small doses among food and beverage products, the medicinal properties of ginger far surpass even advanced pharmaceutical inventions.

The subject of one study based out of Georgia State University, whole ginger extract was revealed to shrink prostate tumor size by a whopping 56% in mice. The anticancer properties were observed in addition to ginger's role in reducing inflammation as well as being a rich source of life-enhancing antioxidants. But what about cancer drugs? Could this simple spice really topple the advanced pharmaceuticals that are often touted as the 'only option' for cancer patients by doctors?

It turns out that cancer drugs are not only severely ineffective at permanently shrinking tumors, but they actually make tumors larger and kill the patient more quickly. More specifically, the tumors have been found to 'metasize', meaning they come back bigger and more stronger than their original size. What's more, the 'metasizing' was found to be very aggressive. According to scientists Beth Israel Deaconess Medical Center in Boston, the premium priced drugs were little more than death sentences for many patients.

"Whatever manipulations we're doing to tumors can inadvertently do something to increase the tumor numbers to become more metastatic, which is what kills patients at the end of the day," said study author Dr. Raghu Kalluri. These are the very drugs considered to be the scientifically proven solution by mainstream health officials.

Meanwhile, ginger presents virtually no side effects and has been used as a food product by many cultures for countless centuries. Instead of creating super tumors, whole ginger extract was shown to exert significant growth-inhibiting and death-inductory effects in a spectrum of prostate cancer cells. Over 17 studies have reached similar conclusions on ginger's anticancer benefits, with the spice being shown by peer-reviewed research to positively impact beyond 101 diseases.

Cancer-Fighting Superfoods

Reduce your risk of getting cancer by packing your diet with these powerful fruits and vegetables.

Tomatoes—the archetype of cancer-fighting superfoods. Tomatoes contain lycopene, the antioxidant phytochemical that also helps prevent heart disease and are a good source of vitamins A, C, and E—all enemies of cancer-friendly free radicals.

Watermelon—cut into bite-sized pieces for a huge dose of antioxidants. (80% vitamin C, 30 % vitamin A, or beta carotene) Watermelon also contains lycopene, the famous cancer-fighting substance found in tomatoes. Eating more fruits and vegetables leads to a lower risk of lung, oral, esophageal, and colon cancer.

Cabbage and Carrot Coleslaw—Cabbage reduces the risk of colon and rectal cancer and is rich in fiber with almost 50 % of the recommended daily allowance (RDA) of vitamin C, making it a well-rounded superfood with cancer-fighting power. Carrots are a wonderful source of fiber and beta carotene, they have a whopping 308 percent of the RDA for vitamin A.

Pasta, Bean & Broccoli Salad—One-quarter cup of kidney beans has the same amount of fiber and protein as two ounces of red meat? Whole wheat pasta is also a good source of fiber, and broccoli will tip the daily scales for your daily vitamin A and C.

Peppers, Dried Apricots, Sunflower Seeds—Peppers are packed with all the nutrients needed to reduce your cancer risk: lycopene, beta-carotene., and vitamin C. Dried apricots are rich in beta-carotene and sun-flower seeds contain selenium.

Blueberries and Strawberries—Both blueberries and strawberries are rich in vitamin C and fiber. Plus they just taste darn good. Add some to your whole grain cereal or oatmeal in the morning. Mix some into your cup of plain yogurt, or top off your ice cream with a handful.

TIP: Look for foods with phytochemicals found in beans and cruciferous vegetables like broccoli, cauliflower, cabbage, brussels sprouts, and kale. Dark green leafy vegetables like spinach, romaine lettuce, and collard greens are packed with fiber, lutein, and carotenoids, all cancer-fighting substances. Foods rich in the vitamins C, E, and A, all antioxidants themselves, can protect you from cancer by preventing the growth of free radicals in your body, so stock up on oranges, avocados, and apricots!



Aboriginal Affairs and
Northern Development Canada

Affaires autochtones et
Développement du Nord Canada

June 19, 2013

Notice to all Indian Registry Administrators

RE: Replacing a Secure Certificate of Indian Status (SCIS) card.

Dear Indian Registry Administrator,

Individuals who have been issued a Secure Certificate of Indian Status (SCIS) are no longer eligible to receive a paper laminate CIS. Please do not issue these clients a paper laminate card from your office.

If a SCIS is lost, stolen, damaged or destroyed, cardholders should call the contact centre to have their SCIS cancelled. Cardholders must then apply for a replacement SCIS by filling out a new application and a Statutory Declaration (B3-113E) which must be completed and signed in the presence of a Commissioner for Oaths, Notary Public or Lawyer.

Further information and access to forms related to the new Secure Certificate of Indian Status is available by calling toll-free 1-800-567-9604, emailing infopubs@aandc-aadnc.gc.ca or viewing the AANDC Web site at www.aandc-aadnc.gc.ca.

If you have any questions or concerns you may also contact Jackie McLeod, Client Services Clerk at 416-973-7517.

Sincerely,

Julie Nahwegahbo, Registration Officer
Indian Registration Unit
Aboriginal Affairs and Northern Development Canada
25 St. Clair Avenue East, 8th Floor
Toronto, ON M4T1M2

Aamjiwnaang Environment Staff

Memo

To: Aamjiwnaang First Nation
From: Christine Rogers, Environment Worker
Date: 6/26/2013
Re: Talfourd Creek Restoration Project – Bear Park, Aamjiwnaang First Nation

The proposed start date for the Talfourd Creek Restoration Project will be **July 8, 2013**, and will take approximately one week to complete the work. During this time it is asked that you use the park with caution. Especially if you are using the bridge - signs will be posted when the **bridge will be out of service for one day during this week.**

This includes the portion of the creek in and around Bear Park around the pedestrian bridge.

The draft agenda will be as follows:

Day 1:

Mussel rescue, Dewater creek. Dam will be built.

Day 2, 3, 4:

In stream rehabilitation, including re-sloping banks and channel design.

Day 5

Installing rocky bottom for pool riffle design.

Day 6:

Clean Up of area

Day 7:

Planting grasses

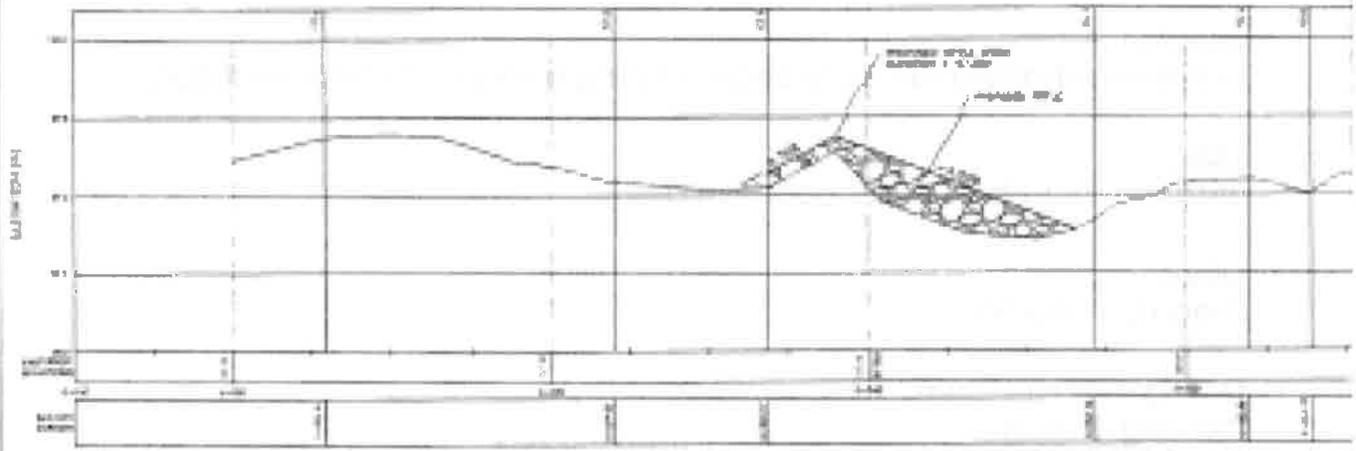
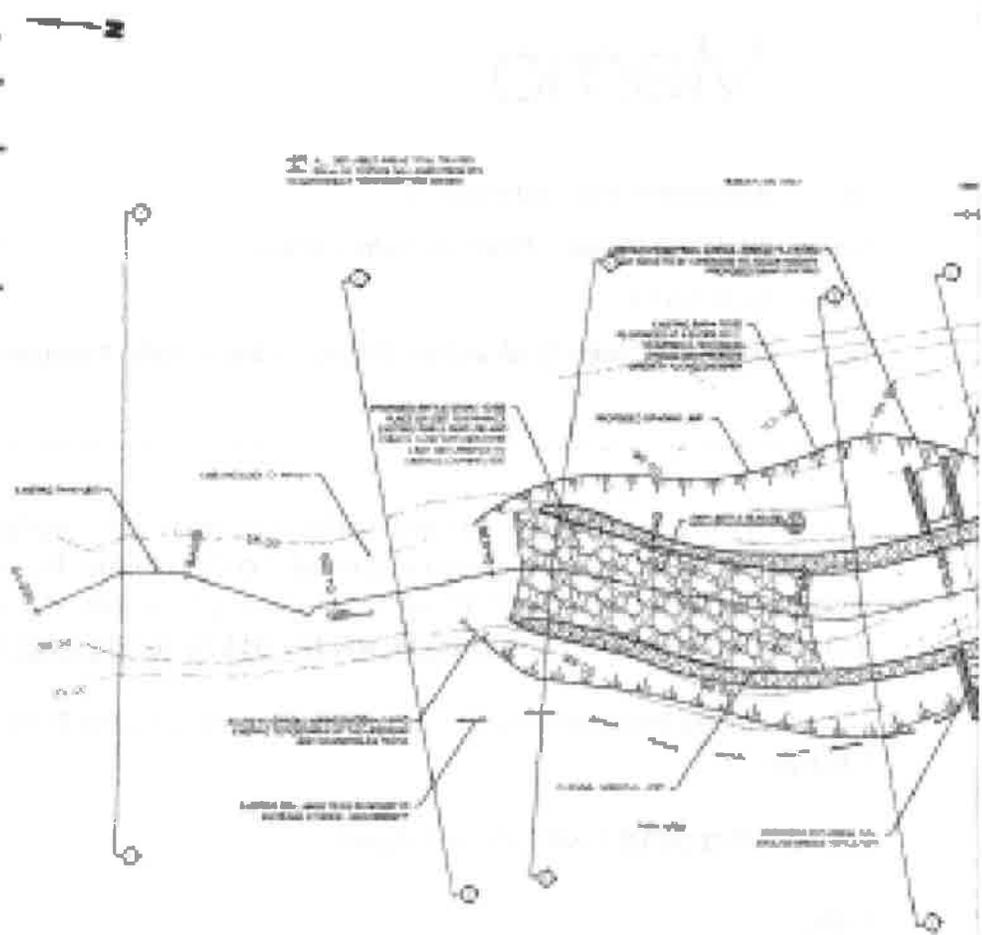
If you have any questions please contact Wilson Plain Jr., Christine Rogers, or Sharilyn Johnston at 519-336-8410.

GENERAL CONSTRUCTION NOTES

1. ALL DIMENSIONS FOR THIS PROJECT ARE SHOWN UNLESS OTHERWISE INDICATED OTHERWISE. DIMENSIONS WILL BE GIVEN TO THE CENTERLINE UNLESS OTHERWISE INDICATED.
2. ALL DIMENSIONS ARE TO BE GIVEN TO THE CENTERLINE UNLESS OTHERWISE INDICATED.
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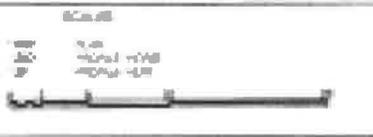
CONSTRUCTION SPECIFICATIONS

1. CONSTRUCTION SPECIFICATIONS FOR THIS PROJECT ARE TO BE GIVEN TO THE CENTERLINE UNLESS OTHERWISE INDICATED.
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10. CONSTRUCTION SPECIFICATIONS FOR THIS PROJECT ARE TO BE GIVEN TO THE CENTERLINE UNLESS OTHERWISE INDICATED.



2024-01-15 10:00 AM - 2024-01-15 10:00 AM - Talfourd Creek Design I - Final - 2024-01-15 10:00 AM

NO.	REVISION	DATE	BY	CHKD.
1	ISSUED FOR PERMIT	01/15/24	J. SMITH	M. JONES
2	ISSUED FOR CONSTRUCTION	01/15/24	J. SMITH	M. JONES



FINAL

The Truth About Head Lice

Lice LESSONS

"Only dirty people get head lice."

"Head lice can fly from head to head."

"Mayonnaise will get rid of head lice."

"Head lice can make you sick."

There are many misconceptions about head lice, which have stigmatized the condition and cause unnecessary anxiety and distress for affected families.¹

Here are some common myths about head lice and the real truth about this condition.

Myth: Only dirty people get head lice.

Fact: Personal hygiene or cleanliness at home or in school has nothing to do with getting head lice. They are "equal-opportunity" parasites.²

Myth: Head lice carry diseases.

Fact: Head lice don't spread disease.²

Myth: Lice can hop or fly from one person to another.

Fact: Lice are wingless insects and cannot fly or hop. They move by crawling and are spread most often by direct head-to-head contact with an infested person.²

Myth: It's easy to get lice by sharing hair brushes, clothing and other personal items.

Fact: It's uncommon for head lice to be spread by contact with the belongings of an infested person. Occasionally lice may crawl or nits (eggs) that were attached to hair that has fallen out may hatch on these items, so it's not a bad idea to avoid sharing personal items like brushes, hair accessories, clothing, towels and pillows to help prevent the spread of head lice.^{2,3}

Myth: Head lice can live anywhere.

Fact: It's very unlikely to find head lice in items like helmets or headphones because their feet are specially adapted for holding onto human hair and don't attach firmly to smooth or slippery surfaces.²

In general, it's unlikely to find head lice anywhere except on a person's head. They can't survive long without feeding and will die within one to two days if they aren't attached to a human. Nits can't hatch and usually die within a week if they aren't kept at the same temperature as that found close to the scalp.³

Myth: Swimming pools can spread lice.

Fact: Although head lice are not killed by the chlorine levels found in swimming pools and can survive under water for several hours, they are unlikely to be spread by the water in a swimming pool. Head lice appear to hold tightly to human hair when under water.²

Myth: You can get head lice from pets.

Fact: Head lice are not spread by dogs, cats or any other pets.²

Myth: "Nits" and "head lice" mean the same thing.

Nits are lice eggs laid by the adult female head louse at the base of the hair shaft near the scalp. They are tiny, oval shaped, usually yellow or white, and often confused with dandruff or other dirt. Nits also include hatched or empty eggs. Adult head lice are six-legged insects about the size of a sesame seed and are tan to grayish-white.²

The Truth About Head Lice

Lice LESSONS

Myth: If your head isn't itchy, you don't have lice.

Fact: Itching, caused by an allergic reaction to louse bites, may take four to six weeks to appear the first time a person has head lice. Other symptoms to look out for include a tickling feeling or a sensation of something moving in the hair; irritability and sleeplessness; and sores on the head caused by scratching.⁴

Myth: If one person in a household has lice, everyone needs to get treated.

Fact: Although everyone in the same household as an infested person should be checked for head lice, treatment is recommended only for those who are actively infested.⁵

Myth: You can use home remedies like mayonnaise to get rid of head lice.

Fact: According to the Centers for Disease Control and Prevention (CDC), there is no clear scientific evidence that home remedies such as mayonnaise or olive oil are effective treatments for head lice.⁶

Myth: If a family member has head lice, the entire house should be cleaned and fumigated.

Fact: Because head lice can't live for long without a human host, it's not necessary to spend a lot of time and money on special house cleaning measures to get rid of a head lice infestation. Fumigant sprays and fogs should not be used as they can be toxic and are unnecessary in controlling head lice.⁵

Routine house cleaning of items that have been in contact with the head of the infested person in the 48 hours before treatment is sufficient to help avoid reinfestation. Vacuum items such as carpeting and furniture, and machine wash and dry items worn or used by the infested person using the hot water and hot air cycles. Items that can't be machine washed can be dry cleaned.⁵

References

1. Lebwohl M, Clark L, Levitt J. Therapy for Head Lice Based on Life Cycle, Resistance, and Safety Considerations. *Pediatrics*. 2007;119:965. <http://www.pediatricsdigest.mobi/content/119/5/965.full.pdf+html>. Accessed June 18, 2012.
2. Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Frequently Asked Questions. http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html. Accessed June 18, 2012.
3. Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Prevention & Control. <http://www.cdc.gov/parasites/lice/head/prevent.html>. Accessed June 18, 2012.
4. Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Disease. <http://www.cdc.gov/parasites/lice/head/disease.html>. Accessed June 18, 2012.
5. Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Treatment. <http://www.cdc.gov/parasites/lice/head/treatment.html>. Accessed June 19, 2012.
6. Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: General Information: Treatment Frequently Asked Questions. http://www.cdc.gov/parasites/lice/head/gen_info/faqs_treat.html. Accessed June 19, 2012.

PLEASE NOTE:

Community members can contact Bayshore Home Health to assist with cleaning hair of head lice. There is a cost of \$25.50/per hour. The number they can call is 519-383-6979.

- They offer a trained PSW to come into the home to do the hair.
- The PSW can also help with cleaning of the home for an additional cost.



MNAASGED CHILD AND FAMILY SERVICES
JOB POSTING
AAMJIWNAANG SITE

**Job Posting****Prevention Service Worker****10 month Contract – June 2013 to March 31, 2013****General**

Mnaasged Child and Family Services is a progressive pre-mandated Native child welfare agency that is actively pursuing society mandate based on Ontario's graduated child welfare development process – 5 stages. The London District Chiefs Council's long-term vision for total jurisdiction over child welfare includes society mandate as a stepping-stone to develop First Nation law in child welfare.

Basic Responsibilities

Based upon the availability of funding and under the supervision of the Program Supervisor, the Prevention Service Worker will assume the responsibility of promoting healthy lifestyles that meets the needs of the families in the community. Most importantly to provide community programming and support for First Nation members 0-18 years of age. You will help create a warm, friendly and inviting atmosphere for service delivery.

Salary

- Salary is based on qualifications and experience

Hours of Work

- Hours of work are generally 8:30 am – 4:30 pm, Monday to Friday with half an hour (30 minute) lunches
- From time to time workers will be expected to work during evenings and weekends utilizing the flex time system

Qualifications/Skills

- Possess a diploma in the Native Community Care Program or Social Services or Human Services or Early Childhood Education field
- Must have 1-5 years of experience working with children, families and youth
- Knowledge of issues facing target population
- Community development experience an asset
- Case management experience
- Excellent communication skills, both written and verbal
- Certified in CPR and First Aid
- Knowledge of Child and Family Services Act, Section 10 as it relates to First Nations
- Indigenous knowledge and culture of Aamjiwnaang First Nation
- Own transportation and valid Ontario driver's license
- Must provide a current (within past month) criminal reference check

Anyone interested please forward your cover letter, resume and 3 work related letters to:

Human Resources Department c/o Alizabeth George-Antone
Mnaasged Child and Family Services
311 Jubilee Rd, Muncey, ON N0L 1Y0
Or fax to 1-519-289-3068

Closing date for this position: July 12th 2013 @ 4:30 p.m.

Only successful candidates will be called for an interview.

Must be a registered member of a First Nation as per Section 16(1) of the Human Rights Act

EXTERNAL / INTERNAL POSTING

The North Lambton Community Health Centre is a community governed health centre serving identified priority populations in a defined catchment area. The centre operates multiple sites in Ontario: **Forest, Kettle & Stony Point, Watford, and Sarnia.** Our interdisciplinary team of providers include: physicians, nurse practitioners, registered nurses, social workers, health promoters, dietitians, and physiotherapists.

Peer Worker - Diabetes Prevention
Aamjiwnaang & Kettle Point
37.5 hours/week Contract

The Peer Worker position is based on funding provided through the Ministry of Health and Long Term Care, Health Promotion Division. The Peer Worker will work mainly with the Diabetes Education Program implementing diabetes prevention programs aimed at increasing food and activity skills.

The job will involve working in a variety of community settings with Health Centre clients, which include: First Nations, seniors, and rural families.

QUALIFICATIONS

The Peer Worker should have an interest in and knowledge of cooking and nutrition. Experience working with First Nations, seniors, and rural families is an asset.

For additional information / apply to:

Katelyn Black, Human Resources Assistant
North Lambton Community Health Centre
#3 - 59 King Street West
Forest, Ontario, N0N 1J0
Phone: 519-786-4545
Fax: 519-786-6318
Email: kblack@nlchc.com



**Ontario's Community
Health Centres**

North Lambton Community Health Centre is committed to Employment Equity, welcomes diversity in the workplace, and encourage applications from all qualified individuals including women, members of visible minorities, aboriginal persons, and persons with disabilities. Only applicants selected for an interview will be contacted.

Closing Date: July 15, 2013



EMPLOYMENT OPPORTUNITY AAMJIWNAANG FIRST NATION

Congregate Dining Cook (Casual)

Qualifications:

- Experience in food planning and food preparation for groups of 20 or more
- Demonstrated knowledge and commitment to healthy food selections
- Must have an understanding of proper nutrition for seniors
- Experience operating and cleaning various kitchen equipment
- Knowledge of infection control measures
- Good interpersonal skills and enjoy working with seniors
- Able to accept direction, work independently and as a team player
- Valid driver's license and access to a dependable vehicle
- Must be willing to obtain requirements for: Food Handler's Course, CPR/First Aid, Convection Oven

Job Summary:

- Responsible to the Home and Community Care Case Manager
- Will prepare a weekly meal for the senior's Congregate Dining Program. Program schedule subject to change based upon the budget, participation and other special circumstances.
- Create a weekly menu, one month in advance; planned in accordance with Canada's Food Guide; taking into consideration the special dietary needs of clients.
- Assist in planning and monitoring the food and supply budget
- Purchase and store groceries and supplies in a cost-efficient manner
- Meal preparation; including prep work, cooking and plating
- Clean the kitchen area and assist in cleaning the dining area after each meal
- Attend training opportunities as directed by the program supervisor

For a full job description contact Peggy Rogers at the Aamjiwnaang Health Center

Forward resume to: **Band Administrator**
Aamjiwnaang First Nation
978 Tashmoo Ave.
Sarnia, ON N7T 7H5
Fax: 519-336-0382

Include a cover letter, resume and three references.

Deadline: All applications must be received by July 19, 2013 at 4:00pm

CRYSTAL METHAMPHETAMINE



What is Crystal Meth?

Crystal Methamphetamine is a highly addictive stimulant. It is called speed, ice, meth, tina, blade, chalk, chicken feed, crank, crystal, crystal meth, ice, meth, poor man's cocaine, quartz, shards, speed, etc. Every community has its own name.

What does it look like?

Crystal Meth can be a crystalline white powder, pill, or chunky crystals that look like ice. It can be brown, yellow, clear, white, red, pink, or green depending on how it is made and what is used to make it. It is odourless, tastes bitter and dissolves easily in water or alcohol. Ninety-nine percent of the ingredients used to make meth are highly toxic and poisonous.

How is Crystal Meth used?

Meth can be swallowed, smoked in a pipe (like crack-cocaine), snorted, or injected with needles. It can burn the nose and throat and can lead to HIV and Hepatitis C if sharing pipes or needles. Reaction to the drug depends on how it is taken. After smoking or injecting it the user generally experiences a sudden and intense rush or "flash." When smoked crystal meth reaches the brain within 6 seconds and the effects may last several hours depending on the quantity and quality of the drug being used.

Why is Crystal Meth dangerous?

Crystal meth is dangerous, destructive and deadly. And it is HIGHLY addictive even after first time use. It destroys the brain. Even with casual use it creates holes or non-functioning parts of the brain and it reduces brain size. The average life span of a meth addict is 7 years. Prolonged and low-intensity use impacts on the body systems and organs. Crystal meth causes "meth mouth" (rotting teeth); bad body odour (may smell like urine) that cannot be washed off; increases chances of stroke, heart attack, convulsions, paranoia and psychosis. It causes scabs and body sores, malnutrition, weight loss, etc. Users may experience hallucinations, violent reactions, and loss of memory, extreme fear, and depression. In some cases the damage is permanent.

Signs of Using Crystal Meth

- Presence of small plastic bags, tin foil, light bulbs or other items made into pipes, razor blades, or needles and syringes for injecting.
- Change in appearance – weight loss, skin sores, dilated pupils, rapid eye movements, scratches on the skin
- Change in behavior – days without sleep, no interest in food, nervous or excited energy, panic, depression, irritability, convulsions.

High Dose or Long Term Use of Crystal Meth

Psychological effects are characterized by some of the following behaviours and actions.

- Euphoria (intense high or pleasure)
- Confused or disorganized behaviours
- Obsessive or repetitive behaviour (hours or days) known as tweaking, frashing or sketching such as picking at skin till it bleeds, washing, cleaning, staring in the mirror and associated mental fixation on activity
- Fear and paranoia; antisocial behaviours
- Visual or auditory hallucinations or seeing shadows
- Increased violence, rages and aggressiveness,
- Heightened sexual responses
- Tactile hallucinations (skin irritation that feels like bugs crawling on the skin)
- Compulsive addiction behaviours
- Prolonged hours without sleep or food (reported cases of 22 days)

Chronic abuse can lead to:

- Psychotic behavior characterized by intense paranoia
- Visual and auditory hallucinations (hearing and seeing things that aren't there)
- Out-of-control rages combined with extremely violent and aggressive behaviours, mental confusion and disorder
- Homicidal and suicidal thought patterns
- Damage to the brain similar to Alzheimer's disease, stroke or epilepsy

Meth use and HIV

Crystal meth is noted as a contributor to increases in HIV due to its libido-enhancing (increased sex drive) and inhibition-lowering effects resulting in unprotected sex as well as multiple sexual partners, and the use of dirty needles for injecting. Cont'd...



METH LABS

Crystal Methamphetamine can be made almost anywhere. It can be made in homes, in the trunks of cars, shacks, trailers, storage facilities, hotel rooms... anywhere. If you suspect or know of a meth lab **DO NOT** enter the place. If you already have entered exit immediately the same way you entered. Meth labs are highly volatile and may explode. The fumes in meth labs are ignitable and hazardous. Boobie traps are often set in meth labs. Report what you know immediately to the police or fire department. If you know children live in a place where crystal meth is made or used report it. Children who live in these homes are victims and need to be protected.

How to Recognize a Meth Lab

The size and mobility of clandestine meth labs can make it difficult to detect. However, several factors may alert community members to the presence of a lab. These include:

- Presence of unusually strong odours much like cat-urine. Also odours from ether, acetone or other chemical smells;
- Excessive trash and bags of garbage including containers, fuel cans, chemical stained coffee filters or mix of chemical containers;
- Presence/abundance of anhydrous ammonia and/or propane tanks;
- Blacked out windows or other camouflage techniques;
- People coming and going at various hours of the day or night;
- Cooks may have yellow residue on their hands or clothing;
- Presence of propane tanks with blue-green corrosion around the valve.

Environmental Impact of Crystal Meth Production Concerns and Issues

- 1 kg of meth produces 7kg of toxic waste. These are often poured down drains or directly into the ground.
- The ingredients used to make meth may result in fires, explosions or the production of toxic gases. Some of the recipes may include combinations of volatile organic compounds (VOCs), acids, bases, metals, solvents and salts all of which may result

in the release of these gases or chemical fires.

- The risk to children exposed to the chemicals used in production and the remnants of meth labs on carpets, walls, doors, toys, etc. has risen as a major concern for child protection workers. Statistics from the California Drug Endangered Children (DEC) office reported that more than 1000 children were present in approximately 400 labs that were seized www.nationaldec.org
- Even small amounts of the chemical residues from meth labs may have contaminated surfaces, drains, sinks, ventilation systems and absorbent materials. Health risks include breathing in air that contains suspended contaminant particles, touching or eating from contaminated surfaces, breathing in air from furnaces circulating these contaminants.
- Toys and other articles that have touched contaminated carpets for example, in turn become contaminated with the chemical agents. These contaminants may enter the body through nose, ears, and eyes when touched.
- Persons entering the meth home are at severe risk of contamination. Guidelines for decontamination of first responders have been identified in many U.S. states.
- Leftover needles and syringes may pose extreme health risks.

Child Protection Issues

As indicated above, the dynamics of crystal meth use and production signal a number of concerns related to the health, well-being and protection of children. In cases where children living in crystal meth labs homes, or are in the care of meth users, the potential for neglect and abuse exists. Children may be exposed to:

- Any number of conditions, circumstances or events that impact on the health, well being and safety of children;
- The effects of toxic chemicals, needles and substances associated with the production of crystal meth;
- Extensive health and safety risks due to the possibility of explosions, fires, chemical burns, contamination of surfaces and materials;

Cont'd...

- Possible neglect due to behaviours associated with drug use (e.g. extended hours of sleep, confusion due to drug use may result in child neglect and malnutrition);
- Violence due to behaviours associated with crystal meth drug use (violence, aggression, rage);
- Inappropriate sexual activity associated with crystal meth drug use (enhanced libido of user);
- Small doses of meth to keep them quiet or not needing food;
- Witnessing or experiencing family or other violence, emotional and spiritual harm.
- SUSPICION of child abuse in any form is reportable by law.

How to Get Help

Find the right time and place to talk. Be calm, caring, non-threatening. Listen. Talk about meth by using facts and accurate information. Encourage the person to see a doctor. Encourage change in friends and lifestyle. Encourage the person to seek treatment. Important contacts are listed below.

Where to Get Help

Emergency 911
 Sarnia-Lambton Children’s Aid Society 519-336-0623
 Bluewater Health 519-464-4400
 Aamjiwnaang Mental Wellness 519-332-6770
 Distress Line 519-336-3000
 Westover Addiction Assistance 1-800-721-3232
 Windsor Withdrawal Management (detox) 519-257-5225
 Grand River Withdrawal Management (detox) 519-749-4318
 London Withdrawal Management (detox) 519-432-7241
 Lambton Mental Health Crisis Line 519-336-3445
 Victim Services Support Line 1-888-281-3665 ext. 5238
 Kids Help Phone 1-800-668-6868
 Alcoholics Anonymous 519-337-5211
 Narcotics Anonymous 519-661-0119
 Drug & Alcohol Registry of Treatment 1-800-565-8603

For more information or support please call 519-332-6770 - Sources: P.A.C.E. Specialist Program: Crystal Meth, Saskatchewan Indian Institute of Technologies, 2005 www.nationaldec.org, www.about.com, www.drugfreeworld.org

★ Power Skating

July Schedule

DATE	TIME	AGE / CATEGORY
Thurs. July 11	2:30	Tykes / Novice
	3:30	Atom / Pee-Wee
	4:30	Exhibition Game TBA
Thurs. July 18	2:30	Tykes / Novice
	3:30	Atom
	4:30	Pee-Wee & Older
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
	2:00	Pee-Wee & Older
Wed. Aug. 21	1:30	Tykes / Novice
	2:30	Exhibition Game TBA
Wed. Aug. 29	1:30	Tykes / Novice
	2:30	Atom / Pee-Wee



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

Your next Chippewa Tribe-Une is due out on
Thursday, July 18, 2013

The **deadline** will be on
Tuesday, July 16, 2013
by **4:00 pm**

Chi-Miigwetch, ~ Bonnie Plain, Editor

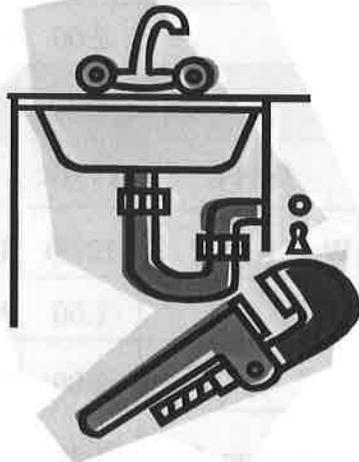


What is RRAP?

- 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.

