



AAMJIWNAANG FIRST NATION

# CHIPPEWA TRIBE-UNE

June 6, 2013

Issue 13.11

Editor: Bonnie Plain

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## Aamjiwnaang Binoojiinyag Kino Maagewgamgoons



# JINGTAMOK

### Day Care Mini Pow Wow

### Tuesday, June 18, 2013

### 10:00am – 11:30am



*Featuring:  
Crazy Spirit Drum*

*8 Participants of the Regalia Making & Tiny Tots Dance Group will be celebrating their coming out by having their 1st dance.*

*Come out and join them in some fun and dancing*

### "Niimdaa" - Everybody Dance

All Welcome To Participate

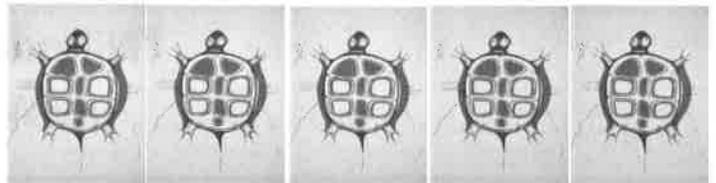
### Points of interest:

- \* Beading Classes
- \* PW Volunteer Reg.
- \* Health News
- \* Princess Reg.
- \* Announcements
- \* Animal Control

# Happy Birthday

*June 8<sup>th</sup> to June 21<sup>st</sup>, 2013*

Sheila	Ayers	June	8	Sophie F	Williams	June	13
Crystal	George	June	8	Robin	Cottrelle	June	14
Lacey	Maness	June	8	Naomi	Gray	June	14
Darian	Nahdee	June	8	Ivan	John	June	14
Troy	Nahmabin	June	8	Shawna L II	Riley	June	14
Jacob	Oliver	June	8	Iva	Simcoe	June	14
Renee	Williams	June	8	Veronica Aspen	Adams	June	15
Gary Alan	Bird	June	9	Malynda	Maness	June	15
Joshua	Kleckner	June	9	Emmilee	Nahmabin	June	15
Jason	Monk Jr.	June	9	Trinity	Rogers	June	15
Emma L C	Plain	June	9	Brandi	Rosales	June	15
Wilson	Plain	June	9	Gary A	Maness	June	16
Shawna L	Riley	June	9	Nicholas Roy	Plain	June	16
Kailynn	Williams	June	9	Tracey	Plain	June	16
Daniel	Adams	June	10	Breanne	Maness-Henry	June	17
Kelly	Bonaparte	June	10	Paidon	Partin	June	17
Philana	Bond	June	10	Shawn	Smith	June	17
Jackson	Gray	June	10	John	Stone	June	17
Verda	Maracle	June	10	Izabelle	Williams	June	17
Dana	Miller	June	10	Gabriel	Wright	June	17
Marina	Plain	June	10	Sonny-Joe	Bird	June	18
Terrence	Plain	June	10	Beverley	Carter	June	18
Alexandria	Sinopole	June	10	Sierra	Cottrelle	June	18
William	Wright	June	10	Emma A	Plain	June	18
Patricia	Boam	June	11	Terry	Plain	June	18
Montana	Miller	June	11	Tiffany	Adams	June	19
Nicholas L K	Plain	June	11	Dakota	Bressette	June	19
Melissa	Stocum	June	11	Aiyana	Nicolas	June	19
Jakson	Fisher	June	12	Stephen	Pettit	June	19
Anthony	Jacobs	June	12	Doyle	Spratt	June	19
Randi	Rogers	June	12	William	Bird	June	20
Velma	Rogers	June	12	Rowan	Fisher	June	20
Patricia	Snake-Gilbert	June	12	Christopher T	Williams	June	20
Charmin	Cottrelle	June	13	Travis	Corner	June	21
Tashina	Fisher	June	13	Evelyn Jean	Gray	June	21
Kevin	Forbes	June	13	Desarae	Grexton	June	21
Allyson	Pailard	June	13	June	McKay	June	21
Nicholas	Rising	June	13	Debra	Milliken	June	21
Clyton	Rogers	June	13	Richard	Stager	June	21
Reese	Simon	June	13				
Robert	Walker	June	13				
Paula	Williams	June	13				
Reynold A	Williams	June	13				





**Happy 2<sup>nd</sup>  
 Birthday  
 to our Beautiful  
 Little Princess,  
 Kailynn ~ Daddy  
 and Mommy love  
 you to pieces**

**Healthy Babies Program  
 Thursday Mornings 10:30-12:30  
 At the Community Centre**

- June 13 Play Group**
- June 20 Moccasin Making**
- June 27 Nutrition with Nikki**

Healthy Babies Program will not be planning activities throughout the Summer. However, MaLynda will be working with the Head Start Worker Monday Mornings 10:30-1:30 and Wednesday Evenings 5:00-7:30.

**Home Safety Program**

For families with children under the age of 5 years old, call MaLynda at the Health Centre to make a Home Visit.

**Car Seat Safety**

Any questions regarding Car Seat Safety, call or stop in at the Health Centre so I can take a look at the Seat.

Health Centre Phone # 519 332 6770  
 Community Centre Phone # 519 491 2160

**Garden Fresh Box Orders**

Next order is **Due June 7** and will come in on **June 20**

- Family Box \$15.00**
- Single Box \$10.00**
- Veggie Bag \$5.00**
- Fruit Bag \$5.00**

Order your Garden Fresh Box Today through MaLynda at the Health Centre 519 332 6770

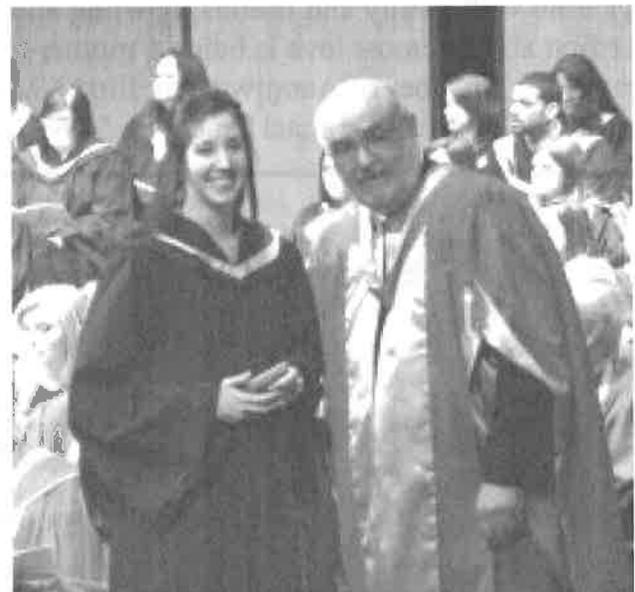
**Congratulations**



Congratulations to Jessie Plain who recently graduated from Lakehead University In Thunder Bay. She is one of the first ever graduates of a new program at the university. Her program was Honours Bachelor of Education - Aboriginal Education.

Also, Jessie received the William A. West Medal for Highest Standing in the graduating class. Jessie will be continuing in the Master's program in September.

The entire family is very proud of your accomplishments. We're sure you'll do well in completing your Masters.



**Words of Gratitude**

Many thanks to the congregation of St. Clair United Church and the community of Aamjiwnaang for the wonderful send off I received following our last worship together. I was deeply honoured by the words and the gifts presented by members of the congregation and by Chief Plain and Councillors Gray and Rising. Miigwetch doesn't seem nearly enough when one is limited by words! I intend that our paths cross often! Take care of one another.—Rev. Carolyn

## New Addition to Aamjiwnaang Health Centre Mental Wellness Team Lead

Tracey George became a new addition to the Health Centre, Mental Health and Addictions Services. She began this position June 3, 2013. Tracey is an Art Therapist and former Mental Health & Addictions Case Manager and Supervisor at the Kettle & Stony Point First Nation Health Centre. She held the position for over 9 years. Tracey is inspired by and dedicated to helping children, youth and their families live a peaceful, happy and fulfilling life. Tracey's education includes a Bachelor of Arts Degree in Psychology and Diplomas in Correctional Work and Art Therapy. She is a registered Art Therapist and has been practicing since 2002. Tracey's professional background includes working with youth in custody and group homes; First Nations children and youth experiencing various challenges including the following: living with parents who suffer from addictions; mental illness in the family; witness to domestic violence; bullying and abuse. Tracey offers her assistance to all citizens of Aamjiwnaang First Nation by encouraging and teaching the skills of coping and resiliency, and by facilitating various support groups such as Stress Management, Wellness groups, and Family Support for those with loved ones affected by mental illness and addictions. She also provides crisis intervention and debriefing. Tracey recently became a Living Works SafeTalk trainer of suicide awareness and received an Osgoode Certificate in Mental Health Law. Outside of work Tracey enjoys time with family and friends, bowling and golfing. She loves being outdoors enjoying nature. Her first and foremost love is being a mother to her five year old son, Jackson, the light of her life. Tracey is a member of Aamjiwnaang First Nation and is honored to be working with the community. Please feel free to contact Tracey at 519-332-6770 or drop by for a visit.



# WHMIS & FOOD HANDLERS COURSE

**Date: July 5, 9am till 3pm**

**Location: Maawn Doosh Gamig Community Centre**

- **MANDATORY attendance for Summer Students applying for jobs**
- **Lunch will be provided**
- **Workshop is for students under 30 only**



Please sign up by Wednesday, June 26 @ 3pm  
Contact Rachael Simon or Celsie Williams-Bressette at the Band Office 519-336-8410 ext. 248

## SAVE THE DATE! THURSDAY JUNE 13, 2013



**4pm-7:30pm**  
Maawn Doosh  
Gumig Community  
Centre

Shell Canada has purchased ALERT FM units for band buildings and individual homes.

**ALERT FM** is a notification system that can be utilized to deliver messages to Aamjiwnaang community members in case of an emergency. This system has been implemented in St. Clair Township and they have agreed to transmit emergency messages to our community.

These units are available free of charge, one for each household. They are designed to be easy to operate. If you would like one for your home they will be available for pick-up **4pm-7:30 pm on Thursday, June 13, 2013 at the Maawn Doosh Gumig Community Centre Arts and Crafts Room.**

Emergency services personnel will be available to show you how operate the unit and answer any questions you may have. If you are unable to pick up the unit at this time, they will be available at the band office. If you have any questions in advance of this date, please call Kelly Williams, Assistant Band Administrator (519) 336-8410.

### NEW ANIMAL CONTROL OFFICER

**Ron Simon**

**Call Ron at 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)

## Resume Writing Workshop

**June 10 & 15, 2013**

**COMMUNITY CENTER:**

**9:00 A.M. TO 3:00 P.M.**

**Need help writing a resume  
or cover letter?**

**Not sure what to expect  
during an interview?**

**Create an effective resume  
designed to get you  
an interview**

## WE CAN HELP YOU!

- ❖ This workshop is for summer students only
- ❖ It is **MANDATORY** attendance for high school students in order to apply for a summer job
- ❖ Bring a copy of your current resume to work on
- ❖ Lunch will be provided

To Sign up please Contact:  
Rachael Simon or Celsie Bressette at  
the Band Office 519-336-8410 ext. 248.



## SCAVENGER HUNT

*How well do you know  
AAMJIWNAANG?*

**Gather & bring in the following to OW Employment supports office:**

- List all Aamjiwnaang buildings & their phone numbers
- Aamjiwnaang Employment and training complete application package
- Name five (5) recent Ontario Works employment events
- Names of all Aamjiwnaang Ontario Works staff
- Business cards from the Health centre - minimum 4
- List of all services at the community centre
- What services does OW Employment supports provide?
- Name 4 current local entrepreneurs
- Photo of an Aamjiwnaang attraction / feature (not a person)

**Deadline :** June 14<sup>th</sup> - Winners announced June 18<sup>th</sup>

**Prizes:** 1<sup>st</sup> 50.00 No Frills gift card  
2<sup>nd</sup> & 3<sup>rd</sup> prize : 25.00 No Frills gift card (each)

**CONTACT MARINA PLAIN**  
for more information 519-336-8410



### Employment Supports

#### June Schedule

<u>Date / Time</u>	<u>Event</u>	<u>Location</u>
June 4 / 10—3	Diane Forbes	Maawn Doosh Gumig
June 7 / 10—3	Cooking with Judy	Maawn Doosh Gumig
June 11 / All Day	First Aid/CPR	Maawn Doosh Gumig
June 12 / All Day	Forklift Training	Maawn Doosh Gumig
<b>June 21 / CLOSED</b>	<b>Solidarity Day</b>	Maawn Doosh Gumig
June 25 / 6—8	Beading with Ada	Maawn Doosh Gumig
June 26 & 27 / 10—3	Women's Wellness	Maawn Doosh Gumig

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

# Attention Community Members

Just a friendly reminder  
that there will be  
**NO SERVICE ON**  
**Friday June 21st, 2013**  
For all Home & Community  
Care Clients

This is **SOLIDARITY DAY**  
Please make arrangements with  
your loved ones.

Regular hours will commence  
**Monday June 24th, 2013**

Have a great day and enjoy the  
Activities. From the Home &  
Community Care Department.

*HCC Clerk—Rebecca Adams*

## 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](mailto: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

What's black and white and read all over?

**ANISHINABEK NEWS**  **NEWS**.ca  
The voice of the Anishinabek Nation

- New website launched April 2013
- Get news faster online
- Share news stories on social media
- Introduces the Anishinabek News to new readers around the world
- Environmentally-friendly
- Send us community stories to [news@anishinabek.ca](mailto:news@anishinabek.ca)
- Link [www.anishinabeknews.ca](http://www.anishinabeknews.ca) to your First Nation's website
- **FREE!**

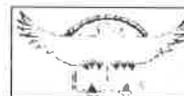
## **Aamjiwnaang's Alternative and Continuing Education for Adults** **Monday, Tuesday & Thursday** AAE: 9:30—2:30

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



# Travelling Senior's **MEAT** BINGO

## Thursday, June 13, 2013

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

Where: Maawn Doosh Gumig Community Centre

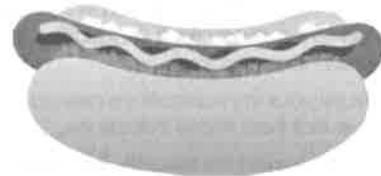
Cost: When you purchase a 2 Strip Book @ \$15,  
get 1 strip for \$5 more

### **MENU SPECIAL!**

- Nacho Supreme
- Hotdogs

Available at 5pm

Eat in or takeout available



**Every Bingo gets a prize!**

2 mid game Specials

Family Size Meat Packages

***This is a Travelling Seniors Fundraiser event!***  
***EVERYONE IS WELCOME TO PLAY***



## Tips for Parents - Brain Development

Did you know?

#	Age & Stage	Theme	Title
1	Preconception	Future mothers' health	Did you know that the brain of a future baby can be affected by the mother's health, even before she gets pregnant?

**It is best to make changes when you are thinking about becoming pregnant.**

**If you are planning a pregnancy, it is best to:**

- Avoid alcohol.
- Avoid exposure to tobacco smoke.
- Talk to your health care provider or contact Motherisk about the drugs, vitamins and herbal treatments that you use.
- Stop using recreational drugs such as marijuana and cocaine. These may affect the quality of the eggs. The effects of recreational drugs may not be identified immediately after birth. The effects may show up at a later date in the form of learning disabilities.
- Make healthy food choices by following Canada's Food guide. This will affect how well your baby develops and grows and how healthy you feel.
- Reduce the risk of problems with your baby's brain and spine. Take a multivitamin with folic acid every day. Start at least three months before you get pregnant. Some women need more folic acid than others. Talk to a genetics counsellor or your health care provider for advice.
- Be active regularly. The Canadian Physical Activity Guidelines recommend that adults get at least 2.5 hours of moderate to vigorous physical activity per week. Be active for at least 10 minutes or more at a time.
- Find out about your own health and your family's health history. High blood pressure, arthritis, depression, cancer, mumps, diabetes and Hepatitis B can affect your chances of having a healthy baby. Contact your health care provider or a genetics clinic if there are any family medical conditions you are concerned about such as severe allergies, heart malformations or mental health concerns.
- Take a look at the toxic substances that may be in your home, workplace and where you spend leisure time. These may include lead, mercury, solvents, cleaning products, pesticides, artificial fragrances and other toxins. Scientific research is done to better understand the effects of various chemicals. Some may affect hormones, ova, sperm and the developing baby. When science can't be certain, caution is your best approach.
- If you are exposed to potentially harmful substances at work, talk with your employer about alternative arrangements.
- At home, decide if products such as harsh cleaners, air fresheners, dry cleaning chemicals and pesticides are really necessary. Consider using simple, non-toxic products, such as baking soda and vinegar, for routine cleaning. Arrange for others to perform tasks that could put you and your future baby in contact with harmful chemicals. One example is changing the vacuum cleaner bag.
- Avoid renovating your home if you may be pregnant or have young children. If renovation work must be done, plan to be away for the duration of the work. Return only once all dust has been thoroughly cleaned up and all fumes have cleared.
- Ensure your immunizations are up to date. Get immunized for chicken pox and rubella (German measles) if you have not had those infections.
- Get screened for sexually transmitted infections. Talk to your partner about sexually transmitted infections.

Now is a great time to make positive changes in your habits for both you and your partner. This will give you good health before you conceive, and create healthy habits for your future growing family.

### Links

- *Is there a baby in your future? Plan for it.* Best Start Resource Centre. [www.healthbeforepregnancy.ca](http://www.healthbeforepregnancy.ca)
- *Creating Healthy Home Environments for Kids: Top 5 Tips.* Canadian Partnership for Children's Health & Environment. [www.healthyenvironmentforkids.ca](http://www.healthyenvironmentforkids.ca)
- Motherisk. 1-877-439-2744. [www.motherisk.org](http://www.motherisk.org)

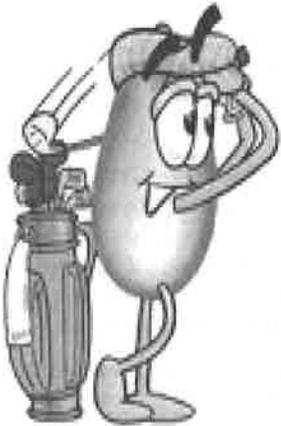


London District Chiefs Council  
In conjunction with the  
Southern First Nations Secretariat  
Present:



**8 Nations Elders & Youth Gathering  
Fundraiser Golf Tournament  
Wardsville Golf & Country Club**

**Friday, August 2, 2013**



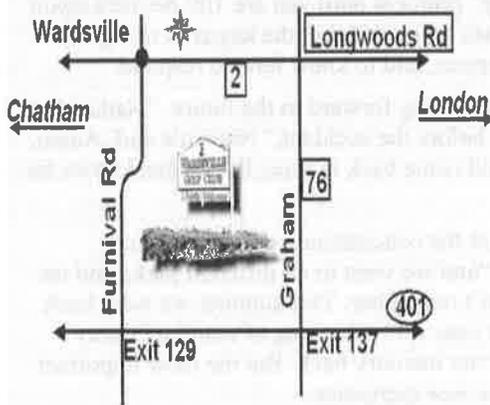
**\*\* FIRST 32 PAID TEAMS \*\***

**\$125.00 per player or  
\$500 per team**

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

**CASH PRIZE FOR 1<sup>st</sup> 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. 221**



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



## NATHAN'S STORY

### Heads Up! Be Alert. Be Safe Be Aware of Concussions

In February 2012, during a hockey practice drill, Nathan Fraser, age 12, sustained a concussion. In the nine months since the accident, Nathan and his parents, Christine and Adam, have learned about the symptoms of concussion, the steps if a concussion occurs, and how to play safe to minimize the likelihood of a concussion.

"It happened during a practice, during an ordinary drill with my teammates," said Nathan. "I was the defenseman on a two-on-one drill. I don't remember what happened, but I was told afterwards that one of the forwards passed the puck up to the other one. The other forward wasn't paying attention so he missed the pass. The puck went down the boards and we both started chasing after. He did a superman dive for the puck, but I was right there and I couldn't stop myself. So I tripped over him and I went head first into the boards, I hit my head on the ice and the boards."

Nathan's mom, Christine, was in the stands when the accident happened. "They figure he was unconscious for anywhere between 30 seconds and a minute," said Christine. "When he came to on the ice, he started to cry and the trainer was asking him questions. He lay on the ice for about 10 minutes and then they picked him up and brought him to where I was sitting. I carried him to the car in his equipment and took him to the hospital."

"The next thing I remember is being at the hospital," said Nathan. "My memory is foggy, but I know I was in a room with a doctor and he was asking me questions, doing tests with a pen to check my vision, and checking how strong I was. Afterwards he said I had a pretty bad concussion and then he let me go home."

"Immediately after the accident, I had headaches, and was off balance, dizzy, and nauseous. Then, about 48 to 72 hours later, I started to become sensitive to light and sound, I was slurring my speech, my arms and legs felt weak, and I was really tired all the time."

The concussion put a halt to all Nathan's regular activities. "I really just lay on the couch all day," he said. "I had to wear sunglasses pretty much all the time, and I wore special earmuffs for the sound. When my dogs would bark I would almost start crying because it hurt my ears so much. I couldn't watch TV: I would have to face away from it and the volume would have to be very low."

"I was out of school for close to five months," Nathan said. "I don't think my friends and classmates really understood what was happening to me. It's hard to understand if you haven't gone through it yourself. Most people think if you hit your head you can rest for a few weeks and then go right back to school and play sports. Maybe you'll have a slight headache and that's it."

Nathan's parents weren't sure what to do at first, or where to turn for help. "We searched on the Internet for information on concussion and treatment," Christine said, "we finally found people who helped us understand it and connected us with specialists."

One of the keys to Nathan's recovery was complete physical and mental rest with very gradual, step-by-step return to activity.

"At first my parents would ask me simple questions like "What

sound does a cow make?", and I wouldn't be able to answer, or I'd give the wrong answer."

"My parents didn't try getting me to read until a month or two after the accident," said Nathan. "At first I was having trouble reading Level 1 books with simple sentences, where new words are added one at a time: "It was hot. It was very hot..." But by September I was reading Harry Potter and I finished the whole series in less than two months. I started reading them again just over a week ago and I've already finished the third book. I'm really fast now."

For Nathan's physical rehabilitation, he started working with a physiotherapist. "At first he would just examine me, check my neck and monitor my recovery. Then I got a bit better he worked on my balance and coordination. At every level he would monitor me for headaches and other symptoms. Eventually he got me running. After that, I saw a neurologist who gave me the "all clear".

"Over the summer I started going to the gym and using the treadmill and rowing machines for cardio and strength training. I liked the TRX machine where you use two straps and pull yourself up. It was pretty cool".

Eventually, Nathan put on his skates and helmet again and got back on the ice. "I've been on the ice about 10 times so far," he said. "It's been very gradual. Just doing some simple exercises and drills."

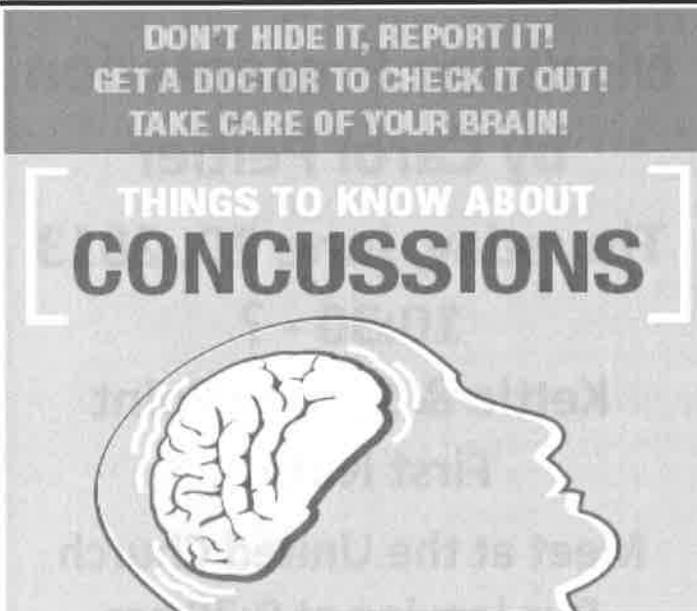
When Nathan does return to sports, he recognizes the importance of playing smart. "I've been learning how to protect myself better in a game. I'll keep my head up so I'm aware of my surroundings. And if I'm going after a puck in the corner, now I'll come in on an angle. I can see the players around me and avoid being hit from behind. And I can brace myself if I'm going to be hit."

Nathan and his parents would also respond differently if another concussion were to happen. "I'd be aware of every little sign of dizziness or headache," said Nathan. "If I had a headache. I'd take time off and go through the "return to play" steps, to make sure I was fine before going back. I wouldn't try shake it off."

Nathan and his parents are spreading their first-hand concussion education to others. "I tell my friends to really take it seriously," Nathan said, "A lot of my friends really don't know what a concussion is. They'll get headaches or they'll be dizzy and see stars, but sometimes they'll hide it. They'll take a quick break and then go back out and play again. I tell them that once they get the slightest headache, stop playing. Follow the gradual step-by-step "return to play" protocol until you are 100 per cent again. Concussions can happen to anyone, but the key is to recognize them when they do happen, and to know how to respond."

In Nathan's case, he's looking forward to the future. "Nathan has no memory of his life before the accident," Nathan's dad, Adam, said. His memory could come back in time, but no one knows for sure."

"Two years before I got the concussion we went to Disney World," said Nathan, "and we went to all different parks and on all the rides. And I can't remember. This summer we went back to Universal and next year we're thinking of redoing Disney World. Maybe I'll get my memory back. But the most important thing for me is to make *new* memories."



### Sport-related concussion: Information for parents, coaches and trainers

#### What is a concussion?

A concussion is a brain injury that affects the way you think and remember things for a short time. It can cause many symptoms, but they can't be seen on x-rays or computed tomography (CT) scans.

#### What causes a concussion?

Any blow to the head, face or neck, or somewhere else on the body that causes a sudden jarring of the head may cause a concussion. Some examples are: being hit in the head with a ball or being checked into the boards in hockey.

#### What are the symptoms/signs of concussion?

A person does not need to be knocked out (lose consciousness) to have had a concussion. In younger children, the symptoms may not be obvious. They may have stomach pain or be upset and their behaviour may change. They may not have headache or show problems with thinking.

#### What should you do if a child gets a concussion?

- Make sure **he stops playing the sport** right away.
- **Do not leave him alone.**
- Make sure he sees a doctor as soon as possible **that day.**
- If he's **knocked out**, call an **ambulance** to go to a hospital immediately.
- **Do not move him or remove sport equipment**, such as a helmet.
- Wait for the **paramedics** to arrive.

#### How long will it take to get better?

The signs and symptoms of concussion often last for

7 to 10 days. Sometimes many weeks or months. If your child has had a concussion before, it may take longer to heal. The most important treatment for a concussion is **rest**. That means no exercising, bike riding, play wrestling, playing video games or working on the computer. Your child or teen may have to stay home from school because schoolwork can make her symptoms worse. If she goes back to school or resumes activities before she is completely better, her symptoms could get worse or take longer to go away.

#### When can my child or teen return to school?

People who have a concussion find it hard to concentrate. They may get a worse headache or feel sick to their stomach if they try to learn. Your child should stay home from school if the symptoms get worse while in class. Once she feels better, she can try going back to school for half days to start. If she's okay with that, she can go back full time.

#### When can my child or teen return to a sport?

Children should not go back to sports if they have any symptoms or signs of a concussion. They must rest until they are completely back to normal. After they feel normal and seen a doctor, your child can then gradually increase activity. **No child should go back to a sport until they have been cleared to do so by a doctor.**

### THE SIX STEPS TO RETURN TO PLAY INCLUDE:

1. No activity, mental and physical rest until symptom-free
2. Light aerobic activity like walking or stationary cycling
3. Sport-specific activity like skating or running
4. Training drills without body contact
5. Training drills with body contact — only once cleared by a physician
6. Game play

**Each step must take at least 1 day.** If your child has any symptoms of a concussion (headache or feeling sick to the stomach) during the activity, he should stop the activity immediately and rest for 24 to 48 hours. He should be seen by a doctor before starting the stepwise plan again.

## Medicine Walk with David Plain

Monday, June 17, 2013  
@ 2 pm

Aamjiwnaang First Nation

We will meet at  
David Plain's house  
on Scott Road at 2 pm



- ❖ *We will walk in the bush behind David Plain's house.*
- ❖ *Please wear comfortable clothes and shoes.*
- ❖ *Use bug spray if needed.*
- ❖ *The medicine you gather can be taken to the Medicine presentation in Kettle Point on June 20.*

Contact Peggy, 519-332-6770, if you are participating in the walk.

## Medicine Presentation by Carol Peltier

Thursday, June 20, 2013  
10:30 - ?

Kettle & Stoney Point  
First Nation

Meet at the United Church  
Bus leaving at 9:30 am

Presentation will involve:

- ❖ *How Carol got started,*
- ❖ *Presentation on medicines, gathering of the*
- ❖ *medicine and cleaning of the medicine,*
- ❖ *Question and answer time.*
- ❖ *After presentation we will be making a cleanse*



Lunch will be supplied and we will be eating in Kettle Point.

Limited to 12 Seniors

Call Peggy, 519-332-6770,  
to reserve your spot.

## QUILTING WITH SENIORS

**Monday evenings 6 - 8 pm**  
Community Centre  
**Drop-In Room**

We also quilt on Thursday afternoons from 2:00-4:00. We will be sewing the quilt together.

**Everyone welcome.**

**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!***



## Senior Men & Youth

(youth age 10-18 yrs.)

### Father's Day Golfing Trip

**Monday, June 10, 2013**

**Meet at 4 – 4:30 at**

**Sunset Golf Course**

Tee off starting at 5 pm.

10 Senior Men/ 10 youth

*We will provide money for meal and green fees.*

Bring your own clubs.

Club rental and golf cart rental at your expense—will provide transportation to the golf course if needed.



Duc d'Orleans II  
CRUISE BOAT

## SENIORS YEARLY CRUISE

**Monday, June 24, 2013**

**Rain or shine!**

The Duc cruises begin at 9:00 am

Morning & Afternoon Cruises

We will meet at the Duc at 10:30 am.

I have the 8 seat van booked.

Please give Peggy a call, 519-332-6770, if you require a ride and are attending the cruise, no later than Thursday, June 20, 2013. Thank-you!

# Elder's Celebration



*The Tomato Soup Band will be entertaining us with their music in the afternoon!*

JOIN US ON  
TUESDAY JUNE 25TH  
AT 12:00PM  
AT THE DELAWARE  
NATION COMMUNITY  
CENTRE FOR THE  
CELEBRATION OF OUR  
ELDERS  
THERE WILL BE  
BINGO, GAMES AND  
LIVE MUSIC FOR ALL,  
HOPE TO SEE YOU  
THERE!

**If you would like to attend, please leave your name with reception at the Health Centre or with Peggy. I have the van booked which can accommodate 5-6 Seniors.**

**If you require a ride, please leave your name with reception or Peggy ,519-332-6770.**

- 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 12<sup>TH</sup>, 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. (519) 336-8410 DIANE AIKEN AT EXT. 246**



# 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 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](mailto: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

Fax (519) 336-0382

[vware@aamjiwnaang.ca](mailto:vware@aamjiwnaang.ca)

*Diane Aiken*

(519) 336-8410 ext. 246

Fax (519) 336-0382

[daiken@aamjiwnaang.ca](mailto: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

## First Nations groups prepare for Sovereignty Summer

BY BRENT PATTERSON | JUNE 4, 2013 The Defenders of the Land and Idle No More issued this call to action last March.

*"We demand that Canada, the provinces and the territories:*

1. *Repeal provisions of Bill C-45 (including changes to the Indian Act and Navigable Waters Act, which infringe on environmental protections, Aboriginal and Treaty rights) and abandon all pending legislation which does the same.*
2. *Deepen democracy in Canada through practices such as proportional representation and consultation on all legislation concerning collective rights and environmental protections, and include legislation which restricts corporate interests.*
3. *In accordance with the United Nations Declaration on the Rights of Indigenous Peoples' principle of free, prior, and informed consent, respect the right of Indigenous peoples to say no to development on their territory.*
4. *Cease its policy of extinguishment of Aboriginal Title and recognize and affirm Aboriginal Title and Rights, as set out in section 35 of Canada's constitution, and recommended by the Royal Commission on Aboriginal Peoples.*
5. *Honour the spirit and intent of the historic Treaties. Officially repudiate the racist Doctrine of Discovery and the Doctrine of Terra Nullius, and abandon their use to justify the seizure of Indigenous Nations lands and wealth.*
6. *Actively resist violence against women and hold a national inquiry into missing and murdered Indigenous women and girls, and involve Indigenous women in the design, decision-making, process and implementation of this inquiry, as a step toward initiating a comprehensive and coordinated national action plan."*

The Council of Canadians has endorsed this call to action. This week, the Globe and Mail reports, "(The Sovereignty Summer) will protest resource projects and pipelines across the country, backed up by demonstrations in cities. ...Opposition will focus around the Line 9 pipeline proposal. The Line 9 focus implicates Highway 401, one of Canada's biggest and busiest thoroughfares connecting southern Ontario to Quebec."

<http://rabble.ca/blogs/bloggers/brent-patterson/2013/06/first-nations-groups-prepare-sovereignty-summer#.Ua3ta6E-n3Q.twitter>

## 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		

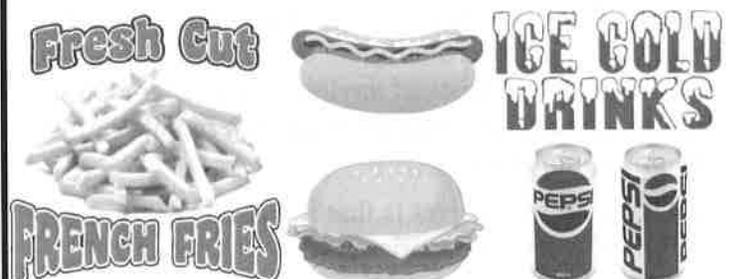
Chili or Chz Topping on Fries or Chz Slice \$0.75 ea.

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**



Catherine Gillis  
1901 Richardson Street  
Victoria, BC  
V8S 1S3

May 16, 2013

## “Our Home and Native Land”

### Background

My name is Catherine Gillis, I am finishing up my final few months of my Bachelor of Arts in Justice Studies at Royal Roads University and will be commencing my Masters of Arts in Environmental Management in the fall.

I am originally from Yellowknife, Northwest Territories and am a Yellowknives Dene First Nation band member. I have a background in Aboriginal Child & Family Services and Alternative Dispute Resolution.

I was previously a Community Liaison in my own community helping to strengthen the community and its members by establishing and maintaining a positive environment through a wide range of programs and activities that helped to provide a stepping stone for change.

In terms of my writing career, I began writing at a young age, winning awards through speech and poetry. My writing was granted approval at age fourteen when I was given my own column in the “Yellowknifer” and “News North” news publications that were distributed weekly throughout the Northwest Territories, the column was entitled “North of 60”. In 2010 I won third place in the Canadian Aboriginal Writing and Arts Challenge. My story was published in the book “Our Story: Aboriginal Voices on Canada’s Past” published by Double Day Canada. I was also given the opportunity to write and produce a full length album with a generous grant from the NWT Arts Council.

Copies of my work are available upon request.

### Overview

This book project will be focused on issues of environmental justice in aboriginal communities. Environmental justice consists of anything from degradation, racism, poverty, and neglect occurring mainly in low income communities.

My hope for the project is that it will consist of a collection of individual stories from aboriginal people

across Canada that have been deeply affected by environmental injustices in their own communities. The stories told in this book will allow the reader to gain insight into what it might be like to live without equality in terms of environmental justice. This book will also shed light on the social and economic struggles that go hand in hand with environmental injustice.

There are many issues that stem from environmental injustices some of them include; lack of education, violence, addictions, loss of cultural traditions, and poor health. However, not all stories included in the book will be negatively based, success stories of community improvement will be highlighted as well.

### Content

- This compilation will remain true to aboriginal identity and focus on portraying as much rich cultural significance as possible relating to the land, air, and water.
- The book will be between ten and twenty chapters depending on the amount of feedback I receive, it will also include an introduction and excerpt.
- Each individual story contributed to the series will have a chapter designated to the storyteller.
- Each storytelling participant will be interviewed and selected from across Canada. Random and requested participation will be conducted.
- Potential input from significant public figures is a possibility, as it will be an influential opportunity for them to share their knowledge.

All in all, there will be a wide range of participant response ranging from elders, youth, public figures, Chiefs, and various community members wanting to make a significant contribution. In terms of ethical approval, the storyteller will have the option to have their confidentiality respected.

Thank you for your time, I hope to hear from you soon and possibly meet to discuss this potential opportunity further.

Sincerely,

Catherine Gillis  
250-418-1203



# Orillia Spring Blues Festival

**JUNE 7, 8, & 9, 2013**

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

Friday: Rez Blues All Starz Night!

Saturday Headliner: "Lowrider Band" Main Stage

Sunday: Closing Act: Irene Torres and The Sugar Devil

**22 BANDS - 12 VENUES!**

**Main Stage: Couchiching Beach Park in Orillia, Ontario**



**Robbie Antone's Blues Machine:**  
Friday June 7, 2013  
6:00pm to 7:30pm



**Soulstack:**  
Saturday June 8, 2013  
10:45pm to 12:00am



**Ronnie Douglas Blues Band:** Friday June 7, 2013  
8:00pm to 9:00pm



**Ken Whiteley & the Levy Sisters Gospel Show:**  
Sunday June 9, 2013  
12:00pm to 1:10pm



**Murray Porter Reunited with Pappy John's Band:**  
Friday June 7, 2013  
9:30pm to 10:45pm



**The Sensations:**  
Sunday June 9, 2013  
1:30pm to 2:50pm



**Shrimp Daddy and the Sharpshooters:**  
Saturday June 8, 2013  
4:00pm to 5:30pm



**Irene Torres & The Sugar Devils:**  
Sunday June 9, 2013  
3:20pm to 4:45pm



**Don Maclean:**  
Saturday June 8, 2013  
6:00pm to 7:00pm

**Playing at other venues around town...**

- ◆ Andy Earle and the Bandits
- ◆ Full Fathom
- ◆ Joe Huron Duo
- ◆ Kristy Jenkins and the Rick Adamson Trio
- ◆ Mark "Bird" Stafford with Darran Poole
- ◆ Patio Cats
- ◆ Raw Deal Blues Band
- ◆ Roly Platt
- ◆ The John Harrison Band
- ◆ Wayne Buttery
- ◆ "Jazztex Trio" featuring RG Peever



**Steve Strongman Band:**  
Saturday June 8, 2013  
7:20pm to 8:30pm



**Lowrider Band:**  
Saturday June 8, 2013  
9:00pm to 10:15pm

And be sure to check out the blues harmonica workshop with Mark "Bird" Stafford on Saturday from 11am to 12:30pm at Gilbert Guitars!

# Canada Post Aboriginal Education Incentive Awards - Applicant Submission Form - Deadline: August 31, 2013



Please complete the Applicant Submission Form and send it with your essay by fax to 1-866-780-2188 or by mail to CANADA POST ABORIGINAL EDUCATION INCENTIVE AWARDS C/O ABORIGINAL LINK, PO BOX 50058, 17-2595 MAIN STREET, WINNIPEG, MB, R2V 4W3

## APPLICANT INFORMATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/Town \_\_\_\_\_ Province/Territory \_\_\_\_\_ Postal code \_\_\_\_\_  
Telephone ( \_\_\_\_\_ ) \_\_\_\_\_ Fax ( \_\_\_\_\_ ) \_\_\_\_\_  
Email \_\_\_\_\_  
Treaty or Membership number \_\_\_\_\_

## EDUCATION PROFILE

Study program you left  
When did you leave school (month/ year)? \_\_\_\_\_  
School name \_\_\_\_\_  
Name of study program \_\_\_\_\_  
Location \_\_\_\_\_  
Years completed \_\_\_\_\_  
Have you completed one full year of studies before applying for this Award?  Yes  No

Current study program  
When did you return to school (month/ year)? \_\_\_\_\_  
School name \_\_\_\_\_  
Name of study program \_\_\_\_\_  
Location \_\_\_\_\_  
Years completed \_\_\_\_\_

## ACADEMIC CONTACT (principal, guidance counsellor or teacher [excluding a family member] who can confirm that you have completed at least one year of studies)

Name \_\_\_\_\_  
Telephone (day) ( \_\_\_\_\_ ) \_\_\_\_\_ Email \_\_\_\_\_

## COMMUNITY CONTACT (community member, band councillor, priest or minister, or supervisor [excluding a family member] who can confirm that you are an Aboriginal Canadian)

Name \_\_\_\_\_  
Telephone (day) ( \_\_\_\_\_ ) \_\_\_\_\_ Email \_\_\_\_\_

Applicant signature\* \_\_\_\_\_ Date \_\_\_\_\_

\*By signing the Applicant Submission Form, the applicant agrees to comply with the rules of the Awards that are posted at [www.GoToApply.ca/CanadaPost](http://www.GoToApply.ca/CanadaPost).

# For more information visit [www.GoToApply.ca/CanadaPost](http://www.GoToApply.ca/CanadaPost)



# 52ND ANNUAL AAMJIWNAANG POW WOW

AAMJIWNAANG FIRST NATION Formerly Chippewa of Sarnia

**PUBLIC WELCOME!**

**SATURDAY, JUNE 22ND / SUNDAY, JUNE 23RD, 2013**  
**BEAR PARK** 1972 VIRGIL AVENUE, SARNIA, ONTARIO  
(JUST MINUTES FROM THE MICHIGAN/ONTARIO BORDER)

**GATES OPEN @10AM BOTH DAYS**

**COMPETITION DANCING & SINGING: 1PM & 7PM ON SATURDAY! 12PM ON SUNDAY!**

**ADMISSION:** \$8 PER DAY/AGES 13-54 • \$5 PER DAY/AGES 6-12  
SENIORS 55+, KIDS 5 & UNDER: FREE!

EMCEE: BILL CROUSE - Salamanca, NY  
ARENA DIRECTOR: ANIMIKEENCE PLAIN - Aamjiwnaang FN, ON  
HOST DRUM: THE BOYZ - Wisconsin  
DRUM JUDGE: MARK LAYALLE  
DANCE JUDGE: JASON WHITEHOUSE - MI  
HEAD VETERAN: GEORGE MARTIN

**VENDORS CONTACT:**  
**519-336-8410**

**FRIDAY NIGHT**  
**JUNE 21/2013**

**PRINCESS PAGEANT**  
**6PM @THE**  
**COMMUNITY**  
**CENTRE**

**LIVE ENTERTAINMENT**  
**& FIREWORKS**

**TO FOLLOW AT THE**  
**BALL DIAMOND**

**COMMITTEE &**  
**COMMUNITY**  
**SPECIALS:**  
**T.B.A.**

**DANCE CONTEST ~ \* ALL PRIZES PAID IN CASH \* ~ ALL DANCERS MUST REGISTER IN PERSON**

Golden Age Men (50 & Up) ~ All Categories Combined  
1<sup>st</sup> ~ \$1000 2<sup>nd</sup> ~ \$800 3<sup>rd</sup> ~ \$600 4<sup>th</sup> ~ \$400

Men's 18-49 ~ Traditional, Grass, Fancy  
1<sup>st</sup> ~ \$1000 2<sup>nd</sup> ~ \$800 3<sup>rd</sup> ~ \$600 4<sup>th</sup> ~ \$400

Teen Boys & Girls 13-17 ~ Trad., Jingle, Fancy Feathers/Show, Grass  
1<sup>st</sup> ~ \$350 2<sup>nd</sup> ~ \$300 3<sup>rd</sup> ~ \$250 4<sup>th</sup> ~ \$200

Golden Age Women (50 & Up) ~ All Categories Combined  
1<sup>st</sup> ~ \$1000 2<sup>nd</sup> ~ \$800 3<sup>rd</sup> ~ \$600 4<sup>th</sup> ~ \$400

Women's 18-49 ~ Traditional, Jingle, Fancy  
1<sup>st</sup> ~ \$1000 2<sup>nd</sup> ~ \$800 3<sup>rd</sup> ~ \$600 4<sup>th</sup> ~ \$400

Junior Boys & Girls 6-12 ~ Trad., Jingle, Fancy Feathers/Show, Grass  
1<sup>st</sup> ~ \$200 2<sup>nd</sup> ~ \$150 3<sup>rd</sup> ~ \$100 4<sup>th</sup> ~ \$75

DRUM CONTEST : Split For Non-placing  
1<sup>st</sup> ~ \$5000 2<sup>nd</sup> ~ \$4000 3<sup>rd</sup> ~ \$3000 4<sup>th</sup> ~ \$2000

REGISTRATION CLOSES  
at Grand Entry - NO EXCEPTIONS!

REGISTRATION:  
6 PM - 8 PM on Friday • 10 AM - 1 PM on Saturday

**BROUGHT TO YOU BY:**  
**AAMJIWNAANG FIRST NATION**



**For More Information**  
Call: 519.336.8410  
or eMail: [twilliams@aamjiwnaang.ca](mailto:twilliams@aamjiwnaang.ca)

*Committee is not responsible for thefts, accidents, lodging, inclement weather or lack of traveling funds. No drugs, alcohol or pets allowed on the premises. ROUGH CAMPING AND SHOWERS AVAILABLE.*



**VOLUNTEER APPLICATION FORM - AAMJIWNAANG POW-WOW 2013**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Contact info: (required) \_\_\_\_\_

Email address: \_\_\_\_\_

Do you have a valid driver's license? Please Circle one: Y / N

\*\*\*We will need a copy if you are chosen for use of carts\*\*\*

- |                         |  |  |
|-------------------------|--|--|
| <u>Area of interest</u> | <input type="checkbox"/> Parking lot     | <input type="checkbox"/> Maintenance       |
|                         | <input type="checkbox"/> Front gate      | <input type="checkbox"/> Assisting Seniors |
|                         | <input type="checkbox"/> Committee booth |  |

Have you volunteered with us before? Please circle one: Y / N

There will be numerous shifts starting Friday Night. Which time of day is best for you? Please check one.

Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_

Special skills and qualifications: \_\_\_\_\_

All volunteers are subject to Pow-wow committee volunteer *rules of conduct*.  
Thank you for your interest, we will contact you to indicate which area you are chosen for,  
Chi Miigwetch Pow Wow volunteer team!

Please list info for who we would contact in case of emergency **\*Required**

Name: \_\_\_\_\_ Number: \_\_\_\_\_

Address: \_\_\_\_\_

2012 POW-WOW COMMITTEE VOLUNTEER COORDINATOR - MARINA PLAIN



# INVITATION TO OPEN HOUSE

## Goderich Harbour Wharf Expansion Environmental Assessment Study

The Goderich Port Management Corporation (GPMP) is conducting a study under the *Environmental Assessment Act* to expand wharf facilities in Goderich Harbour to increase usable off-loading and on-shore storage area and to provide greater shelter within the harbour. The proposed twin-slip wharf design includes a 7.9 ha expansion within the existing northern breakwalls of the outer harbour. Some minor improvements to North Harbour Road are also being considered.



You are invited to attend an open house to find out more about this project and to discuss the project with the study team. The open house will be held as follows:

**Time:** Thursday, June 13, 2013, 3:00 p.m. to 7:00 p.m.  
**Location:** Maawn Doosh Gumig Community and Youth Centre  
 1972 Virgil Avenue, Sarnia, Ontario N7T 7H5 (519) 491-2160  
**Details:** Dinner and prizes will be provided.

If you have any questions or comments please contact Aanjiwnaang Environment Staff, Christine Wilson or Sharilyn Johnston, at 519-336-8410. If you are unable to attend the open house, but you would like to be added to our project mailing list, or you have project-related questions, please contact:

Ms. Constance J. Agnew, B.Sc., rcji  
 Senior Planning Ecologist  
 LGL Limited  
 P.O. Box 280, 22 Fisher Street  
 King City, Ontario, L7B 1A6  
 Tel: 905-833-1244 (collect)  
 Fax: 905-833-1255  
 E-mail: cagnew@lgl.com

Mr. Matthew J. Pearson, MCIP, RPP  
 Senior Planner  
 B.M. Ross and Associates Limited  
 62 North Street  
 Goderich, Ontario, N7A 2T4  
 Tel: 519-524-2641  
 Fax: 519-524-4403  
 E-mail: mpearson@bmross.net

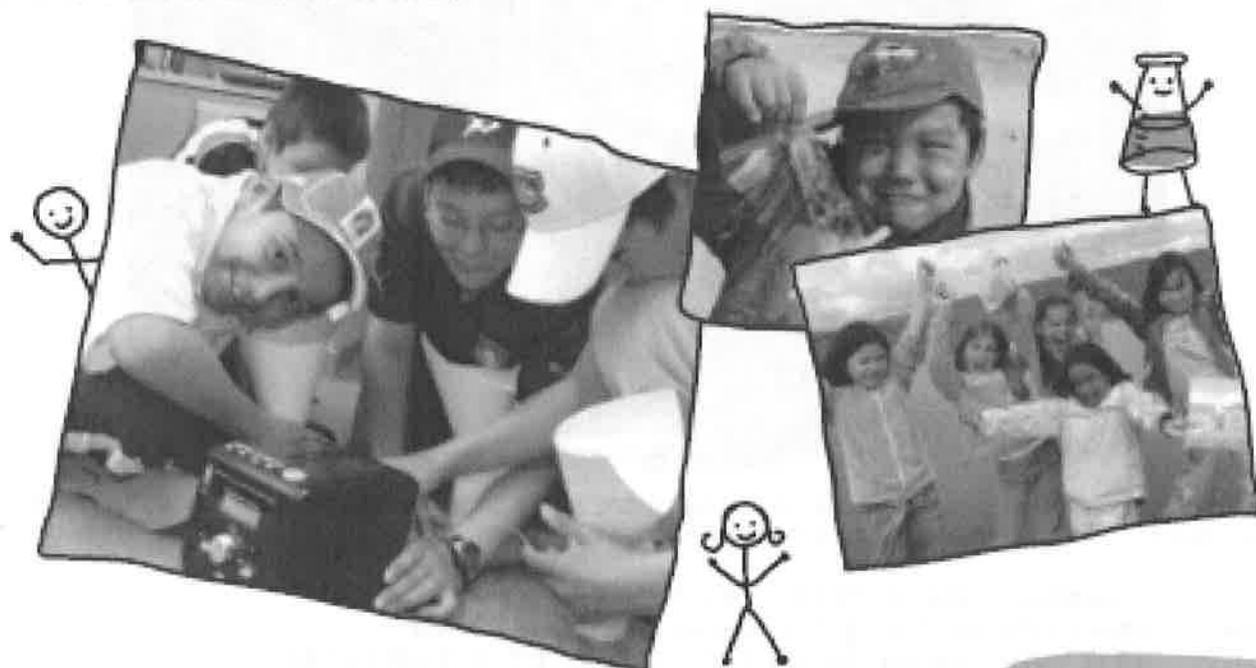
You can also provide your comments and access information about this study by visiting our website at [www.goderichport.ca/Wharf\\_Expansion](http://www.goderichport.ca/Wharf_Expansion).

Under the *Freedom of Information and Protection of Privacy Act* and the *Environmental Assessment Act*, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this matter and will be released, if requested, to any person.

# Make Friends with Science



Come to the Aamjiwnaang Summer Science Camp  
for a week of science fun!



For Girls and Boys grades 3-6

July 8 - 12th, 2013

Time: 9:00am - 4:00pm

Location: Maawn Doosh Gumig Community Centre

To register or for more information call Janice Rising at 519-383-0404

Space is limited, so register early!

This FREE camp is full of  
exciting activities and tons  
of fun. A free t-shirt is  
included too!



An ESQ Camp:

Supported by:



SUNCOR  
ENERGY  
FOUNDATION

actüa

Learning for Change.  
Discover your domain.



# SCIENCE & ENGINEERING CAMP!

A week-long free camp - design cool projects, harness the power of electricity and play with science!

Where: Maawn Doosh Gumig Community and Youth Centre

When: July 2 — 5, 9:00 a.m. — 4:00 p.m.

Who: Youth entering grades 6 to 8 in September

Cost: FREE!



McMaster's Venture Engineering and Science is offering a FREE week of camp in your community. Through interactive projects, campers will be offered a first-hand look at the many opportunities that exist in science and engineering to Aboriginal boys and girls entering grade 6 to 8 in September.

[venture.mcmaster.ca/Aboriginal\\_camp.html](http://venture.mcmaster.ca/Aboriginal_camp.html)

Camp supported by:

Camp delivered by:





## 2013 Cultural Awareness Day

By Bonnie Plain



Chief Chris Plain welcomes students

On May 24, 2013, Chief Chris Plain welcomed 130 students, 10 teachers, and chaperones to Cultural Awareness Day at Maawn Doosh Gumig.

To begin the days teachings, the students were gifted with a welcoming song from Animikeence Plain and Ernest Walker.

Students were bussed in from three schools: Sr. John Moore Community School in Corunna -

grades 2 & 3, Colonel Cameron Public School in Corunna - grades 2 & 3, and Lansdowne Public School in Sarnia - grades 2, 3, & 4.

The original intent of Cultural Awareness Day was “to teach non-native children, who we are as a people...a

lot of our own children don't know” explained Debbie Plain. Debbie is the Native Education Worker at Lansdowne and has worked for the Education Department for close to 20 years. Debbie Plain and Janet



Native Education Workers: Debbie Plain & Janet Steadman with volunteer students Adalia Plain & Ashley Maness

Steadman coordinated this years event.

Cultural Awareness Day began many years ago at SCITS with Darren Henry and Stephanie Rogers. The event started out as “Native Awareness Day”. Jean Henry, Ada Plain, and Annabelle Cornelius were the Native Education Workers at the time and they began rotating the event between schools. This year, when Colonel Cameron showed interest, they were invited to participate. “There were so many students interested this year, that we had to draw names”, stated Debbie.

In 2005 it was decided that the event be brought to the community. During their first visit to the community, students were bussed in and gathered at Bear Park. They held hands and did a round dance. They were so excited to share in the experience. “It makes our kids feel good to see the other students come here to the community and it makes them feel proud to be from

here”, Debbie proudly stated.

On display during Cultural Awareness Day was a variety of Arts & Crafts in the **Cultural Museum**. Craftworks from various artists were laid out for the teachers and students to appreciate and enjoy. Student volunteers, Adalia Plain and Ashley Maness, were available to answer any questions the students had and to explain the significance of each artistic creation.



A creative display of Aboriginal Arts & Crafts are laid out for students to admire in the Cultural Museum.

The students were divided into groups and rotated between six stations set up throughout the community centre. Each station was identified by a symbol representing a clan and had culturally based presentations facilitated by well-known community members. The six presentations were: Fry Bread Making—Liz Plain, Anishinabe Teachings and Medicine—Lynn Rosales, Drum Teachings and Songs—Animikeence Plain and Ernest Walker, Regalia and Craft Making—Edna Cottrelle, Anishinabe Language with Bingo—Joseph Plain, and Clan Teachings and Craft—Janet Steadman.



Liz Plain

**Fry Bread Making** is a gift that Liz Plain picked up as a young woman and proudly demonstrated how to make it for the interested students. The curious bunch asked questions and played with the dough before tasting the finished product. (FYI - Liz did not use the handled dough.)

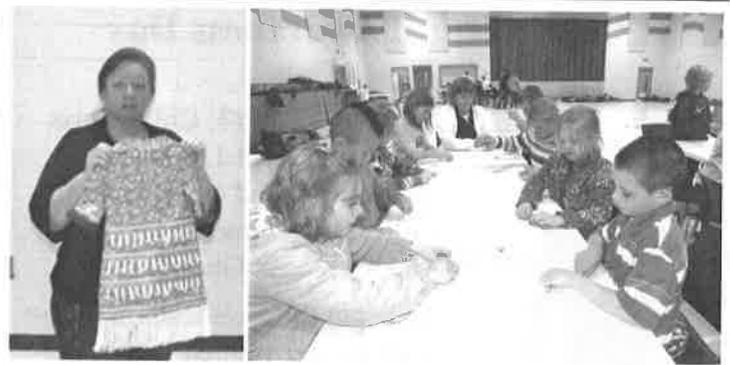
During the presentation, Liz explained to the students what her grandmother once told her, she said, “if the bowl is clean after mixing and kneading the dough you would make a good wife”. The students got a good chuckle out of the story.



Liz Plain getting Frybread ready for the tasting—many asked for more



*Lynn Rosales explaining the importance of the water, the four medicines, and the vessels used in our culture*



*Edna Cottrelle teaching regalia & beaded crafts*

**Anishinabe Teachings and Medicines** is what Lynn Rosales has been learning and sharing for most of her adult life. Lynn is second degree Midewiwin and shares her knowledge with local people, both native and non-native alike. Lynn especially enjoys sharing with the youth, since they are our future. The youth are the one's who are seeking the knowledge, to find who they are, and where they come from.

The students sat and listened quietly to the words spoken and asked numerous questions. They also had the opportunity to cleanse with sage. As Lynn offered them a smudge, it was stated that, "if you don't feel comfortable smudging, put your hand out in front of you, indicating that it pass you by".



*Joseph Plain calling out bingo numbers in Ojibwe*



*Animikeence Plain (left) and Ernest Walker (right) allow the students to participate in drumming & singing*

**Drumming and Singing** is a talent that has been with Animikeence Plain and Ernest Walker for most of their lives. Both men belong to a drum and have been singing for many years.

The students were anxious to participate in drumming but not too many seemed interested in the singing part. Both boys and girls had the chance to enjoy the hand drums, while the boy's got to experience the big drum. "It is an Ojibwe custom that only males use the big drum," stated Animikeence, "but other cultures may allow woman to sit at the drum". Ernest informed them that "either can own or use a hand drum".



*Janet Steadman teaches about the clans & makes a craft*

**Clan Teachings and Craft** was what Janet Steadman, Native Education Worker, shared with the children. They listened in awe as the animal clan system was explained and created a medallion with a clan animal. Door prizes were drawn to end the days events.



**AAMJIWNAANG FIRST NATION  
EMPLOYMENT OPPORTUNITY  
FIRST NATIONS YOUTH  
WORK EXPERIENCE PROGRAM**

The First Nation Youth Work Experience Program is a project that will provide a mentored work experience for unemployed youth in community programs or other work experience that will contribute to their employability in an enriching and fulfilling way.

**PARTICIPANT SELECTION**

Participants will be selected based on the criteria listed below. The selection committee will place participants where they are best suited based on information from resume and interviews as necessary. Please be aware that this is a work experience program only and does not guarantee a full time employment position once the program is complete. 2012 Youth Experience Program participants are not eligible.

**POSITIONS**

- 1) Reception/Clerical-Daycare
- 2) Community Center Custodial Trainee

**QUALIFICATIONS:**

- Between the ages of 15 – 30
- Out of School
- Unemployed
- Band Member of Aamjiwnaang First Nation

**CLOSING DATE:**

**Monday June 24, 2013 at 4:00pm**

**SUBMIT RESUME AND COVER LETTER TO:**

**First Nations Youth Work Experience Program 2013  
Aamjiwnaang First Nation  
978 Tashmoo Avenue  
Sarnia, Ontario  
N7T 7H5**



**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: June 14<sup>th</sup> 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**

# Healthy Kids for Life 2013!

It's that time of year again! Healthy Kids for Life is back for Summer 2013! Please join us for a fun and exciting summer!

Throughout the summer we will have many activities for everyone to enjoy! We will have guest speakers, field trips, art, physical activity, and much more! Space limited!

Register today!



**AGES:** 7-12

**WHEN:** July 2-August 16  
*Camp will run Tuesday,  
Wednesday, and Thursday  
from 9 a.m. to 1 p.m.*

**WHERE:** Aamjiwnaung  
Health Centre

## Have a Safe and Enjoyable Summer!

*Registration forms can be picked up and dropped off at the Health Centre or printed from below.*

Contact Melissa Boone at the Health Centre for more information.

(519) 332-6770 ext 35

Registration due by June 24, 2013

Migwetch!



Healthy Kids for Life  
Registration and Waiver Form

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Parents/Legal Guardian: \_\_\_\_\_

Emergency Daytime Contact: \_\_\_\_\_

Emergency Daytime Phone #: \_\_\_\_\_

Health Card #: \_\_\_\_\_

List any food or other known allergies and any medical information necessary.

I HEREBY GIVE MY CHILD: \_\_\_\_\_, Permission to participate in the Healthy Kids for Life Summer Camp on Tuesday, Wednesday, and Thursday mornings. This program begins July 2<sup>nd</sup>, 2013 and ends August 16<sup>th</sup>, 2013 and runs from 9 a.m. to 1 p.m.

I understand that a parent or guardian is responsible to drop the child off at 9 a.m. and pick them up at 1 p.m. It is not the responsibility of the Healthy Kids for Life to provide transportation for the child. If you will be late arriving or picking up your child the staff at the Health Centre must be informed.

I further understand that I will not hold Aamjiwnaang First Nation or any of the Healthy Kids for Life staff responsible or liable for any accidents or injuries that may take place during participation in the summer camp.

I also give permission for any first aid/medical attention that may be required. In case of an accident the phone numbers given will be contacted.

I understand that this program involves trips from the Health Centre to various locations. I allow my child to participate in activities at alternate locations.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Miss Aamjiwnaang 2013

## Categories

JR Princess  
6-12 years of age

SR Princess  
13-17 years of age

## Particulars

- @ Past princesses are welcome to compete
- @ All contestants are required to submit an essay explaining why they feel they are the best candidate to represent our community
- @ Judging will be based on questions and answers to follow
- @ Introductions of self in Anishinaabemowin  
Dance contest
- @ JR contestants will be answering a prearranged question thru a drawing with description, this will be present on the pageant evening
- @ Jr Princesses must make a poster all about them to present to the judges on the night of the pageant. I have scheduled a date to begin the posters at the community centre. Please check tribune for the date.

## Requirements

- @ Must be a registered band member of the Aamjiwnaang First Nation
- @ Must be a dancer
- @ Must be drug and alcohol free
- @ Must be a non-smoker
- @ Must be registered in school full time
- @ Must maintain a positive attitude throughout all areas of her life
- @ Must have no children
- @ Must make a new shawl or blanket for the incoming princess
- @ Must be able to travel to as many powwows/events as possible when requested
- @ Must stay for all grand entries when using honorarium for travel

For more information please contact

Naomi Deacon 519-328-5070, Becky Maness 519 344-4132

Registration Form – JR and SR Princess 2013 – Aamjiwnaang First Nation

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_

Band # \_\_\_\_\_ Phone # \_\_\_\_\_

I, \_\_\_\_\_, am running for JR/SR Princess for 2013. I agree to the above requirement mentioned.

Signature \_\_\_\_\_

Date \_\_\_\_\_

SUBMIT to the BAND OFFICES c/o POWWOW no later than 4:00p.m. FRIDAY JUNE 14/13

## NOTICE OF COMMENCEMENT OF AN ENVIRONMENTAL SCREENING AND COMMUNITY MEETING NEWALTA SARNIA PROCESSING FACILITY, CITY OF SARNIA

Newalta has commenced an Environmental Screening Process in accordance with the Waste Management Projects Regulation (Ontario Regulation 101/07) of the *Environmental Assessment Act* in order to enhance its recycling operations within the City of Sarnia and provide a broader range of services to an expanded customer base. The proposed facility location is a brownfield site located in the south end of the City of Sarnia on Scott Road, just north of Churchill Road/Highway 40 (see key map below). The site is presently being operated by Newalta as a storage and maintenance facility as well as a base for mobile processing equipment used to serve industrial customers. The proposed facility will help industry, including the local petrochemical community, reduce waste, recover valuable products, and minimize disposal and its related impact on the environment. The proposed operations will also require a new Environmental Compliance Approval for the site.

**The Proposed Undertaking:** Newalta is proposing a project that will enhance its Sarnia/Lambton operations. The proposed facility will process solid and liquid industrial waste, primarily from the petrochemical industry, with a focus on product recovery to divert waste from landfill or incineration. The facility will also act as a staging ground for mobile equipment that Newalta operates on customer sites.

**The Process:** The Environmental Screening Process will be carried out according to the Waste Management Projects Regulation (Ontario Regulation 101/07) of the *Environmental Assessment Act* and the Guide to Environmental Assessment Requirements for Waste Management Projects. The results will be documented in an Environmental Screening Report, which will be released for First Nations, the public and agency review.

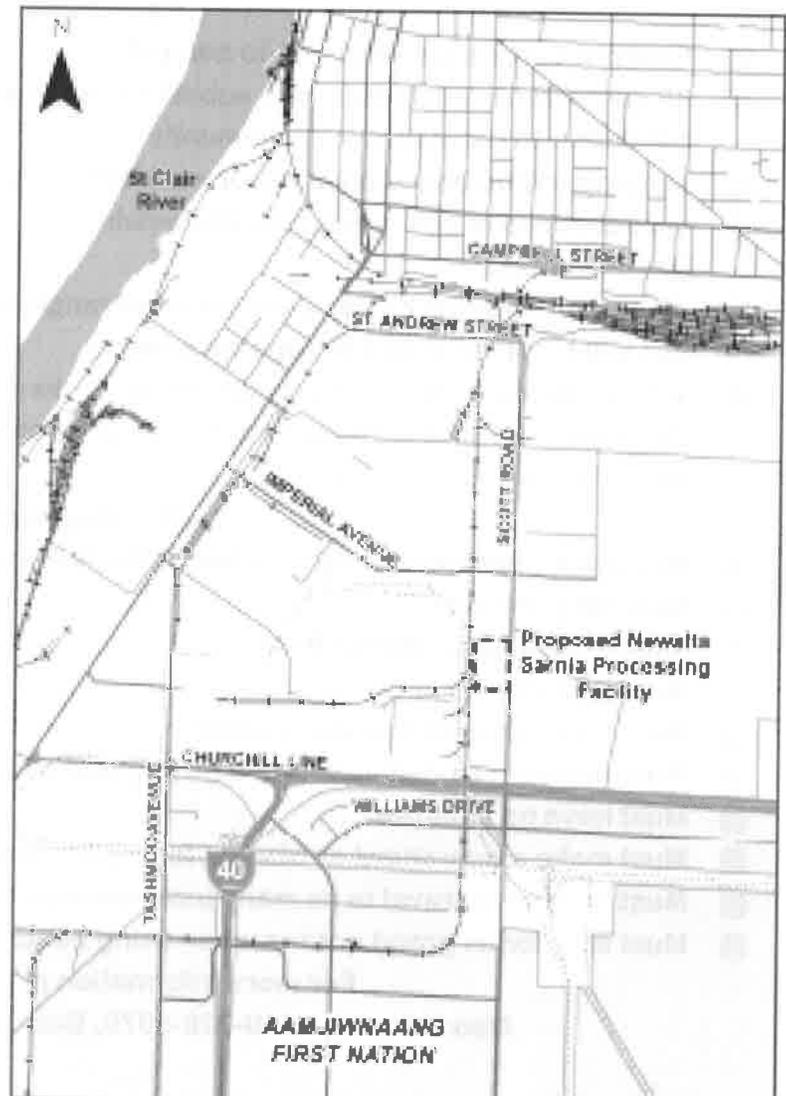
**Engagement and Community Meeting:** First Nations participation is an important part of Newalta's engagement process. Engagement activities such as community meetings provide an opportunity to meet the project team, learn more about the project, and provide comments and questions regarding the project. Engagement opportunities are planned throughout the Environmental Screening Process and will be advertised via the Tribe One, on Newalta's website ([www.newalta.com/SarniaECA](http://www.newalta.com/SarniaECA)), on the Aamjwaang Health and Environment Committee website (<http://www.aamjwaangenvironment.ca>), and on the Aamjwaang Environment Facebook page ([www.facebook.com/AamjwaangEnvironment](http://www.facebook.com/AamjwaangEnvironment)). Newalta would appreciate your input and welcomes your attendance at our drop-in style community meeting for the project scheduled for:

Date: Wednesday, June 19, 2013

Time: 4:00 p.m. to 7:00 p.m.

Location: Maawm Doosh Gamig Community Centre

*Please note: snacks will be provided at the meeting*



To learn more about the project and community meetings, to communicate questions or comments, or to be added to our project distribution list, please visit [www.newalta.com/SarniaECA](http://www.newalta.com/SarniaECA) or contact the following project team member:

**Tim Beohard**  
 Newalta Corporation  
 551 Scott Road, P.O. 30060  
 RPO Eastland Plaza  
 Sarnia, ON, N7T 0A7  
 Phone: (519) 335-1113  
 Email: [sarniaECA@newalta.com](mailto:sarniaECA@newalta.com)

Under the Freedom of Information and Protection of Privacy Act and the Environmental Assessment Act, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this Project and will be released, if requested, to any person.



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[whiteplainsautobody@gmail.com](mailto:whiteplainsautobody@gmail.com)

## Need It Hauled Away!

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**519-381-0653 or 519-332-8551**

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**Rabbit at 519-344-2774**

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*Give a description of problem etc., contact info. Most repairs completed at my home, setting up networks, and training, requires booking and on site.*

Thanks, Jason Williams email:

[usedgood22@hotmail.ca](mailto:usedgood22@hotmail.ca)



## Roger Williams' AUTHENTIC NATIVE CRAFT SHOP

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*Great gift ideas!*

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*TO BOOK AN  
APPOINTMENT*



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Computer Repair &

Virus Removal \$35

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Call Fred at 519-337-3383 or email

[tanyaernesto@bell.net](mailto:tanyaernesto@bell.net)

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**CHIPPEWA TRIBE-UNE**

978 Tashmoo Avenue  
Sarnia, Ontario N7T 7H5

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

E-mail: [tribeune@aamjiwnaang.ca](mailto: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, June 20, 2013**

The **deadline** will be on  
**Tuesday, June 18th, 2013**  
by **4:00 pm**

*Chi-Miigwetch,  
Bonnie Plain ~ Editor*



## Haudonsaunee Nation Women's Lacrosse team set for the world stage

By: Sylvia Plain

The 2013 FIL (Federation of International Lacrosse) Women's Lacrosse World Cup is coming to Oshawa, Ontario on July 10<sup>th</sup> to the 20<sup>th</sup>, bringing in nineteen teams from around the world. 2013 marks the 100<sup>th</sup> anniversary of Women's International Lacrosse and since making its debut around the world, Canada's official summer sport will be returning home to its birth place and the Haudenosaunee Nation will be a contender for world's top spot in women's lacrosse.

The Haudenosaunee Nation Women's Lacrosse team, ranked 13<sup>th</sup> in the world will be represented by an 18 player roster, which ranges from ages 16 to 39. This will be their second appearance at the Women's Lacrosse World Cup after competing for the first time in Prague, Czech Republic in 2009.

The team will be lead by veteran and decorated player, Lindsay Doxtator of the Oneida Nation of the Thames. Lindsay was a member of the 2009 Haudenosaunee Nations Women's Lacrosse team that competed in Prague and lead the University of Western Mustangs to an undefeated season and an OUA (Ontario University Athletics) Women's Lacrosse title in 2009.

Doxtator graduated from the University of Western with a health science degree. Prior to that, she earned a photojournalism degree from Loyalist College. Post-graduation, Lindsay rejoined the Western Mustangs women's lacrosse team as an Assistant Coach. Off the field, Lindsay works for Oneida Employment and Training as the employment support worker.

As a role-model and mentor of her community, Doxtator says "representing Oneida in the 2013 FIL World Cup means a lot to me - with the sport still growing in my community, especially amongst the young girls, my hope is for them to become inspired. To see not only myself, but the Haudenosaunee team as a whole - we have come a long way since our debut in 2009 and I am looking forward to the years to come when our small talent pool (compared to other nations), explodes."

The 2013 FIL Women's Lacrosse World Cup logo is designed to represent the Ojibway medicine wheel to represent the four directions from which teams are coming to play and the official slogan for the games is "One World, One Game, One Dream".



Doxtator says, "with the World Cup being only a few hours away from home, I get goose bumps thinking of the 'purple' that will be in the stands...playing for them, family, friends, and for the Creator...I hope to make them proud."

The Haudenosaunee Nation Women's Lacrosse team will be playing in Pool C with Japan, Austria, Hong Kong and Sweden. They play their first game on Thursday, July 11<sup>th</sup> against Sweden at 12pm.

All of the games will be played at the Oshawa Civic Recreation Complex. 10 Day event passes are \$75.00 each. This grants you access to every game of the tournament. Children under 10 years of age do not need to purchase a ticket if accompanied by an adult.