



Inside This Issue	
Polling Notice	3
Band Announcements	5
Mtg. /DC Pow-wow	6
Wampum Belt	7
Telederm	8
Sophie's Tid Bits	9
Letter/Sweat Lodge	10
Housing Work form	11
Art Walk Science Camp	12
Solidarity Day Info	13
Self Harm	14
Aamj. Pow Wow	15
Walking Challenge	16
Healthy Kids 4 Life	17
Healthy Kids Form	18
Senior's News	19
Summer Safety	21
Math Fun	22
Free Lap Top	26
Skills Camp	27
Cookbook Project	29
New Job Postings	33
Mental Wellness Info	35

Aamjiwnaang
Population Stats
Current: 2305



Bill Bird Memorial Gospel Sing Saturday, June 14th, 2014 1:00 - 6:00 pm

Under the Pavilion at Bear Park
Please come and enjoy an afternoon of music
Bring your own lawn chair for your own comfort



WE ARE EXPECTING

- *Kenny & Sonya Sault*
— *New Credit Reserve*
- *The Ritchie Family*
— *Saugeen*
- *Lott Thunder*
— *Winnipeg, MA*



There will be a number of other singers as well

Lunch Menu Includes:

Hamburg's - Hot Dogs - Salads - Chili
Coffee - Pop - Water

In-case of rain we will be in the community centre

Thanks to Chief & Council and St. Clair United Church for their support

Happy Birthday

June 7 to June 20, 2014



Roland	Kiyoshk	June	7	Clayton	Rogers	June	13
Sheryl	Middleton	June	7	Reese	Simon	June	13
Michael	Secord II	June	7	Robert	Walker	June	13
Alysha	White	June	7	Paula	Williams	June	13
Amy	Williams	June	7	Reynold A	Williams	June	13
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	Plain	June	9	Brandi	Rosales	June	15
Wilson	Plain	June	9	Gary A	Maness	June	16
Shawna	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				
Tashina	Fisher	June	13				
Kevin	Forbes	June	13				
Allyson	Paillard	June	13				
Nicholas	Rising	June	13				

Happy Birthday
to Randi Rogers on June 12
Love Mom & Felicia

ATTENTION MEMBERS

****Watch for updated Nomination List and Candidates Night in the next Tribe-Une**

~ **COMMUNITY NOTICE** ~

All Band Operations will be

CLOSED

**Friday June 20, 2014
For Solidarity Day**

Back to regular business hours on Monday June 23, 2014, Thank you

Attention Community Members

Just a friendly reminder that there will

be **NO SERVICE** on

Friday June 20th, 2014

For all Home & Community Care Clients This is

SOLIDARITY DAY

Please make arrangements with your loved ones.

Regular hours will commence

Monday June 23rd, 2014

Have a great day & enjoy the activities!

From the Home & Community Care Department. *HCC Clerk—Rebecca Adams*

Notice

Please be advised that operations that the Band Office and Health Centre will be **Closed on Friday, July 18th**. This closure is to allow staff to clean out old files and storage areas. Operations will resume on Monday July 21, at 8:30am.

Polling Notice - General Election

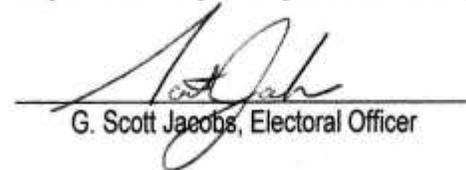
Notice is hereby given to eligible voters of the Aamjiwnaang First Nation Indian Band that a general election poll will be held Friday July 11th, 2014 to elect one (1) Chief and nine (9) Councillors of the Band, and that such poll will be open from nine (9:00) o'clock a.m. local time until eight (8:00) o'clock p.m. local time at the **Maawn Doosh Gumig Community Centre**. I will count the votes that same day, Friday July 11th, 2014, at the same location immediately after the close of the poll and declare the results of the election.

All members of Aamjiwnaang First Nation, whether they are living on-reserve or off-reserve, who are eighteen (18) years of age or older on Friday the 11th day of July, 2014 are eligible voters and may cast a ballot in person or by mail-in.

Eligible voters living off-reserve, who for any reason choose not to attend the poll or who are unable to attend the poll in person on Friday July 11th, 2014, may pick up a mail-in ballot package from Deputy Electoral officers Carolyn Nahmabin or Kelly Williams during regular business hours after June 6th, 2014. Please make advance arrangements by contacting either Carolyn or Kelly at (519) 336-8410, or you may contact the Electoral Officer directly if you wish, and a package will be mailed to you.

Eligible voters who receive or pick up a mail-in ballot package may attend the poll and vote in person but, in doing so, shall forfeit the count of their mail-in ballot.

Given under my hand at Aamjiwnaang First Nation, May 30th, 2014.



G. Scott Jacobs, Electoral Officer

If you have any questions, please call me or Karen Jacobs at (705) 741-3773, or by e-mail at scott.jacobs@sympatico.ca. You may also contact Carolyn Nahmabin or Kelly Williams at (519) 336-8410.

Introduction

Hello, my name is Jess Pickett, a member of Aamjiwnaang First Nation. I have happily accepted the position as Lands Management Officer. I am currently in the process of taking the Indigenous Peoples Resource Management course at the University of Saskatoon, in phases over 2 years. The course covers general concepts and principles with resource management, legal concepts and processes and economics planning. I will be working alongside Carolyn Nahmabin for the interim and look forward to learning her expertise and knowledge, as well as working for the members of the community. Feel free to contact me with any questions.

Thank you,
Jess Pickett

June 4, 2014

Dear members of Aamjiwnaang

Wow!!....2 years has already come and gone.

As an individual...family member...a community member, I thank-you Aamjiwnaang for allowing me the privilege to serve in a leadership capacity as a member of Council.

It was a pleasure working with Chief and Council during the 2012-2014 term.

I would also like to thank the members of the Development committee, Tina Johnston, Jeannie Gray, Jill Joseph and in memory of Roderick Plain, along with staff members, Carolyn Nahmabin and Melissa Mederios.

Best wishes to all candidates in the up-coming 2014-2016 term.

Chi-Miigwetch!!

Bi Maaw pii

Phil Maness

Congratulations!



A special congratulations goes out to Shoniqua Bunce in her successful win in the Lambton-Kent 2014 City Track & Field competition. Shoniqua has found her passion in running track and was the top over-all winner of the 800 and 400 m. run, beating the previous record. Shoniqua represented Confederation Central School and Aamjiwnaang First Nation; so, if you happen to see her anywhere, don't be shy to give her a high-five or a pat on the back to congratulate and acknowledge on her win.

*Love you very much and so proud,
Mom (Rena Babe) & Family*

DOG GROOMER WANTED

Duties include:

- ➔ Walking dog
- 2-3 times week
- ➔ Bathe, brush, and clip nails
- 2 times month

For more info and/or to discuss payment please call Lee at: 226-886-0833

CURIO CABINET FOR SALE

NEW ~ STILL IN BOX ~ \$150 - OBO

60" H x 28" W x 10-1/2" D

- Walnut colour ● Decorative front panel
- Mirrored background ● If interested please call 519-344-5443



CHIPPEWA INDUSTRIAL
DEVELOPMENT LIMITED

TELEPHONE
(519) 536-9053
FAX (519) 339-9079
www.cidl.net

NOTICE

The Shareholder's of Chippewa Industrial Developments Limited (Band Council) are accepting applications to serve as Board of directors.

Band Members interested in serving on the Board of Directors of Chippewa Industrial Developments are asked to submit your letter outlining your interest and experience to:

c/o Tom Maness
Chippewa Industrial Developments Ltd.
978 Tashmoo Ave.
Sarnia, Ontario
N7T 7H5

Closing date:

Friday, June 27, 2014 @ 4:30 p.m.

NORTH AMERICAN
**INDIGENOUS
GAMES 2014**
REGINA · SASKATCHEWAN



ATTENTION

Aamjiwnaang First Nation will be assisting with Travel for those selected Athletes traveling to Regina Saskatchewan, on July 20th—27th, 2014, for the 2014 North American Indigenous Games.

Please contact Jamie Maness or Verlynn Plain at the Community Centre, 519-491-2160, with all your contact information, as soon as possible

Name the Gazebo!

Bluewater Trails: Connecting the Communities will be building an Information Gazebo on the River front. This gazebo will create an off road information and rest center for trail users. We are asking community members to help name this new Gazebo!

Things to incorporate could include; Rest - Shelter - Information, etc...

Please submit your entry to the
Attention: Jamie Maness or Verlynn Plain at the Community Centre.

Please include a description/definition of your Name Choice.—The chosen entry will receive a \$50 Walmart Card!

ANNOUNCEMENT

ST. CLAIR UNITED CHURCH BAPTISMAL SERVICE

We have arranged for Rev. Val Pitt to conduct a Baptismal Service on Sunday, June 15, 2014 at St. Clair United Church. Anyone interested in Baptism for Yourself or for your children please contact: Janice Rising at **519-344-5448 or 519-383-0404** for further details.

While St. Clair United Church is in the process of searching for a new minister, we hope to continue to serve the community as much as possible.

- Worship Service continues each Sunday morning at 11:00 AM
- We can find a United Church Minister from another Church or a Lay Minister willing to help out in Emergency Situations.
- We can help should you find yourself in need of a minister for pastoral care or a home visit.

For assistance please contact Janice Rising at 519-344-5448 or George Pitfield by leaving a message at the church 519-344-6119.

SAVE THE DATE Aamjiwnaang Community!!!



Chief and Council, the Administration of Aamjiwnaang First Nation and Monteith Brown Planning Consultants invite you to attend the Comprehensive Community Plan Update Review Meeting.

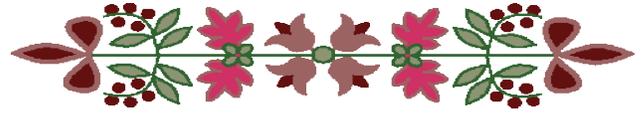
This is your opportunity to review the document incorporating the ideas and input provided by Council, Staff and Community from the past 6 months. To ensure that the Community Plan Update is truly **reflective of the Community's** needs, we need to hear from you!

**Where: Maawn Doosh Gumig
Community Centre
Banquet Room**

**When: Thursday June 12 @ 5:30pm.
Dinner will be served.
Childcare will also be provided.**

It would be greatly appreciated if you could RSVP by calling reception at the Band Office so we can plan for catering and childcare. Advance copies of the document can be obtained at the Community Centre and Band Office Reception desks.

Aamjiwnaang
Binoojiinyag Kino
Maagewgamgoons



Jiingtamok

Day Care

Mini Pow Wow

Wed., June 18, 2014

10:00am – 12:00pm



“CRAFTS”



Featuring: *Crazy Spirit*

Special Guests: *Kettle Point Daycare, Healthy Babies/Headstart, Health Centre, RTP, SOAHAC*

Participants of the Moccasin Making Workshop will have a special honor song.

Come and join in some fun and dancing

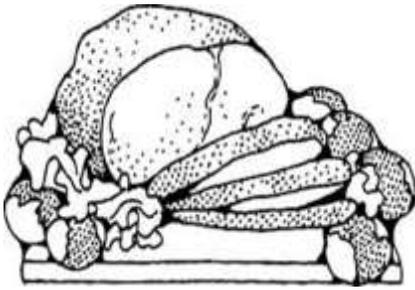
Spot dances - Father's Day Special

- Exhibitions

“Niimdaa” - Everybody Dance

All Welcome To Participate!

Please contact Sophie Williams at 519-344-4132



Roast Beef Dinner Sale

Friday June 6th, 2014

1084 Tashmoo Ave

11am – sold out

\$10.00 Dinners includes:

Beef, Mashed Potatoes,
Gravy, Corn, Slaw, Bun

\$1.00 Pop or Water

Large orders please facebook

Thursday June 5th

Proceeds are going towards
Dallas & Candida's wedding.
Thank you for your support!

Men's Cooking Classes



Wed. June 11/14

11:30am – 1:30pm

Health Centre

Prize For All Participants

Learn to love delicious food
made with a few healthy
ingredients.

To register call 519-332-6770

Anishinaabe g-doodeminaanig miinwaa Wampum Belt History



Alan Ojiig Corbiere

(Anishinaabe Historian, Language
Researcher, and Anishinaabemowin
Revitalization Program Coordinator)

**M'Chigeeng First Nation,
Manitoulin Island**

He will be presenting the
Anishinaabe g-doodeminaanig in
the morning and the history of the
Wampum Belts in the Afternoon.

When: Saturday, June 7, 2014

Time: 10:00 am - 3:00 pm

Where: Maawn-Doosh-Gamig

*"The Covenant belt has many layers of meaning
that constituted an agreement between the
British and the First Nations People and, to the
First Nations, is a binding agreement...Every
symbol on the belt was put there for a reason".*

- Corbiere. www.saugeentimes.com

Lite lunch will be served.

Everyone is welcome





May 15, 2014

Community Members, Aamjiwnaang First Nation

Aamjiwnaang First Nation Health is excited to announce that we are now offering **Ontario Telemicine Network (OTN)** services to support the delivery of care for chronic disease management, dermatology, and mental health and addictions services in our community. Telemedicine is a clinical consultation using videoconferencing technology.

The use of Telemedicine can:

- Increase access to specialists across the province,
- Reduce wait times to see a specialist,
- Reduce your travel time and expenses,
- Provide care closer to home, and,
- Enable family to be present during a consultation.

A Telemedicine Appointment is free to those with a valid OHIP card and obtaining an appointment in any of the areas listed above is as simple as obtaining a referral from your family physician and bringing that to the Health Centre. We will then arrange to have you seen with any of the consulting specialists via videoconferencing.

Right now, Aamjiwnaang First Nation Health is partnering with Bluewater Health to bring to you, the services of **Telederm – Dermatology Services**. Currently, there is no dermatologist located in our area.

Wait times to see a dermatologist in another location, i.e. London, Ontario, can be up to 1 year. By offering the Telederm program to you, wait times to consult with a dermatologist can be reduced to as little as two weeks. In order for you to access the Telederm appointment, you would:

- Need to have a valid OHIP card.
- Need to obtain a referral from your family physician for a dermatology consultation.
- Bring your referral to the Health Centre.
- We will arrange to have the Bluewater Health Telederm Nurse come here to meet with you to obtain your information. This will also involve

having the Telederm Nurse take digital photographs of your skin condition, which are then forwarded electronically over a secure connection to a dermatologist.

- The dermatologist will review this information, make a diagnosis and send treatment recommendations back to your doctor.
- Your doctor will then follow up with you about the suggested diagnosis and treatment plan.
- Occasionally the dermatologist may request that your doctor take additional pictures or perform a procedure, such as biopsy, to complete the diagnosis of your skin condition.
- However, in the vast majority of cases, you will not have to travel to see the dermatologist for a face-to-face appointment.

In anticipation of implementing the Telederm Program here, we will be hosting a **Telederm Open House** in the very near future. Please plan on dropping into this event if you wish to learn more about this important service or wish to ask more questions! More details of this event will be forth coming soon.

Other areas of Ontario Telemedicine Network use are being explored! These will be implemented in the coming months. For instance, referrals for mental health and addictions and chronic disease management, such as diabetic care and dialysis consultations are being explored. Please watch our Facebook Page for a survey on the types of uses you would like to see provided here using Ontario Telemedicine Network. Your input into this survey is very important and will help guide the future of telemedicine at Aamjiwnaang First Nation.

Thank you.

Sincerely,

Sara Plain,
Director of Health Services,
Aamjiwnaang First Nation



Telederm Open House!

Come on out and find out how the Telederm Program Can help you to obtain a dermatology consultation/ treatment recommendations.



Wednesday, June 25, 2014

from 5:00 – 7:00 p.m.

At the Aamjiwnaang Health Centre!

Drop in to ask questions, book an appointment, see how this program will work, etc.!

No need to stay for whole time!

Aamjiwnaang Binoojiinyag Kino Maagewgamgoons

Tiny Tot Dance

Now that all of our rooms have participated in a 6 week Tiny Tot dance program with me and **Lightning Clark**, the children are ready to dance! Miigwech to **Tanya Aviles** for facilitating a Mocasinan making class to help get them ready for our mini pow wow!



Water Walk

The Binoojiinyag have also participated in their **4th Annual Water Walk**, Miigwech **Sylvia Plain** for leading us, and to all who came out!

Video will be out soon!

Cooking with Men

Jeff Sands and Damian came from Bkejwanong to show the kids how to cook with maple syrup, ziiwaagmide. Kids made maple cheesecake tarts for the whole school.

Nmaachihna

The JR, SR and JK rooms had a fun filled morning while traveling to Delaware FN to IEC village. They learned about building a wigwam and cooking outdoors.



Duke Maness and Earle Cottrelle pictured with Shell's 2014 Aamjiwnaang Day of Caring Volunteer's

Many Many Miigweches Shell—On behalf of myself, Duke, Tracy, & all of our wonderful elders who benefitted on Shell's 2nd Annual Day of Caring in Aamjiwnaang, I can't express enough, on how much our elders appreciated your help. Just to inform you, Shell dictated on where and who they wanted to volunteer this time around. The volunteers were Shell employee's children whom are in college. We know, that, we did not get to all of our elders, or, to our residents who need assistance organizing around their homes, NOT TO WORRY...Shell will be returning in September with as many as 75 volunteers. A very Big Thank You to Kristina Zimmer and Tracy Williams for organizing the 2014 Aamjiwnaang Day of Caring.

Housing Maintenance Worker, Earle Cottrelle

SWEAT LODGE CEREMONY

with Isaac Day

June 23, 24 & 25

*For more information contact
Jamie Maness at 519-491-2160*



Aamjiwnaang Housing Department

If you would like to be called to assist us with your specific choice of employment specialties pertaining to housing, please check off your specialties, and fill out personal information completely.

Name _____

Address _____

Daytime contact info _____

- Drywall, drywall repair, taping & mudding
- Painting
- Insulating
- Roofing
- Rough framing, decks
- Cabinet installation, finished trim
- Window & door installation
- Siding, soffit & fascia
- Concrete work, parging, sidewalks, forming and fixing foundation cracks
- Minor plumbing
- Construction demo
- Flooring, carpet, laminate, hardwood, or ceramic tile
- Moving
- Cleaning out flooded basements
- Cleaning out vacant rentals
- Final cleaning for tenancy

Please return to Housing at your convenience

Thank You



CALL OUT!

FOR DANCERS, SINGERS,
ARTISTS & CRAFTS PEOPLE
To “*Celebrate The Past...
Inspire The Future*” at the



SARNIA ARTWALK
Saturday & Sunday,
JUNE 7 & 8, 2014
DOWNTOWN SARNIA

*Art Vendors, Food Vendors,
Musicians, Children's Activities,
& Art Demonstrators Needed*



If you are interested please contact
Jill Joseph or Nathan Dixon at the *Sarnia
Lambton 'Indigenous' Friendship Center* at
**519-344-6164 ~ By: Friday,
May 30th, 2014** to reserve a spot on the
Main Stage or at Victoria Park behind
the Sarnia Public Library.

SLNFC will have a full Size Tee-Pee
and an Honorarium may be offered.

Science Camp



For Girls and Boys ages 7-12.
This camp is **FREE!**

Space is limited.

Register early!

Date: June 30th—July 4th, 2014

Time: Camp Day: 9am-4pm

Drop Off: 8:30-9am

Pick Up: 4-4:30pm

Location: Aamjiwnaang
Community Centre
(Marlborough Lane, Sarnia)

Register: Contact Janice Rising
978 Tashmoo Ave.
Sarnia, ON N7T 7H5
519-383-0404 Ext. 224

An Actua camp



Delivered by:



Supported by:





SOLIDARITY DAY CELEBRATIONS
Aamjiwnaang First Nation

This year’s Celebration will coincide with our annual Powwow. For that reason we will have events on both Friday night, June 20th and, Saturday night, June 21st.

Friday June 20th

5:00 pm - Potluck Dinner at the Community Centre

As in previous years... we provide the BBQ, and...

- | | | | |
|---------------------------|---------------------|---------------------|---------------------|
| Off Reserve | Pop, Juice or Water | River Road | Chips or Salads |
| Virgil Sub-Division | Fruit or Veggies | Chippewa Cres | Pop, Juice or Water |
| Wahboose Circle | Desserts or Salads | Beaver Circle | Chips or Salads |
| South Vidal | Desserts or Salads | Tashmoo Ave | Salads or Veggies |
| Maness & White Crt | Desserts or Fruit | Scott Road | Pop, Juice or Water |

**** Potluck is whatever you can bring. Just make sure you come! ****

5:00-6:30 pm - Right To Play’s “Crazy Carnival” in the Youth Lounge

7:00 pm - Comedian Ryan McMahon will be here to share some laughter & fun...



“He’s a Native George Carlin. He tells stories. He understands the issues. He’s fearless, and funny.”
- Steve Glassman | Executive Producer | CBC Television



Saturday June 21st

After the Powwow has retired the flags for the evening. Events will be at the Ball Diamond area (by the Band Office).

7:ish - 11:00 pm - The Band “Ramblin’ Fever” will play the ole’ favorites!

10:00 pm - Fireworks!



Aamjiwnaang Education Awards 2014 Post Secondary Students

The Education Committee of Aamjiwnaang are now asking all graduating Post-Secondary students to provide proof of graduation to be eligible for the graduation award. The date of graduation must be in the current school year (2013/2014).

The proof of graduation must be either a copy of the diploma/certificate or final transcript.

Proof must be submitted by

Friday, July 11, 2014 by 4:00 p.m.

Submissions of proof will be received by the Aamjiwnaang Education Department:

Diane Aiken: daiken@aamjiwnaang.ca

Vicki Ware: vware@aamjiwnaang.ca

978 Tashmoo Ave

Sarnia, ON N7T 7H5

Telephone: (519) 336-8410

Fax: (519) 336-0382

Email, mail, drop offs, or fax is acceptable.

NOTE: Please ensure that your address and telephone number is written on the copy.



**Aamjiwnaang
Mental Wellness Program
519-332-6770**

SELF HARM PRESENTATION

JUNE 9, 2014

HEALTH CENTRE 5PM—6PM

LIGHT SNACKS & DOOR PRIZES

Topics included in the presentation:

- What is self harm
- Why do people self harm
 - Who does it affect
 - Who is at risk
- How do you know if someone you know is self-harming
- Prevalence, prognosis, and other statistics
 - Treatment options

PRESENTER: JACIE BILTON

If you have questions please contact

Tracey 519-332-6770 or email:

tgeorge@aamjiwnaang.ca

ANIMAL CONTROL OFFICER

Ron Simon - Text/Call 519-330-7450

For animal control issues only!

Primary duties are to follow up on loose dog complaints and monitor quarantined dogs.

If you are a dog owner and your dog is loose, it is your responsibility to retrieve your dog.

Traps available at Band Garage for use by community members. 519-336-0510

Needs a Home

I have an 8 months old male kitten in need of a loving home. **ALSO:**

I am looking for a cute little puppy.

Please call 226-349-1400

Friday Night Golf League

IS BACK!!!

St. Clair Parkway Golf Course
(Mooretown).

Tee off from 4:30 to 6:00 pm.

\$20/person includes cart & 9 holes

\$10/Golf fee goes toward year end banquet and prizes.

Weekly longest drives, closest to the pins, skins, and 50/50 draws

Proper golf attire is required.



53RD ANNUAL AAMJIWNAANG

AAMJIWNAANG FIRST NATION FORMERLY CHIPPEWA OF SARNIA

POW WOW



SATURDAY, JUNE 21ST & SUNDAY, JUNE 22ND 2014

PUBLIC WELCOME!

GATES OPEN @ 10AM BOTH DAYS

BEAR PARK 1972 VIRGIL AVENUE - SARNIA, ON
(JUST MINUTES FROM THE MICHIGAN/ONTARIO BORDER)

COMPETITION DANCING & SINGING TO GRAND ENTRY AT 12PM & 6PM ON SATURDAY & 12PM SUNDAY SHARP!!!

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

EMCEE:
ADRIAN HARJO
a fine Kicapoo/Seminole

ARENA DIRECTOR:
T.B.A

DRUM JUDGE:
DANNY "BIINDIGAYGIZHIG" DELEARY
Chippewa of the Thames

DANCE JUDGE:
LISA WILLIAMS
Ojibway - Aamjiwnaang First Nation

HEAD VETERAN:
GEORGE MARTIN



Photo courtesy of Sergeant Ray Starks

SATURDAY NIGHT JUNE 21ST, 2014 LIVE ENTERTAINMENT STARTING @ 7PM & FIREWORKS TO FOLLOW AT DUSK @ THE BALL DIAMOND

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

Golden Age Men (50 & Up) ~ All Categories Combined 1 st ~ \$1000 2 nd ~ \$800 3 rd ~ \$600 4 th ~ \$400	Men's 18-49 ~ Traditional, Grass, Fancy 1 st ~ \$1000 2 nd ~ \$800 3 rd ~ \$600 4 th ~ \$400	Teen Boys & Girls 13-17 ~ Trad., Jingle, Fancy Feathers/Shawl, Grass 1 st ~ \$350 2 nd ~ \$300 3 rd ~ \$250 4 th ~ \$200
Golden Age Women (50 & Up) ~ All Categories Combined 1 st ~ \$1000 2 nd ~ \$800 3 rd ~ \$600 4 th ~ \$400	Women's 18-49 ~ Traditional, Jingle, Fancy 1 st ~ \$1000 2 nd ~ \$800 3 rd ~ \$600 4 th ~ \$400	Junior Boys & Girls 6-12 ~ Trad., Jingle, Fancy Feathers/Shawl, Grass 1 st ~ \$200 2 nd ~ \$150 3 rd ~ \$100 4 th ~ \$75

NEW!!!

DRUM CONTEST

WINNER TAKE ALL & \$10,000

DRUM SPLIT FOR NON-PLACING DRUMS

REGISTRATION CLOSES
at Grand Entry - NO EXCEPTIONS!

REGISTRATION:
6 PM - 8 PM on Friday • 10 AM - 12 PM on Saturday

BROUGHT TO YOU BY:

AAMJIWNAANG FIRST NATION



FOR MORE INFORMATION:

519.336.8410

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.

WHOLE FOODS vs. FOOD-LIKE PRODUCTS



Lucky Charms

INGREDIENTS: Oats, (Whole Grain Oats, Flour), Marshmallows (Sugar, Modified Corn Starch, Corn Syrup, Dextrose, Gelatin, Calcium Carbonate, Yellow 5 & 6, Blue 1, Red 40), Artificial Flavor, Sugar, Corn Syrup, Corn Starch, Salt, Calcium Carbonate, Artificial Color, Trisodium Phosphate, Zinc And Iron (Mineral Nutrients), Vitamin C (Sodium Ascorbic), A "B" Vitamin (Niacinamide), Vitamin B2 (Riboflavin), Vitamin B1, Thiamin Mononitrate), Vitamin A, (Palmitate), A B Vitamin (Folic Acid) Vitamin B12, Vitamin D, Vitamin E (Mixed Tocopherols) Added To Preserve Freshness.)



Quaker Oats

INGREDIENTS: Oats

Every time you eat or drink, you are either FEEDING disease or FIGHTING it. The choice is yours!

This message is brought to you by the "Healthy Homes—Happy People" Champaign Initiative.



Aamjiwnaang's



June 16th – August 31st

The moon is 252,088 miles from the earth.

30 minutes of walking = 1 mile

Participant to walk the furthest over-all will win an iPod touch w/arm band



AND

Pair of N7 running shoes



Hand in Monthly tracking sheets & have your name entered to win a \$50 Cineplex Card

Our monthly progress will be displayed at the Health Centre & Maawn Doosh Gumig
Please call the Health Centre at 519-332-6779



POW WOW NEWS

Volunteers Needed for:

- Committee Booth to help sell merchandise and 50/50 tickets
- Registration
- Maintenance Parking

Great opportunity for high school students to get hours towards graduation. Please contact Tracy Williams at 519-336-8410 to sign up.

Healthy Kids for Life

Healthy Kids for Life Camp is back for Summer 2014!

Please join us for a fun and exciting summer!

Throughout July and August, we will be exploring what it means to live a healthy lifestyle.

We will be making arts and crafts, cooking, enjoying physical activity, guest speakers, field trips, and much more.



Space limited!

Register today!



AGES: 7-12

WHEN: June 30th

- August 13th

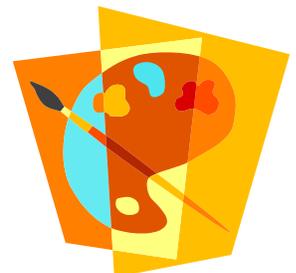
*Camp will run Monday,
Tuesday, Wednesday from
9 a.m. - 1 p.m.*

Registration forms can be picked up and dropped off at the Health Centre.

Contact Jillian Rogers at the Health Centre (519-332-6770) for more information.

Registration due by **June 25th 2014**

Miigwetch!



Healthy Kids for Life**Registration and Waiver form**

Name of Youth First: _____ Last: _____

Male: _____ Female: _____ Date of Birth: _____ Age: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Parents/Legal Guardians: _____

Emergency Daytime Contact: _____

Emergency Daytime Phone #: _____

Health Card #: _____

List any food or other allergies and any medical information needed:

I HEREBY GIVE MY CHILD: _____, Permission to participate in the Healthy Kids for Life Summer Camp on Mondays, Tuesdays, and Wednesdays. This program begins June 30th, 2014 and ends August 13th, 2014 and runs from 9am to 1pm.

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

I further understand that I will not hold the Aamjiwnaang First Nations 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 give permission for photos of my child to be used for promotion of the program, and in support of ADI funding.

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: _____

Shopping Trips to the Farmer's Market

Wednesday's 8:30 - 10:30
Starting June 4, 2014

If you would like to be picked up,
please give Peggy at call,
519-332-6770, ext. 31

Seniors Healthy Cooking Class

Tuesday, June 10, 2014
Health Centre 10:30-1:30

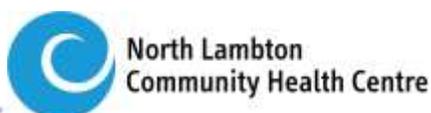
Come out and join us!
Just call Peggy 519-332-6770
ext. 31 to register!



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



Presented by: **Sandra Walker**



SENIOR MEN'S LUNCHEON

Friday, June 13
@ 11:00 am.

Alternate Grounds Dockside

Limit of first 10 Senior men to sign up.

Transportation available for 5 men

Please call **519-332-6770 ext. 31**
to sign up with Peggy. Please leave your
name, phone number and date that you
called on my voice mail if I am unavaila-



Senior Men
& Youth
(10-18 yrs.)

Father's Day

Dinner & Putt Putt Golf

June 17, 2014

Crabby Joes - 5 pm
Then off to Putt Putt
@ Sunset Golf

10 Senior Men & 10 youth

Call Peggy @ 519-332-6770

By June 16, 2014

DETROIT TIGER BASEBALL
@ COMMERICA PARK



Thurs. June 5th
 at 1:05 pm

Tickets @ Ups N Downs



Sunday, June 8th
 at 1:05 pm

Contact Willie 519-384-1957



Wednesday, July 2nd
 at 1:05 pm

Tickets @ Liquid Johnny's



Thursday, August 28th
 at 1:05 pm

Tickets @ Your Place Eatery & Bar



Friday, September 12th
 at 7:05 pm

Contact Willie at 519-384-1957

ALL TRIPS INCLUDE:

Coach Bus, Ticket (Sec.105), Adult Beverages on Bus, for \$90 US, Proper ID for Border Crossing. For more information contact Willie at 519-384-1957

Motor City Casino

Coach Bus—\$25 Voucher for Gaming

Monday June 30th

\$35 per Person U.S.

Ticket's Available 403 Wing from John or Frieda Stewart or calling them @ 519-331-0723 or Willie at 519-384-1957

*Bus Leaves **9:00 am SHARP** from RCAFA 403 Wing at 415 Exmouth St.

*Bus back in Sarnia approx. 6:30 pm
 After leaving **Casino at 5:00 pm**



Traveling Senior's

Nashville Trip Sept. 24-28

Based on 50 Passengers + Driver

Day 1 – Bus loading at Maawn Doosh Gumig starting at 6:30 am. Departure at 7:00 am SHARP. Stop at Duty Free Shop with bus leaving at 7:20 am. Arrive at US Border at 7:50 am. Stop at Rest Stop 2 hr. after leaving customs. Lunch stop at Golden Corral, Dayton, Ohio at approx. 11:30 am. Stop at Rest Stop 2 hr. after leaving GC. Arrive at Embassy Suites approx. 5:30 pm. Have Fun.

Day 2 - Free Day

Day 3 - Free Day till 5:00 pm when bus leaves for General Jackson Dinner Theater & Boat Cruise

Day 4 - Free Day till 3:00 pm we leave for Southern Fried Festival, Columbia, Tenn. Where we will attending a Concert featuring - "The GRASCALS". Show in Evening

Day 5 - Bus leaves Hotel at 10:00 am. Stop at Rest Stop 2 hr. after leaving Hotel. Arrive at Golden Corral 2:00 pm. Stop at Rest Stop 2 hr. after leaving Golden Corral. Arrive at Duty Free approx. 7:00 pm. Arrive at community center approx. 8:00 pm.

\$100.00 American Non-Refundable deposit required when signing up, ASAP.

After June 1st \$150.00 American.

Only 50 Seats Available!



DETROIT LIONS vs CHICAGO BEARS

THURS. NOVEMBER 27th at 12:30 PM

\$190 US – Includes: Coach Bus, Ticket (Sec.246, Row 9-10), Adult Beverages on Bus

*Bus leaves Food Basics Parking Lot at **8:00 am SHARP**

Proper ID for Border Crossing
 Contact Willie for Ticket's at

519-332-6771 or 519-384-1957



Every summer people go to the lake or pool to cool off and have fun, but sometimes they make unwise choices that result in tragedy. Use the S.P.L.A.S.H.E.S. key messages to prepare you and your family with tips to make wise choices, prevent injuries, and to be safe in, on, and around the water.

Supervision: Watch children around the water at all times

- Lifejackets, PFDs, arm floats, inner tubes and other inflatable toys are not a substitute for adult supervision.

Protection: Get trained and wear sun protection

- Teach kids, teens and adults to swim! Learn first aid and CPR.
- Wear sunscreen, a hat and protective clothing, and drink plenty of water to help keep you safe from sunstroke.

Lifejackets/Personal Flotation Devices (PFDs): Wear your lifejacket

- Inexperienced, weak or non-swimmers should wear a lifejacket or PFD when near the water.
- All boaters must wear a lifejacket when on the water.

Awareness: Check it out before you go

- Before entering the water— check the water depth and watch for hazards.
- Plan ahead - always tell someone where you are going and when you will return
- Monitor the weather and environment for any changes.

Safe Boating and Fishing: Be a safe boater

- Alcohol and boating don't mix. Boating while impaired is dangerous and illegal.
- Have safety equipment on board (an extra lifejacket/PFD, a radio, flashlight, flares, first aid kit) and don't overload your boat.

Help: Learn when and how to get help

- Learn to swim and take a first aid and CPR course. Know how to call 9-1-1 or your local emergency number.
- If in trouble in the water, call for help, roll on to your back, kick your feet, move your arms and aim toward shore.

Education: Learn how to be safe and teach your children

- Discuss water safety information and wise choices around the water.
- Teach children to respect the water — water sustains life but it can also take away life. Learn to recognize the dangers and how to protect yourself.

Security: Secure your pool – no matter what size

- Fence it in: Ensure your pool is fully fenced with a self-closing, self-latching gate.
- Cover it up: Install a cover with a lock on your hot tub and/or backyard pool.
- Empty it: Drain wading pools and small inflatable backyard pools when not in use.

For more information on water safety education, please visit
www.parachutecanada.org

Did you know?

- There are up to 400 drowning-related deaths in Canada each year
- Supervision is key — roughly 75% of children under 10 who drowned were not with an adult
- A drowning person is often silent, yet 50% of parents think they can effectively supervise children just by listening

Making M@th Fun

Culminating Tasks?

What happened to basic number skills? What is all this?

How can I help my child with their homework? This is nothing like what I did!!!

The EQAO?

Number Sense and Numeration

Measurement

Geometry and Spatial Sense

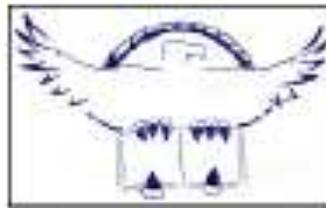
Patterning and Algebra

Data Management and Probability

Do you have an elementary student? Want to help them with math, but are unsure where to start?

Join us for this 5 class workshop where we will explore what our children are expected to learn, and how we can best help them.

Classes are June 11,18,25,27 and July 2
To register contact Terry Plain at the
Resource Center 519-336-8410 ext 285





3 | NOLANS

First Nation Hockey School

July 21st - 25th 2014

Brant Sports Complex, Paris, Ontario

Ted Nolan, Brandon Nolan, and Jordan Nolan are excited to announce the second annual 3|NOLANS First Nation Hockey School. This is a 5 day skills development camp for boys and girls between the ages of 7 and 14 years. Ted, joined with his two sons Brandon and Jordan, have developed a program that will work with First Nation youth to further develop their hockey skills and knowledge.

Brandon Nolan
Former NHL Player
Carolina Hurricanes

Jordan Nolan
LA Kings Forward
2012 Stanley Cup Champion

Ted Nolan
Buffalo Sabres Head Coach
1996-97 NHL Coach of the Year

DEVELOPMENT CAMP SCHEDULE

Monday, July 21, 2014 - Each age group on-ice for two, 50 minute ice sessions. Each age group off-ice for one off-ice session.
Tuesday, July 22, 2014 - Each age group on-ice for two, 50 minute ice sessions. Each age group off-ice for one off-ice session.
Wednesday, July 23, 2014 - Each age group on-ice for two, 50 minute ice sessions. Each age group off-ice for one off-ice session.
Thursday, July 24, 2014 - Each age group on-ice for two, 50 minute ice sessions. Each age group off-ice for one off-ice session.

Roundtable Discussion: Participants, instructors, and parents are invited to join in an open forum to share ideas and ask questions. Pizza will be served. Brant Sports Complex @ 7pm. *People in attendance will get a chance to see JORDAN NOLAN's 2012 STANLEY CUP RING.*

Friday, July 25, 2014 - Each age group will have a 50 minute scrimmage.
 AGE GROUPS (BOYS and GIRLS) • 7-8 years old • 9-10 years old • 11-12 years old • 13-14 years old

REGISTRATION FEE - The registration fee for the second annual 3|NOLANS First Nation Hockey School is \$450. Full payment (payable by cheque) must be made at time of booking. Please make your cheque payable to **Ryan Group**.

For More Information: Call Sher Miller (519) 757-5167 Or E-Mail sher@ryangroup.co

Tim Hortons

OFFICIAL SPONSOR

 [facebook.com/3nolans](https://www.facebook.com/3nolans)

3|NOLANS

First Nation Hockey School
 July 21st – 25th 2014
 Brant Sports Complex, Paris, Ontario

Ted Nolan, Brandon Nolan, and Jordan Nolan are excited to announce the second annual **3|NOLANS** First Nation Hockey School. This is a 5 day skills development camp for boys and girls between the ages of 7 and 14 years. The registration fee will be \$450. Full payment (payable by cheque) must be made at time of booking. Please make your cheque payable to **Ryan Group**.

Mail to: 1319 Third Line RR#1, Ohsweken, Ontario, N0A 1M0

Please select one age group: ___7-8 years ___9-10 years ___11-12 years ___13-14 years

Name of participant: _____ Parent/Guardian: _____

Address: _____ City: _____ Postal Code: _____

Telephone: _____ E-mail: _____

First Nation Band: _____ Gender: ___M ___F

Jersey Size: Youth ___S ___M ___L ___XL
 Adult ___S ___M ___L ___XL ___XXL

Date of Birth: Year_____ Month_____ Day_____

WAIVER FORM: SIGNATURE REQUIRED

I, for myself and on behalf of my minor child (the participant), our heirs, assigns, personal representatives, and next of kin, hereby release and hold harmless **3|NOLANS** First Nation Hockey School, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the skills development camp ("Releasees"), from any claim or cause of action arising from any and all injury, disability, death, loss or damage to person or property, whether caused, directly or indirectly, from the negligence of the Releasees otherwise.

AUTHORIZATION:

In the event of medical emergency, the Applicant hereby authorizes the **3|NOLANS** First Nation Hockey School to seek any necessary medical attention. I have read this document including the WAIVER FORM and the AUTHORIZATION and I fully understand its terms and provisions and I am signing this document voluntarily.

 Applicant Name (Parent/Guardian):

 Parent/Guardian Signature:

Date: _____ Witness as to Signature: _____

For More Information: Call Sher Miller (519)757-5167 or E-Mail sher@ryangroup.co

Report Cards Wanted

Last day of school is June 27, 2014

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 2013/2014 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 2013 to July 2014 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 11, 2014 at 4:00 p.m.** 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, Shell, and Union Gas Bursary applications are available at the Band Office Lobby. Email requests for the bursary applications are also available please contact Diane Aiken daiken@aamjiwnaang.ca

Deadline dates for these bursaries are **Friday, July 11, 2014 at 4:00 p.m.**

Post Secondary Students

If you have graduated this 2013/2014 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 11, 2014 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

Diane Aiken

(519) 336-8410 ext. 246

Fax (519) 336-0382

daiken@aamjiwnaang.ca

Deadline date for all submissions is **Friday, July 11, 2014 @ 4:00 p.m.**

To the Education Department at the Band Administration Office

NOTE: If you did not get your Post Secondary or Secondary Summer Student Job Postings, you can pick them up at the Band Office lobby!

DID YOU GRADUATE WITH A GRADE 12 DIPLOMA THIS 2013/2014 SCHOOL YEAR?

HAVE YOU BEEN ACCEPTED INTO A FULL-TIME POST SECONDARY PROGRAM FOR 2014/2015?

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 11TH, 2014, 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

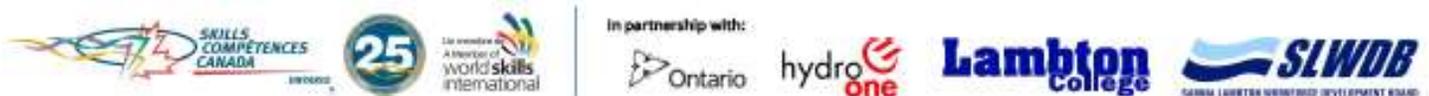




Explore the Construction, Industrial, Motive Power, Technology, Service and Entrepreneurship sectors.

Includes hands-on activities and workshops led by Skills staff and industry professionals.

Limited spaces: register now! Brought to you by Skills Canada—Ontario; celebrating 25 years!.



SKILLS WORK ~ SUMMER CAMP

For boys and girls going into grades 7 and 8

HELD AT LAMBTON COLLEGE, SARNIA

JULY 14-18, 2014 | 9 a.m. to 4 p.m. daily | \$150

Aamjiwnaang has four spots available for our students.

DEADLINE: JUNE 13, 2014 @ 4:00 P.M.

Please contact Diane Aiken with your child's information, if you are both interested. Fees will be covered with transportation daily to and from the Band Office. The parent/guardian is responsible for getting their child to and from the Band Office. Students will need to bring their lunch. Students will need long pants, hat, no open toe shoes. Diane Aiken will register the students for the camp. A package will be mailed/emailed to the parent prior to the start of the camp week.

Contact: Diane Aiken, Education Service Assistant, Aamjiwnaang First Nation

Telephone: 519-336-8410

Fax: 519-336-0382

E-mail: daiken@aamjiwnaang.ca

C&M

Take out

11am - 6pm

(519)-491-7718

Thursdays and Fridays

123 Marissa Crt.

Menu



	Small	Medium	Large
Indian Taco	5.50	---	9.50
Nacho Supreme	4.00	6.50	8.00
Fries	3.50	4.00	7.25
Fry Supreme	5.25	6.25	9.50
Poutine	4.50	5.75	8.75

	Single Sizes
Hamburger	4.00
Bacon Cheese Burger	4.75
Oktoberfest sausage	3.50
Onion Rings	4.00
Battered Mushrooms	4.00
Mozzarella Sticks	4.00
Hot Dog	3.00
Fry Bread	1.50
Drumsticks(ice cream)	2.50
Ice Cream sandwich	1.50
Assorted Pops	1.00
Pop	1.00
Chips	1.00

Watch us on Facebook!
Like and share our menu to be
entered for a monthly draw!
Prizes vary!



Traditional Cookbook Project

The Aboriginal Nutrition Network would like to create a collection of traditional Indigenous recipes from across Canada and we're hoping you can help us! Every recipe that you submit will be a ballot towards a draw for cookbooks, an iPod shuffle and other great nutrition resources. Once completed, the recipe template on the page below will become your ballot. There is no limit to the number of entries per person.



The deadline to collect traditional recipes has been extended to July 1, 2014.



Please send your recipes with 'traditional recipe submission' as the subject line, as well as any other questions to Emily Murray at ann.2001@hotmail.com.





Traditional Cookbook Project

Aboriginal Nutrition Network

The Aboriginal Nutrition Network would like to create a collection of traditional Indigenous recipes from across Canada and we're hoping you can help us! Every recipe that you submit will be a ballot towards a draw for cookbooks, an iPod shuffle and other great nutrition resources. The recipe does not have to be original, but you need to tell us where you got it.

RECIPE NAME: _____ Your name: _____ Your email: _____

Where did you get this recipe?

Original/family recipe
 Another source: _____

INGREDIENTS: (please include both quantity and name of item)

-	-
-	-
-	-
-	-
-	-
-	-
-	-

INSTRUCTIONS:

-
 -
 -
 -
 -
 -
 -
 -

If there is a story about when you typically prepare or eat this food please feel free to share it on the back of this page.



**AAMJIWNAANG FIRST NATION
EMPLOYMENT OPPORTUNITY
HEALTH & ENVIRONMENT WORKER
(Long-Term Contract)**

RESPONSIBILITIES:

- Participate in data collection and fieldwork associated with natural resources of Aamjiwnaang First Nation.
- Assist with collecting samples of air, water, and soil for expert analysis.
- Participate in basic inspections and monitoring of pollution sources
- Provide summaries and briefing notes on chemical substances as related to health issues
- Develop Community Outreach and Education on Environmental projects
- Provide administrative support services on health & environment issues
- Attend Health & Environment Committee meetings
- Provide organization and support with typing minutes and memos as necessary
- Develop information fact sheets to be disseminated to the community
- Develop a monthly “Environmental News” bulletin for the Chippewa Tribe-Une
- Send out community notices and updates as directed by the Environment & Health Committee
- Organize community consultation and information meetings
- Keep record of community input and consultation logs
- Liaise with outside Government Agencies

KNOWLEDGE AND SKILLS

- Working knowledge of the Environmental Protection Act (EPA), Environmental Assessment Act (EAA) and Aamjiwnaang’ s Consultation Protocol
- Knowledge of activities that may impact on Aamjiwnaang’ s Aboriginal Treaty rights and/or interests
- Familiar with legislated obligations of government to consult with First Nations to address their interests in Environmental assessments, permitting and approval activities
- Ability to develop communication materials
- Exhibits a high degree of initiative and self-direction
- Good analytical, organizational and communication skills
- Well-developed interpersonal skills, including an appreciation of the need for tact discretion and a positive, informed approach with the public
- Working knowledge of computer based data management programs for administrative purposes

APPLICATION TO INCLUDE:

1. Cover letter with contact information.
2. Resume listing education and work experience.
3. At least two letters of reference with contact information.

Please forward applications to:

Assistant Band Administrator
978 Tashmoo Ave
Sarnia, ON N7T 7H5
FAX 519-336-0382

Deadline for applications is Friday June 13th, 2014 at 4:00PM.



**AAMJIWNAANG FIRST NATION
CONTRACT EMPLOYMENT OPPORTUNITY
HEALTH & ENVIRONMENT ADMINISTRATIVE ASSISTANT
(Employment and Training Opportunity)**

RESPONSIBILITIES:

- To provide support services to the Environment Department
- To assist with education and community environmental awareness outreach efforts
- To provide assistance with community consultation record keeping and filing updates
- Provide administrative support services on environment issues
- Attend Environment Committee meetings
- Keep filing system and files current
- Provide organization and support with typing of minutes and memos
- Develop information fact sheets to be disseminated to the community
- Develop a monthly “Environmental News” bulletin for the Chippewa Tribe-Una
- Send out community notices and updates as directed by the Environment Committee
- Organize community consultation and information meetings
- Keep record of community input and consultation logs
- Liaise with outside Government Agencies

KNOWLEDGE AND SKILLS

- Working knowledge of filing systems
- Ability to develop communication materials
- Exhibits a high degree of initiative and self-direction
- Good analytical, organizational and communication skills
- Well-developed interpersonal skills, including an appreciation of the need for tact discretion and a positive, informed approach with the public
- Working knowledge of computer based data management programs for administrative purposes

APPLICATION TO INCLUDE:

1. Cover letter with contact information.
2. Resume listing education and work experience.
3. At least two letters of reference with contact information.

Please forward applications to:

Assistant Band Administrator
978 Tashmoo Ave
Sarnia, ON N7T 7H5
FAX 519-336-0382

Deadline for applications is Friday June 13th, 2014 at 4:00PM.

The successful applicant must be eligible for Employment and Training Funding.



EMPLOYMENT CONTRACT

Giiwedín Noodin FN Energy Corporation Project Manager



The project Manager will report and work under the direction of the Board of Directors of Giiwedín Noodin FN Energy Corporation.

Job Duties:

- To serve and provide leadership direction of the Grand Bend Wind Project.
- Coordination of financial planning and budgeting processing of the project.
- Develop and publish project plans to reduce impact of change on the community by maintaining awareness and community support through community information meetings, newsletters, website development, etc.
- Working with external Consultants/Advisors assigned to the project.
- Identify, evaluate and manage business project opportunities.
- Liaison between the First Nation's (located within the Traditional Territory) economic development staff, employment and training staff, Ontario Works caseworkers and Aboriginal Businesses; and the Project Contractors, Suppliers, and Local Union.
- Establish a Data Base for First Nation workforce; and Aboriginal Businesses.
- Promotion and community awareness of employment and supplier opportunities associated with the project.
- Coordinate Networking/Job fare sessions on the project.
- Communicate effectively with Board of Directors, Senior Management, and Shareholders, as required.

Candidate will be evaluated on:

- University Degree or College Diploma in Business Administration or Engineering, or related field of study.
- Minimum of three year's related work experience.
- Demonstrated knowledge and understanding of provincial and federal agencies/ministries responsible for regulatory and planning in renewable energy.
- Demonstrated experience with negotiations, strategic planning, project management and ability to work with tact and discretion.
- High level sensitivity and knowledge of First Nation communities, organizations, and programs.
- High level of PC skills, working knowledge of Microsoft Office Programs, Excel spreadsheets, and Financial Software.
- Exhibit a high degree of initiative and self direction; good analytical, organizational, and verbal and written communication skills.

Application to include:

1. Cover letter with contact information;
2. Resume listing education and work experience;
3. At least two letters of reference.

Please forward applications to:
Giiwedín Noodin FN Energy Corporation
c/o Carole Delion
978 Tashmoo Avenue
Sarnia, ON N7T 7H5
Fax: (519) 336-0382

Deadline for applications is 4:00 PM, Friday, June 20, 2014

Initial Contract period will be for 6 months, with potential for a longer term employment position.
Please be advised only those selected for an interview will be contacted.

Aamjīwaaang First Nation
Ms. Sharilyn Johnston
Environmental Coordinator
978 Tashmaa Avenue
Sarnia, Ontario, N7T 7H5

Dear Ms. Johnston,

I would like to notify you of upcoming activities at the Shell Sarnia Manufacturing Centre in Corunna.

As part of a two-phase Dock Safeguarding project beginning in the late June/early July 2014 timeframe, Shell plans to modify existing piping and steel walkways associated with our dock facility, located immediately south of Lasalle Line on the St. Clair Parkway. Lighting will also be added to the walkways. All work will take place within Shell's existing footprint and is not expected to require entry into the waterway. Additionally, there is no excavation anticipated on the west side of the St. Clair Parkway. The phase-one activity will last approximately three months.

Work is expected to begin on phase-two of the project in November 2014 and will include additional piping modifications and the conversion of existing manually operated Marine Loading Arms on the North Dock to hydraulically operated ones. There will be no work in the water and no excavation on the west side of the Parkway. This portion of the project is expected to be completed by May 2015.

The project work schedule will be limited to weekdays between the hours of 9:00am – 5:00pm. We plan to monitor traffic and noise during the course of the activities.

Shell has submitted a permit application to the St. Clair Region Conservation Authority with respect to this project. A permit is required due to the proximity of the work to the shoreline. As a courtesy, Shell will provide a notification of these activities to the Ministry of Natural Resources.

I plan to follow up with you by May 30, 2014 to ensure you have received this correspondence and answer questions you may have; however, should you wish to contact me at any time, please call 519-481-1135 or email kristina.zimmer@shell.com.

Regards,

Kristina Zimmer
Aboriginal Consultation Advisor, Shell Sarnia Manufacturing Centre



AAMJIWNAANG MENTAL WELLNESS PROGRAMS

519-332-6770

TRADITIONAL HEALING

Wendy Hill

Please call Reception to make an appointment

CANADIAN MENTAL HEALTH ASSOCIATION

LYNN Seymour, Clinical Case Manager, CMHA Lambton-Kent

Tuesdays 8:30am—noon at the Health Centre

COMMUNITY WELLNESS WORKER

Roberta Bressette

- Healthy Lifestyles
- Suicide Prevention and Intervention
- Family Violence and Intimate Partner Violence prevention and supportive services
- Safety Planning, supportive services and referrals
- Bullying Prevention

NNADAP & COMMUNITY JUSTICE COORDINATOR

Robin Maness

- Addictions Counselling
- Red Path Addictions and Living without Violence Treatment (call for more info)
- Supportive services and referrals for treatment, withdrawal management, counselling
- Community Justice Diversion Program—upon completion charges will be stayed or withdrawn. To determine if eligible please see Robin at the courthouse (every morning) or at the Health Centre (afternoons).
- Traditional and Cultural activities

MENTAL WELLNESS TEAM LEAD

Tracey George

- Art Therapy, all ages (minimum 4 yrs old)
- Crisis Intervention, Case Management and Relapse Prevention and supportive services
- ADAT: Admission and Discharge Criteria and Assessment Tools—required for addictions treatment centres
- Referrals for withdrawal management services (detox), treatment centres, healing lodges
- Referrals for counselling

Email: tgeorge@aamjiwnaang.ca



Next issue is due out on
Friday, June 20, 2014

The **deadline** for submissions is
Wednesday, June 18 @ 12:00 pm

Chi-Miigwetch ~ Bonnie Plain, Editor

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)



24 HR CRISIS SERVICES

911 POLICE FIRE AMBULANCE

KIDS HELP PHONE 1-800-668-6868

DISTRESS LINE SARNIA 519-336-3000 TOLL FREE 1-888-347-8737

SEXUAL ASSAULT SURVIVORS 519-337-3320

WOMEN'S INTERVAL HOME 519-336-5200 TOLL FREE 1-800-265-1412

CHILDREN'S AID SOCIETY 519-336-0623

WESTOVER ADDICTION ASSISTANCE 1-800-721-3232

WITHDRAWAL MANAGEMENT

WINDSOR 519-257-5225

GRAND RIVER 519-749-4318

LONDON 519-432-7241

NEW SARNIA Day Program (not 24hrs yet) 519-332-4673; 1-844-778-4673

MENTAL HEALTH CRISIS SERVICE 519-336-3445

For more information please contact: 519-332-6770