



AAMJIWNAANG FIRST NATION

CHIPPEWA TRIBE-UNE

March 14, 2013

Issue 13.05

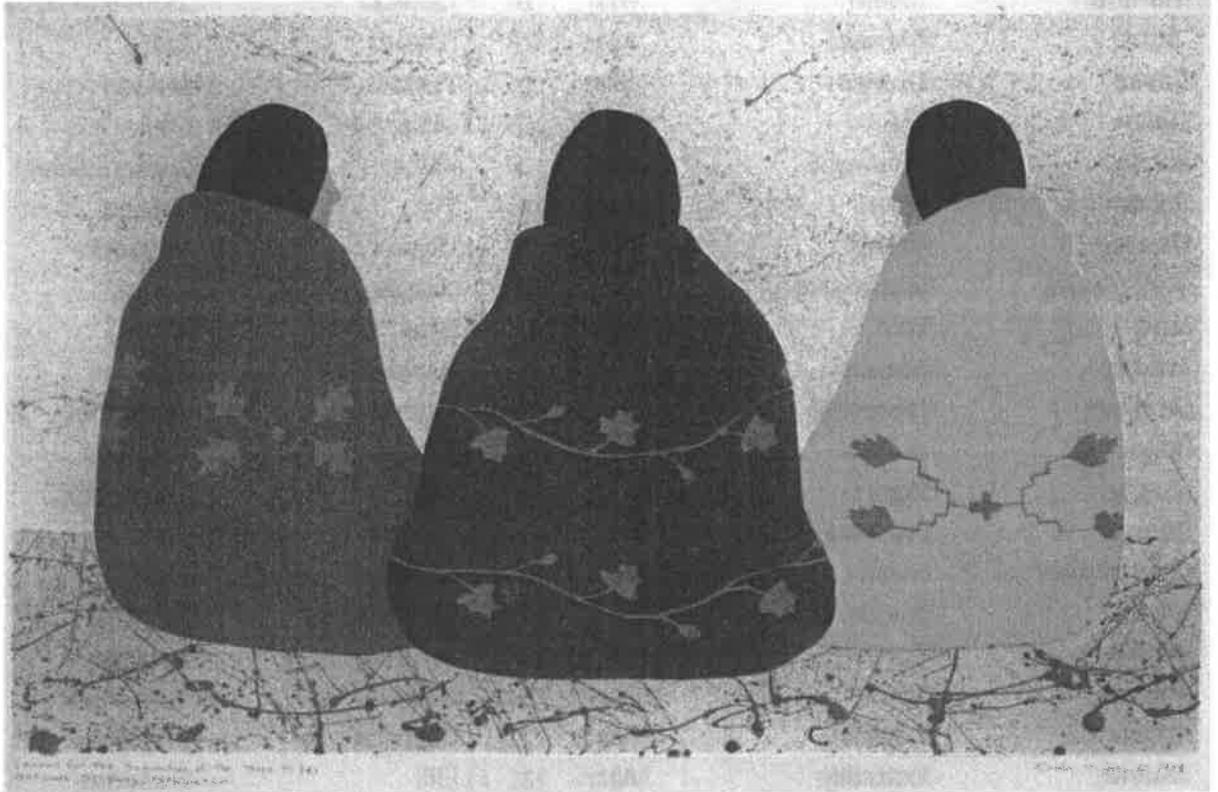
Editor: Bonnie Plain

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Points of interest:

- * Boot Camp, Yoga
- * Kick Boxing
- * Annual Yard Sale
- * Senior's Events
- * Penny Drive
- * Beading Class
- * Ojibwey Class
- * Housing Updates
- * Trash to Art



Council for the Separation of the three tribes: Ottawa, Ojibway, Potawatomi—Gordon Coons

This picture records the oral tradition of the council of the separation of the three tribes. The OTTAWA who stayed in the original area of the council in Michigan, the OJIBWAY who pressed on northward and westward into Canada and Wisconsin, and the POTAWATOMI who moved down Lake Michigan. — **Gordon Coons**, Ojibway from Lake Superior Chippewa Band of Wisconsin (from his father) and Ottawa from Michigan (from his mother). He is a member of the Lac Courte Oreilles Tribe of northern Wisconsin. Originally from Wisconsin, Gordon is now living in Minneapolis, Minnesota. Gordon is a self-taught artist, creating works in a variety of mediums including linoleum block prints, paintings, pen and ink, carvings in stone and wood. Although his artwork is more contemporary, each piece portrays a unique view of traditional native stories, incorporating strong family influences into the image. Gordon has been showing artwork at juried shows around the country, including Eiteljorg Museum of Indianapolis, Indian Art Northwest of Portland, University of Kansas Museum of Anthropology, Oscar Howe Art Center of Mitchell, South Dakota; Trails of Tears in Tahlequah, Oklahoma, and Red Cloud Art Show in Pine Ridge, South Dakota. He has won numerous recognition awards in graphics/prints categories since he started showing his work. His works have become part of permanent collections of institutions such as the Minneapolis American Indian Business Development Corporation, Red Cloud Indian School Heritage in Pine Ridge South Dakota, and the Summit Medical Center of Oakland California. He was recently commissioned for a image to be used by WOJB-88.9FM of Lac Courte Oreilles, Reserve Wisconsin for their 20th anniversary celebration. There are galleries carrying his work in St. Petersburg Florida, San Francisco California, Mitchell South Dakota, and several in the Seattle Washington and Portland Oregon areas.

Happy Birthday



Mar. 16th, to Mar. 29th, 2013

Brianne	Brooks	Mar. 16	Wyatt	Sposib-Nahmabin	Mar. 24
Sanford	Cottrelle	Mar. 16	Gary	Williams	Mar. 24
Raiyah	James	Mar. 16	Makai	Case	Mar. 25
Harland	Joseph	Mar. 16	Joshua	Cottrelle-Greyeyes	Mar. 25
Jarod	Maness	Mar. 16	Danez	Day	Mar. 25
David	Ohayon	Mar. 16	Tessa	Hanna	Mar. 25
Tyler	Plain	Mar. 16	Miranda	Plain	Mar. 25
James	Stanley III	Mar. 16	Kaylie	Rogers-Oliver	Mar. 25
Josephine	Stone	Mar. 16	Ty	Tipton	Mar. 25
Sharon	Archer	Mar. 17	Diana	Williams	Mar. 25
Molly-Anne	Beauchamp	Mar. 17	Cassie	Adams	Mar. 26
Eon	Bird	Mar. 17	Paul	Bird	Mar. 26
Martin	Maness	Mar. 17	David T	Jackson	Mar. 26
Madison	Hemphill	Mar. 18	Valerie	Nahmabin	Mar. 26
Roger	Jackson	Mar. 18	Randall C	Williams	Mar. 26
Peggy	Rogers	Mar. 18	Paul	Bourgeois	Mar. 27
Reese	Shipman	Mar. 18	Leanne	Day	Mar. 27
Christopher	Simon	Mar. 18	Jennifer	George	Mar. 27
Alfred	Joseph Jr.	Mar. 19	Mildred	Hawkins	Mar. 27
Michael	Shorey	Mar. 19	Cynthia	Lacroix	Mar. 27
Phoebe	Plain	Mar. 20	Daniel	Nahmabin	Mar. 27
Joshua	Cottrelle	Mar. 21	Harrison	Nahmabin	Mar. 27
Valerie	Cottrelle	Mar. 21	Jill	Roasting	Mar. 27
Taylor	Drakes	Mar. 21	Shirley	Rogers	Mar. 27
Siera	Hare	Mar. 21	Bryce	Simon	Mar. 27
Wesley	Nahmabin	Mar. 21	Dustin	Maness	Mar. 28
Coral-Lee	Oliver	Mar. 21	Joel	Piche	Mar. 28
Jason	Simon	Mar. 21	Mayme	Steadman	Mar. 28
Seth	Sinopole	Mar. 21	Gavin	White-Eye	Mar. 29
Cori	Williams	Mar. 21	Rudy H	Williams	Mar. 29
Alexis	Clark-Nahmabin	Mar. 22			
Janet	Fawcett	Mar. 22			
Christopher	James	Mar. 22			
Vincent	Walker	Mar. 22			
Brandon	DeLauter	Mar. 23			
Shawn	Pouget	Mar. 23			
George	Rogers	Mar. 23			
Robert L	White	Mar. 23			
Faye	Bird	Mar. 24			
Keely Shaye	Bressette	Mar. 24			
Peter	DePaepe	Mar. 24			
Gregory R	Nahmabin	Mar. 24			
Matthew	Plain	Mar. 24			

Happy 40th Birthday to
Jason Simon
Love, your family & friends



Letter of Introduction

Boozhoo,

I, Chenoa Plain, would like to take the time to introduce myself as the Student Engagement (Attendance) Counsellor for our community, Aamjiwnaang. I am a proud band member who has been raised on Aamjiwnaang First Nation, I am a single mother of a beautiful 4 year old, Kiona, whom has also been raised by the help of my family and close friends. I have attended and graduated from Queen Elizabeth II – Sarnia, Sarnia Collegiate Institute and Technical School as well as Lambton College with a Child & Youth Worker Diploma. I have also volunteered for several years with the Miss Aamjiwnaang Princess Pageant and Aamjiwnaang Pow Wow Committee.

I feel my previous employment opportunities with John Howard Society Sarnia-Lambton, Sarnia Lambton Native Friendship Centre, and Chiefs of Ontario, have provided me with the skills and abilities needed to meet the roles and responsibilities of this position. I will be working closely with the various service providers within the Aamjiwnaang Education Department to; familiarize myself with the schools and issues that our students are currently facing as well as creating and implementing appropriate plans of actions that will assist our students in succeeding within the Lambton-Kent District School Board education system.

I will be working out of the Aamjiwnaang Resource Centre, as well as the Secondary Schools that Aamjiwnaang services. As of present time, I can be reached via email at :

chenoaplain@aamjiwnaang.ca

Further contact information will be provided upon availability.

Chenoa Plain

Student Engagement Counsellor



**Lambton Kent
District School Board**



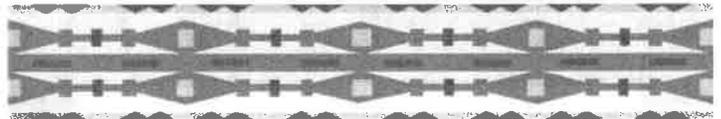
1. Topic: HIV 101



**Tuesday
March 26, 2013
Health Centre
12:00 – 1:00 pm**

**Guest Speaker: Bonnie Baynham,
Regional HIV/AIDS
Connection**

Great Door Prizes!



2. Topic: Heart Health

**Thursday
March 28, 2013
Health Centre
11:30 am – 12:30 pm**



*Special Guest from
the Heart & Stroke
Foundation*

For more information please call Roberta or Jessica at the Health Centre 519-332-6770

Would you like help to quit smoking?

*A Smoking Cessation support
group will begin at:*

**The Aamjiwnaang
Health Centre**

**Wednesday, March 20th
5:00-6:00 pm**

**Group and
One-on-One Support**

**For more information or to sign up
please contact Roberta or Jessica
at 519-332-6770.**

WHITE FIRE REED



WITH SPECIAL GUESTS

Matt Moran



Kurt Oblak Band



The Trinity Lounge

146 Christina Street-Upstairs
\$5.00 Cover or Advance Tickets
Saturday MARCH 16th, 2013
10:00 pm - 2:00 am

facebook



twitter



YouTube



Aamjiwnaang's 1st Annual Community Wide YARD SALE May 18th, 2013 8:30—1:00

Anyone wishing to get rid of
their stuff can get a head start
by sorting through it now!

Flyers will be put up around town
and it will be posted in local
newspapers and on the radio
as the proposed date nears.

Nutrition CHALLENGE

DON'T FORGET!

Drop off your completed calendar on
Monday, March 25, 2013

Draw Date:

4 pm Thursday, March 27, 2013

For more information please call Jessica Joseph
at the Health Centre 519-332-6770

WAB KINEW

March 22, 2013

PUBLIC WELCOME!

Starting at 5:00pm

Come on out and listen to Local Musical Artist, "Kowgli" and Featured Guest, "Wab Kinew"

Maawn Doosh Gumig

For more info contact:
Marina Plain 519-336-8410

RESOURCE CENTRE SCHEDULE

Aamjiwnaang's Alternative and Continuing Education for Adults

Tuesday & Thursday

AACE: 9:00—2:00

Are you 18 years or older, and would like to increase your confidence and ability for:

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

Then you'll want to check out...
Aamjiwnaang's Literacy and Basic Skills (LBS)

Program Tuesday & Thursday 9 - 2

EMPLOYMENT ONTARIO
Ontario's employment & training network



TRIBAL CUSTOM INSURANCE SERVICES INC.

Do you feel your insurance is too high? We can help you find the right price and provide you with great service.

Call NOW for a no-obligation quote!

Head Office

1000 Degurse Drive, Suite 2,
Sarnia, Ontario N7T 7H5

Tel (519)332-4894 Fax (519)332-5982

"Our Vision— Your Well Being—Our Coverage"

POW-WOW COMMITTEE



2013 Pow-Wow Committee will start meeting every other Thursday starting April 4, 2013 at 5pm At the Community Centre Next Mtg. is Wed. Mar. 20

If you have any questions, please contact Tracy Williams at 519-336-8410 ext. 237



Beading Class

Every 2nd & 4th Tuesday of the month

6:00-8:00

At the Youth/Community Center Craft Room

Make your Own **"Nish" Bling**

Ages: 10 yrs-Adult

For more call Valerie at 519-491-1374

With Sue Williams

Ojibway Language Class

Maawn Doosh Gumig Homework Room

With Fran Pawis

Thursdays 6:00-8:00

Ages: 10 years—Adults

Call Val at 519-491-1374 for more information





Environmental Bill of Rights Registry

Please join us for update on the non-standard operating procedure Aamjiwnaang Environment is developing with the Ministry of the Environment and Approvals Branch.

What is the EBR Website?

This website listed below provides **PUBLIC ACCESS** to a database of environmental proposals, decisions, proposed new laws, regulations, and policies.

It is a **LAW** that grants certain environmental rights to the **PEOPLE OF ONTARIO** and establishes certain government obligations.



Agenda Items - - - Look at the process **APPROVALS BRANCH** and what the **MINISTRY OF THE ENVIRONMENT** take when they receive applications, and the process of **AAMJIWNAANG FIRST NATION**. Discuss a **FLOW CHART** idea and the possibly to help create one. Example search of the **ENVIRONMENTAL BILL OF RIGHTS REGISTRY**, and then our next steps.



Please join us ☺

Where: Maawn Doosh Gumig &
Youth Centre

Date: **March 26, 2013**

Time: **3:00 pm – 7:00 pm**

Website: www.ebr.gov.on.ca

Aamjiwnaang Junior Kindergarten

Registration for September 2013

Thursday April 25, 2013

At the Day Care Center -
In the JK Classroom

9:30 a.m. - 12:00 p.m.

- ➔ Registration is for children born in the year of 2009
- ➔ **Must** provide birth certificate and/or Status Card
- ➔ **Must** provide up-dated immunization record/Health Card

Please bring your child to the registration; this will take approximately 45-60 minutes. Your child will rotate to various screenings (ex. Dental, eyes, speech & language).

Call **519-344-5831** to make your child's appointment, or you can email me at khenry@aamjiwnaang.ca, I will email you back with your registration time.



From the Home & Community
Care Department—

*We would like to wish you and
your family a blessed Easter and
Happy Holiday.*

It is that time of year to notify the
Community that there will be **NO
SERVICE** on the following dates:

Friday March 29th, 2013

Good Friday

&

Monday April 1st, 2013

Easter Monday

Please make arrangements
with your loved ones and
regular hours will commence on:

Tuesday April 2, 2013

Thank you

*Respectfully Yours,
HCC—Clerk Rebecca Adams*



POWWOW NEWS

Tenders for Meals

(for approximately 225 people)

Saturday Dinner

Spaghetti & Sauce
Caesar Salad
Rolls
Fresh Uncut Fruit
Drinks

Sunday Breakfast

Cereal, Toast
Muffins, Bagels
Peanut Butter & Jam
Fresh Uncut Fruit
Drinks, Coffee & Tea

Sunday Dinner

Roast Beef, Gravy
Mashed Potatoes
Corn, Salad & Rolls
Fresh Uncut Fruit
Drinks

*****FRESH UNCUT FRUIT FOR ALL 3 MEALS MUST BE AVAILABLE*****

NOTE: Please include in your tender: Plates, Bowls, Napkins, Cups, Cutlery, Set up & Take down, Clean up & Serving

Please submit your bid by **Thursday March 28, 2013 by 4:00 pm** to the Powwow Committee Mailbox at the Band Office. If you have any questions please feel free to contact Tracy Williams at 519-336-8410 or twilliams@aamjiwnaang.ca

VOLUNTEERS

If you are interested in volunteering at the powwow this year, or if you are a youth in need of volunteer hours, please contact

Powwow Volunteer Coordinator—Marina Plain at 519-336-8410, Paula Williams 519-328-6565 or Megan Nahmabin 519-331-5125

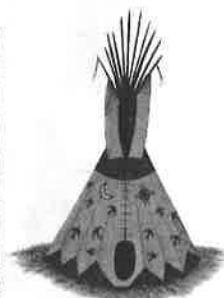
Seeking volunteers for parking, committee booth, maintenance, clean up, registration, etc...



POWWOW MEETINGS:

**Every Other Wednesday - 5pm at Maawn Doosh Gumig
March 20 - April 3 & 17 - May 1, 15 & 29**

If you have any questions please contact:
Tracy Williams 519-336-8410 or twilliams@aamjiwnaang.ca



St. Clair River Focus Groups

Are you interesting in learning more on different topics dealing with the St. Clair River? We have 4 focus groups planned for March! Each session will be hosted at the Maawn Doosh Gumig Community & Youth Centre. Lunch will be provided. Prizes to be won!! We would love to hear your comments and concerns regarding these topics.

MARCH 9TH, 2013
11:00 AM - 1:00 PM

Let's go fishing!! What is bio magnification? This fun game will help understand what it is. How toxins affect fish and in the St. Clair River

MARCH 16TH, 2013
11:00 AM - 1:00 PM

This fun informative session will be discussing the Sediment Management Options for the Area of Concern for the St. Clair River. Why is this important to the Great Lakes System?

MARCH 23RD, 2013
11:00 AM - 1:00 PM

Let play some fun games and find out what are Beneficial Use Impairments are? Learn why they affect Aamjiwnaang? What can we do to help?



MARCH 30, 2013
11:00 AM - 1:00 PM

Water is life!!
Do you have any concerns regarding the St. Clair River? This session we will explore ways to help protect our water.

Café style conversations ☺

SPACE IS LIMITED For more information or to reserve your spot, please call Courtney or Christine at the Band Office (519) 336-8410. Miigwech!

PROGRAM RESTRUCTURING – MENTAL WELLNESS TEAM

Dear Community Members,

Some difficult decisions have been made regarding our mental wellness and addiction services. Keeping the best interests of the community in mind, the following changes will be taking place:

1. Robin Maness will continue with his duties as the Alternative Justice Worker and will also take on the responsibilities of the NNADAP or Substance Abuse Worker, as of April 1st
2. We are hiring a Mental Wellness Team Lead to provide counseling and group programs, and to coordinate and enhance our mental wellness services
3. The full-time NNADAP position will end March 31st, which means Lila Bruyere will no longer be an employee of Aamjiwnaang First Nation

On behalf of our department, I would like to thank Lila for her years of service to our community and her clients. We wish her the best of luck as she moves on to the next phase in her career. Lila's last day of work will be March 28th.

While I understand that many will be sad to see Lila go, I am confident that these changes will produce positive results for our community. Should you have any questions, please feel free to come and see me.

In the spirit of wellness,
Sara Plain, Health Director



LILA BRUYERE

MESSAGE FROM YOUR NNADAP WORKER

IT HAS BEEN 7 YEARS SINCE I STARTED WORKING FOR AAMJIWNAANG FIRST NATION AND I APPRECIATE EVERYTHING AND EVERYONE I HAVE MET AND SERVED. I WANT TO ESPECIALLY THANK MY CLIENTS FOR TRUSTING ME.

IT'S TIME FOR CHANGE, CHIEF AND COUNCIL AND THE HEALTH CENTER HAVE MADE THE DECISION TO MAKE CHANGES WITH THE NNADAP PROGRAM THEREFORE—IT'S TIME TO MOVE ON!

I WENT THROUGH THE EMOTIONS BUT I NEVER EVER WANT TO LEAVE A POSITION ON BAD TERMS, LIFE IS TOO SHORT TO HOLD GRUDGES AND WALK AROUND ANGRY.

MY PLANS ARE TO GO BACK TO SCHOOL AND OBTAIN MY MASTERS DEGREE AT WILFRED LAURIER NEXT SEPTEMBER; YOU'RE NEVER TOO OLD TO BETTER YOURSELF!

SO WITH THAT, AGAIN I THANK EVERYONE FROM THE COMMUNITY FOR YOUR FRIENDSHIP, YOUR LOVE, YOUR TRUST AND I WISH YOU ALL WELL.

TO MY CLIENTS - REMEMBER YOU CAN OBTAIN SOBRIETY, IT TAKES WORK, NEVER GIVE UP!!! I WILL BE THINKING OF EACH AND EVERY ONE OF YOU.

MEEGWETCH!

MNAASGED CHILD AND FAMILY SERVICES AAMJIWNAANG SESSION



**COMMUNITY MEETING
AND BREAKFAST**
Saturday, April 20, 2013
9:00 - 11:00 am

Location:
**Maawn Doosh Gumig
Community Centre**
1972 Virgil Ave
Aamjiwnaang



- **Come and learn about Mnaasged programs and services**
- **An opportunity to offer advice or give input to services**
- **Bring your family, children's craft, enjoy FREE breakfast**

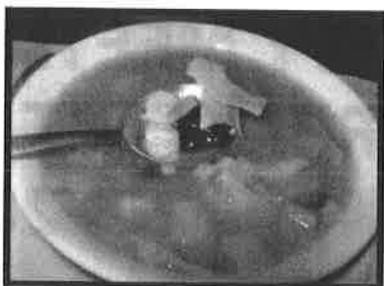
YOU COULD WIN AN IPAD AND OTHER GREAT PRIZES!!

Everyone Welcome

For questions, or more information, please contact
Janice Rising, Aamjiwnaang Site, **519.383.0404 ext. 224** or
Melissa Patriquin, Community Development Coordinator
519.289.1117 ext. 223
melissa.patriquin@mnaasged.com



Taco/Soup Sale!



When: Thursday

March. 28, 2013

Where: 1139 South Vidal

(Mike & Elaine Williams')

11:30 - SOLD OUT



MENU:

Indian Taco	\$6.00
Corn Soup	\$3.50
Chicken-Wildrice Soup	\$3.50
Frybread	\$1.00
Pop/Water	\$1.00

You are Invited...

21st Annual POW WOW

@ Lambton College

GRAND ENTRY - 11:00 AM

Thursday, April 4, 2013

11am to 3pm

Lambton College Gymnasium

DANCERS

- ❖ Small honorarium for dancers in regalia

DRUMMERS

- ❖ Small honorarium provided

VENDORS

- ❖ Accepting craft donations min/\$20 value

FEAST (3 pm)

- ❖ Elders, dancers, drummers & vendors

Contact:

Aboriginal Cultural/Learning Centre at
Lambton College 519-542-7751 #3494 or
holly.altiman@lambtoncollege.ca

www.lambtoncollege.ca/ACLCLC

Hosted by:

Lambton College

Aboriginal Student Council



Everyone Welcome

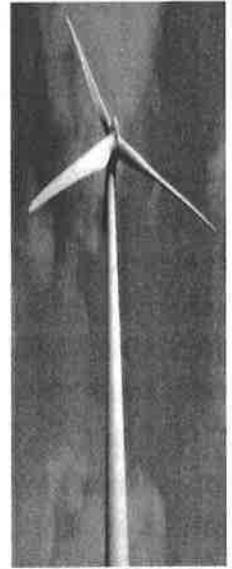


*Invitation to the Official Signing Ceremony of
the Grand Bend Renewable Energy Partnership*

Date: Thursday, March 28, 2013

Time: 10:30am-12:30pm

Location: Maawn Doosh Gumig
Community Centre
1972 Virgil Avenue
Aamjiwnaang First Nation



**Chief and Council's and Members of the
Aamjiwnaang and Bkejwanong First Nation's
are invited to attend this special Event.**



Aamjiwnaang First Nation has been working diligently for the past two years negotiating with Northland Power Inc. and is pleased to announce the signing of a Partnership Agreement with Aamjiwnaang, and Bkejwanong First Nation's and Northland Power Inc. regarding the development of the Grand Bend Wind Project, a 100MW wind facility located north of Grand Bend, Ontario

Refreshments Served

**WALPOLE ISLAND
EVANGELISTIC CENTRE BI-
MONTHLY FELLOWSHIP RALLY**



SPECIAL GUEST SPEAKERS

CHRIS GEORGE: Oneida, First Nation. Iroquois tribe—God turned Chris' life around in 1984, when his life was completely healed from a 4½ year separation from his wife and family and was supernaturally delivered from drugs and alcohol.

BEN NINHAM: Oneida, First Nation. Iroquois tribe: Ben's life was miraculously changed in 1996, when his wife began to pray for his deliverance.—God delivered him from a life of drugs, alcohol and an abusive lifestyle.

**Evangelistic Centre Dan Shab rd;
Walpole Island First Nation
Service time 6pm.
Saturday March 23rd 2013**

**Mino Nendmowin (Good Minds)
PENNY DRIVE**

END DATE: March 31, 2013

*Circulate your Pennies to
Aamjiwnaang's Food Bank*

[http://www.theprovince.com/
Canada+penny+heads+into+retirement/7913978/
story.html#ixzz2JxLOtZW8](http://www.theprovince.com/Canada+penny+heads+into+retirement/7913978/story.html#ixzz2JxLOtZW8)

All proceeds will be donated to
Aamjiwnaang's Food Bank

**Please drop off all pennies to:
Band Office, Community Centre,
Health Centre, or Christine Plain**

*Using the Sacred Gifts Given
to us from the Creator to
Help us Overcome Today's
Challenges*

Facilitators:

Fire Calf & Red Pine Woman

Wed., March 20, 2013

Topic: Elder Abuse

5:00 pm – 8:00 pm

**Seniors Drop-In Room
Supper will be provided**

**We will be creating our own
Personal Power Shields**

*Red Pine Woman will be available
for Animal Card Readings.*



**Please sign up if you plan on
attending by March 14 so I can
reserve a spot for you if you wish
to have your cards read
All Community Members
Welcome to attend!**

Youth ages: 10 years and up
Call Peggy, 519-332-6770, to sign up

EFFECTS OF RESIDENTIAL SCHOOL



Presented by: Wendy Hill

Monday, March 25, 2013

12 pm. - 2:30 pm.

Seniors Drop-In Room

Lunch will be provided

Please call Peggy 519-332-6770

If you plan on attending

Indoor Walking

TUESDAYS

February 5 TILL March 26

9:30-10:30

(no class on March 5)

Community Centre Gym



Seniors Pizza

& Game Night

Wed., March 27

5:00 - 8:00 pm

Seniors Drop-In Room

Call Peggy, 519-332-6770, if you
plan on attending.

Will Writing Session

March 21, 2013 6 pm.

Seniors Drop-In Room

I will have the form and
can help you do a basic will.

Please bring a list of all things
that you would like listed
and written down.

**Any questions, give Peggy a call
519-332-6770.**

QUILTING WITH SENIORS

Tuesday's 6-8 pm

Community Centre

Library Room

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

Please bring your own scissors.

12 years -100 years.

Everyone welcome.

Sign up with Peggy, 519-332-6770

Senior's 55 & over

"CONGREGATE DINING"

Wednesdays,

12 - 1 pm

Senior's Complex

Come on out.....

socialize and enjoy a home-cooked,
nutritious, delicious meal!

Hope to see you there!

Engineering Science Quest

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A fun and exciting
hands-on learning experience.

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Engineering Science Quest

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Waterloo, ON Canada N2L 3G1

† 519-885-0833

† 519-885-4856

1-877-880-4026

esqinfo@uwaterloo.ca



High School Satellite Volunteers

- » Volunteer with Engineering Science Quest's 3 traveling Satellite Camps!
- » We are looking for enthusiastic high school students to help lead program based on Science and Engineering.
- » Gain work experience alongside University leader for a week at a time.
- » Complete your 40hrs of community service for your OSSD.
- » Great leadership experience.
- » Training will be provided.

We will be running our summer camp in your community during the week of July 8-12 at the Maawn Doosh Gumig - Community Centre.

Please email satellite@esqcamps.ca to get more information or to register for the volunteer position.

UNIVERSITY OF
WATERLOO

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www.engage.uwaterloo.ca

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A Faculty of Engineering Initiative

actúa

Leading the Change,
Building the Future.

A partnership between the faculty of Engineering and the faculty of Science
Improving lives through a premier education

Researching Health in Ontario Communities



Aamjiwnaang First Nation

Bringing research to Ontario communities using a mobile research Lab

Researching Health in Ontario Communities (RHOC) is a new research project led by a team of scientists from the Centre for Addiction and Mental Health (CAMH). CAMH is Canada's largest mental health and addiction teaching hospital, and it is among the world's leading research centres in the areas of mental health and substance use (see www.camh.net for more information). The RHOC project is currently being conducted in partnership with E'Mino Bmaad-Zijig Gamig (Aamjiwnaang Health Centre). The research was developed in consultation with an advisory committee made up of community leaders and service providers and is endorsed by Chief and Council.

Our Research: Community Mental Health & Well-Being Study

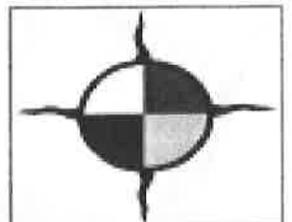
The CAMH RHOC team, in partnership with E'Mino Bmaad-Zijig Gamig, is currently conducting two separate research studies in your community. Community members will be randomly selected for possible participation in one of these studies, called the Community Mental Health & Well-Being Study. This study examines various types of stress that people experience. It also examines health service access and use, mental health, substance use, and experiences of aggression among the general population of Aamjiwnaang First Nation.

Our research team will be mailing invitations to randomly selected individuals, making phone calls, and/or knocking on the doors of homes in Aamjiwnaang requesting participation. If the person selected is interested, our research assistants will set up a convenient time for them to attend the CAMH mobile lab and participate in the research.

Participation in the Community Mental Health & Well-Being Study involves using a computer or iPad (with/without assistance) to fill out a questionnaire about: community strengths and challenges, stress, utilization of health services, mental health, substance use (such as alcohol, tobacco, and other drugs), and experiences of aggression; as well as some general information on age, marital status, education, employment, etc. The questionnaire also includes questions about the effects of other people's substance use.

Participants are also being asked to provide hair and saliva samples, which will help researchers identify factors that put people at risk for mental health and substance use problems. In particular, saliva will be used to examine genetic factors that might be linked to mental health and substance use problems. Hair will be used to detect levels of stress.

Please note that adults who have been randomly selected to participate in this research do not need to have any personal experience with stress, mental health problems, substance use, or aggression.



RHOC Researching Health in Ontario Communities



<p>PROPOSED DATE OF ACTION</p> <p>Friday March 15 2013</p>		<p>ALTERNATE DATE OF ACTION</p> <p>Friday April 12 2013</p>
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Day of Action Schedule

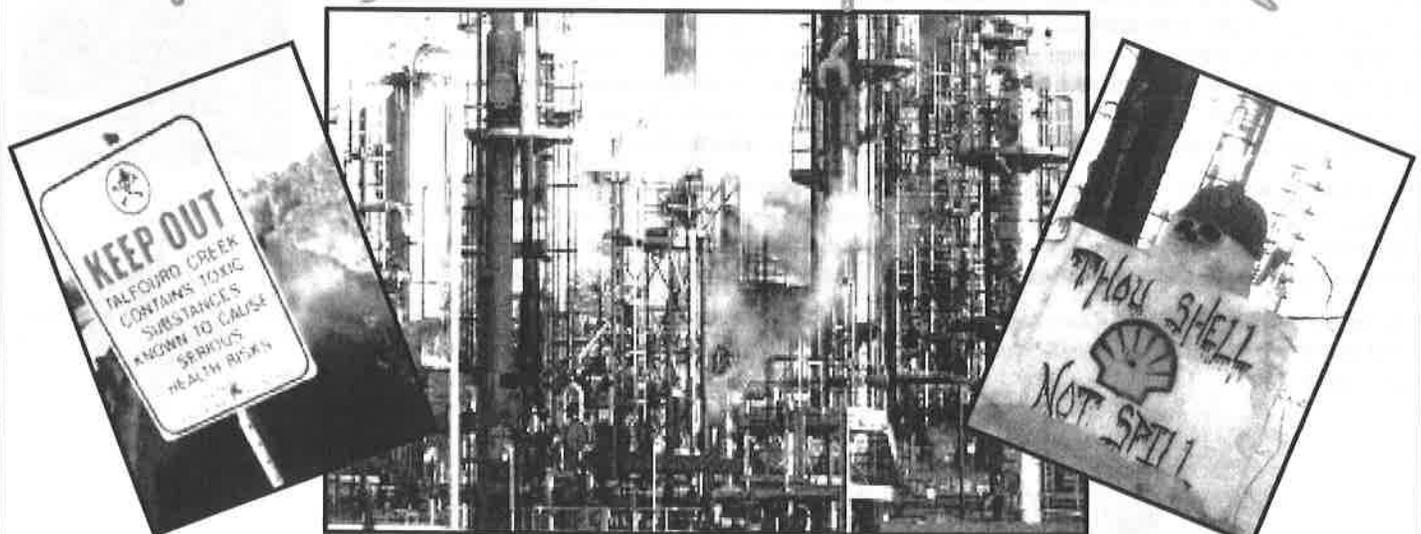
- 12 Noon** **Opening At Rainbow Park**
- 12:30 pm** **Action - Imperial Oil Main Gate**
(Round Dance & Speakers)
- 1:00 pm** **Action at Vidal & Kenny Streets**
- 1:45 pm** **Moment of Silence**
(Aamjiwnaang Cemetery)
- 2:30 pm** **Action - Suncor Refinery**
(Sit-In & Speakers-Nutrition Break)
- 3:30 pm** **Water Ceremony @**
Aamjiwnaang Boat Launch
- 4:15 pm** **Action - Shell Refinery (Die-In)**
- 5:00 pm** **Dinner at Maawn Doosh Gamig**
(Aamjiwnaang Community Center)

Please remember that....

1. The schedule is only a guide and all events may not occur at specified times.
2. Dress for the weather and for walking.
3. Bring a Dust Mask or Medical Mask to wear.
4. Be aware that there are no washrooms along the walking route.
5. The organizers are working to ensure that all participants are taken care of in a good way.
6. Those who participate, chose to of their own free will and will in no way hold the organizers responsible for personal injury or illness.
7. You have the choice to stand and be heard.
8. Student Volunteers needed for kitchen help and daycare.
9. More in formation....



TOXIC TOUR



Of Canada's Chemical Valley

Travelling Senior's

BINGO

MEAT BINGO

Thursday, March 21, 2013

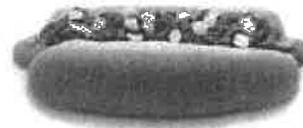
Time: 6:00 pm ~ Kitchen opens at 5 pm

Where: Maawn Doosh Gumig Community Centre

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

MENU SPECIAL !

Coney Dogs: (available at 5pm)
Eat in or takeout available



Every Bingo gets a prize!
2 mid game Specials
Family Size Meat Packages

**Easter Basket
Raffle**

This is a Travelling Seniors Fundraiser event!

First Nations Food, Nutrition and Environment Study

Miigwetch, Aamjiwnaang First Nation!



Thank you to everyone who participated this fall in the First Nations Food, Nutrition and Environment Study (FNFNES)! This study will be successful in providing important information about the health of the people, traditional foods, and the environment because of all your hard work!

Special thanks to: *Chief Christopher Plain, Sara Plain, Laurie Gou-lais, Darlene Joseph, Harland Joseph, Ada Lockridge and Jessica Jo-seph.*

Here is a summary of what has been collected from the community:

- 100 household interviews
- 104 traditional food samples
- 84 hair samples
- 45 drinking water samples



Surface water samples for pharmaceutical analysis were also taken from Tal-ford Creek, Lake Huron, Lambton Area water supply system intake and St. Clair River at the fishing pier.

The results from the FNFNES will be available in the fall/winter of 2014. At that time, a presentation to the community will be organized where a Principal Investigator of the FNFNES will present the results and be available to answer any questions.

If any elevated levels are found in water or hair samples, follow-up with specific individuals will be carried out as soon as is possible.

For More Information,
Please Contact:

Judy Mitchell,
National Coordinator

Phone: 613-562-5800
ext. 7214

E-mail: fnfnes@uottawa.ca



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Spring Check List

- Clean or replace furnace filter
- Check/clean heat recovery ventilator; wash or replace filter
- Clean humidifier
- Clean sump pump
- Check gutters and downspouts and clean if needed
- Inspect air conditioning; service as needed (usually every two or three years)
- Inspect basement or crawl space for signs of seepage/leakage
- Ensure that ground slopes away from foundation wall.

NOTICE TO ALL TENANTS IN BAND RENTAL UNITS, CMHC HOUSING UNITS, SENIORS COMPLEX, SENIORS DUPLEX AND APARTMENTS

Re: CONTENTS INSURANCE

It is the responsibility of the tenant to provide contents insurance for their unit. The Housing Department is not responsible for sewer damage, sewer backup or flooding.

As per the Housing Policy and your signed housing agreement each tenant is to provide a copy of their contents insurance policy to the Housing Department.

Contact an insurance broker for more information.

2012 – 2014 Housing Committee

- | | |
|------------------|-------------|
| Errnol Gray | Councilor |
| Sherri Crowley | Councilor |
| Jacky Cunningham | Band Member |
| Ada Lockridge | Band Member |
| Ron Simon | Band Member |

Housing Committee meets every 2nd and 4th Monday of the month. If you have items for the agenda please have all information into the Housing Department one week prior to the meeting.

Thank you.

The Name that Street Contest

We are holding a contest with a cash prize of \$200.00 to determine the name of the new street that will be located on Tashmoo Avenue. If you interested in sharing your ideas with us, please contact the Housing Department at 519-336-8410 by **March 30, 12:00 pm. Good Luck!**

NOW ACCEPTING RESUMES

on behalf of TW Gray

We are now accepting applications on behalf of TW Gray for labourers to work on the new subdivision project on Tashmoo Avenue. If you are interested in applying, please submit your resume to the front desk at the Band Office in a sealed envelope and we will forward it to TW Gray.

The deadline for all applications is **March 29, 2013 at 4:30 pm.**

If you have any questions, feel free to contact the Housing Department at 519-336-8410. Thank You.

Please return any borrowed Humidifiers or Heaters to the Housing Department.

Housing Department

Tracy Williams

Housing Coordinator

twilliams@aamjiwnaang.ca

Clayton Williams

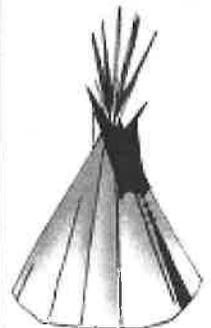
Housing Clerk

cwilliams@aamjiwnaang.ca

Duke Maness

Seniors Caretaker

New # 519-344-8595





EMPLOYMENT OPPORTUNITY

Short Term Contract - DAY CARE CUSTODIAN

AAMIJWNAANG FIRST NATION

JOB DUTIES:

- Provides cleaning and maintenance service for the Day Care facility including, but not limited to, the care and cleaning of all surfaces and service facilities; waste collection and disposal; and window washing.
- Must be available to shovel and salt walkways as necessary.
- Provides informal inspections of day care facility and reports any necessary repairs to the day care supervisor.
- Responsible for adherence to Occupational Health and Safety procedures.
- Performs other related duties as may be reasonable required by the Day Care Supervisor.

QUALIFICATIONS:

- Ontario Secondary School Graduation Diploma or equivalent.
- Knowledge of cleaning and minor maintenance procedures
- Exhibits a strong work ethic and self direction
- An understanding of occupation health and safety requirements and procedures.
- WHMIS certified.
- Must be able to work evenings.

APPLICATION TO INCLUDE;

1. Cover letter with contact information.
2. Resume listing education and work experience.

The successful candidate must provide a Police Record Check. (C.P.I.C.)

Please forward applications to:

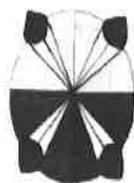
Assistant Band Administrator

978 Tashmoo Ave

Sarnia, ON N7T 7H5

FAX 519-336-0382

Deadline for applications is **March 22, 2013 at 4:30pm.**



KIIKEEWANNIKAAN

SOUTHWEST REGIONAL HEALING LODGE / SHELTER

JOB OPPORTUNITY

"A program of the Aging At Home Program - Ministry of Health"

TITLE:	Traditional Healer Coordinator
LOCATION:	Owen Sound Health Centre with additional site at M'Wikwedong Native Cultural Resource Centre
STATUS:	Full Time - 12 Month Contract
SALARY RANGE:	\$55,000.00 to 65,000.00
SUPERVISION:	Will be coordinated by the Health Unit
DATE POSTED:	Friday March 1, 2013
CLOSING DATE:	Thursday March 22, 2013 @ 4:00 p.m.

The program will be under the auspices of the Southwest Regional Healing Lodge a family focused Centre providing culturally based healing and wellness programming in Ontario. The Traditional Healing Coordinator will provide regional focused services within the Gay Bruce catchment of the South West Local Health Integrated Network Services (LHINS).

Education Requirements

- Experience and teachings gained from Traditional Healers, Elders, Medicine People, Ceremonial Helper, Longhouse, Lodge, or other Ceremonial practices, Sweat Lodge Keeper, Pipe Keeper, Native Language Speaker.

Qualifications:

- Must have CPR and First Aid.
- To work in a team environment.
- Must have three (3) years of continuous sobriety.
- Must have a valid driver's license, and a reliable insured vehicle.
- Being empathetic, assisting clients and meeting their Healing needs.
- Be aware of current mental issues affecting Aboriginal communities.
- Have knowledge of traditional holistic approaches to mental healing.
- Have strong human relations and inter-personal communications skills.
- Be knowledgeable of Aboriginal culture and services offered throughout area.
- To adhere to strict confidentiality to all matters pertaining to the clients of the program.
- Have received training at an accredited college or university and hold a Bachelor or Diploma in Health or Social Services or a similar degree in a related field or equivalent work experience.

**MUNSEE-DELAWARE
NATION
275 JUBILEE RD.
MUNCHEY, ON N0L 1Y0**

**PHONE: 519-289-0148
TOLL FREE: 1-800-328-2616
FAX: 519-289-0149**

Role & Responsibilities

The primary functions of this position are the coordination of implementing, providing and maintaining the development of a schedule of Traditional Healer programs to aboriginals on an individual and group basis to Saugeen First Nation, Cape Croker First Nation and the greater Owen Sound area.

The responsibilities will also include designing, organizing, and programming in the rural /urban aboriginal communities for aboriginal seniors (55+), ensuring the Traditional Healers:

- Conduct household visits,
- Provide guidance & teachings to Elders, and
- Traditional healing with traditional medicine.

The Traditional Healing Program Coordinator will be under the direction of the regional supervisor:

- Attend management meetings and report regularly, and
- Continue updating client records, reporting statistics and program documentation in preparation for quarterly reports for funder requirements, and
- Work with an Aboriginal team of health care providers at a health access centre.

Programming

- To maintain records and files of all aspects of the special events.
- To encourage and manage the development of culturally-based programs.
- To plan regular programs with a master annual schedule in quarterly intervals.
- To integrate Healers, singers, drummers, sweatlodge conductors into the schedule.
- To design, organize, plan, promote and schedule special culturally-based events.
- To integrate natural medicines including picking, gathering, preparation, and storing.

Other Working Requirements:

- Computer competency is required.
- To facilitate circles and meetings when requested.
- To work with other staff members in a positive manner.
- To maintain records and files of all clients and organizations.
- Speech and/or reading/writing of an Aboriginal language would be an asset.

Applicants must clearly demonstrate in a **cover letter** that they meet the above qualifications and must **submit a CPIC, resume and three letters of work related references**. We encourage Aboriginal candidates to apply.

APPLICATION PROCEDURE

Cover Letter and Resume will *only* be accepted by mail or email. Please forward to:

E-mail to: bantone@swrhl.ca

ATTN: Hiring Committee

Kiikeewanniikaan

Southwest Regional Healing Lodge

275 Jubilee Rd.

Muncney, ON N0L 1Y0

We thank all participants who apply and wish to advise that only those selected for an interview will be contacted.

Court rejects Ottawa's efforts to shut down hearings to decide if the Federal Government is discriminating against First Nations children

OTTAWA, March 11, 2013 /CNW/ - In a landmark decision released today, the Federal Court of Appeal rejected the Canadian Government's application to stop the Canadian Human Rights Tribunal from continuing hearings to determine if the Federal Government's provision of First Nations child and family services is discriminatory toward First Nations children and families. Originally filed in 2007 by the Assembly of First Nations and the First Nations Child and Family Caring Society of Canada, the case alleges that the Federal Government's flawed and inequitable levels of funding for First Nations child and family services is discriminatory. Ottawa has failed to implement multiple evidence based solutions to address the problem even though government documents dating back nearly a decade link the inequity to growing numbers of First Nations children being placed in foster care. Since the case was filed, independent bodies like the Auditor General of Canada (2008, 2011) and the United Nations Committee on the Rights of the Child (2012) have confirmed the inequity and yet the Government of Canada has spent over 3 million dollars on its repeated and unsuccessful efforts to derail hearings before the Canadian Human Rights Tribunal instead of fixing the problem for children.

The Canadian Human Rights Tribunal began hearing evidence in this historic case on February 25, 2013 and this important ruling by the Federal Court of Appeal ensures that the

Tribunal will have the opportunity to continue a "broad fact-based inquiry" to decide the case. The Government of Canada has 60 days to appeal the decision to the Supreme Court of Canada. In the meantime, hearings before the Canadian Human Rights Tribunal will resume in April and are expected to conclude in the summer of 2013. This case marks the first time that the Canadian Government's contemporary and systemic policies toward First Nations children have been under review by the Canadian Human Rights Tribunal which has the power to make a legal determination of discrimination and order a binding remedy.

Cindy Blackstock, Executive Director of the First Nations Child and Family Caring Society says "We fully support the decision by the Federal Court of Appeal that the Canadian Human Rights Tribunal should decide such a vital case for First Nations children and for all Canadians on the basis of a full set of facts. We are confident that the evidence before the Tribunal will show that First Nations children and their families are not receiving equitable and culturally based services and we look forward to the Tribunal ordering the Canadian Government to remedy the discrimination."

For further information:

Cindy Blackstock, Executive Director, First Nations Child and Family Caring Society of Canada cblackst@fncaringsociety.com or 613 230-5885

For more information on the case and to read the Federal Court of Appeal ruling go to www.fnwitness.ca , click on Timeline and Documents

Motivational Workshops

with

Diane Forbes
Motivation Through Inspiration



Date: Tuesday, April 9, 2013

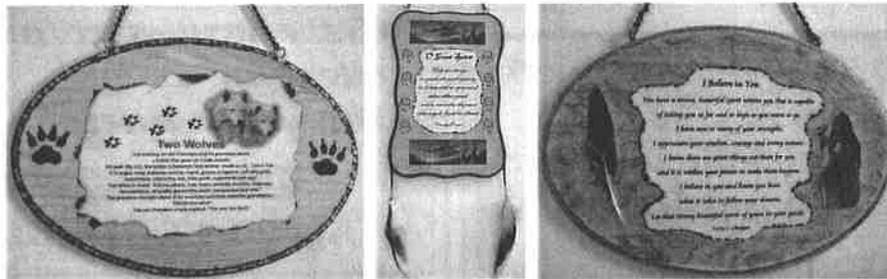
Time: 10:00 am to 3:00 pm

Communication Skills

Communication is the key to successful relationships. There is more to communicating than just speaking and hearing. Communicating how we feel and expressing our needs, likes and dislikes while being respectful to the needs of others are essential. Learn tips for developing effective listening & communication skills for building positive relationships.

Wooden Plaque Workshop

Motivational words, poems, sayings and pictures inspire and remind us to have respect for positive communication. Have fun making and designing your own wooden plaque by wood burning, decoupage, painting and decorations to display in your home or to give as a gift sharing positive communication for respecting others.



Date: Wednesday, April 10, 2013

Time: 10:00 am to 3:00 pm

Problem Solving Workshop

Effective problem solving with life's challenges is a "call to action". A problem will stay a problem if we keep doing the same things over and over expecting a different result. Learn tools on how to identify problems turning them into opportunities for personal growth and lessons learned.

Motivational Frame Collage Workshop

Create a beautiful motivational frame collage to arrange photos, inspirational poems, words and stickers with creative problem solving. Enjoy decorating your frame with a variety of art supplies to inspire you at home with positive energy.



For information please contact: Marina Plain @ 519-336-8410

Traveling Seniors Trip FALLSVIEW CASINO & MIRVISH THEATER

March 18-20, 2013

**2 Nights in
Niagara Falls
and a Ticket to the
Performance of the
"The Wizard of Oz"
At the Ed Mirvish
Theater in Toronto**



- There are 7 Tickets available to Band Members 50 and over
- \$100 non refundable deposit required for a seat.

Contact:

**Tina Johnson
@ 519-337-9959
Jackie Cunningham
@ 519-869-4189**

Wanted: New Members

Why not join The Travelling Seniors and find new friends. If you will be 55 or older in 2013 AND you want to belong to a fun group of people. Don't wait any longer, join our group. Fundraising gets our senior members out to socialize and help earn cash towards our trips. The 2013 Fundraising has begun. Help to decide where our next trip takes us. **YOUR** New ideas are always **Welcome**. You only need a desire to Help.

**Meetings are Wednesdays @ 6 pm
Community Centre - Sr's Lounge
PLEASE COME OUT !**

Expressive Trash Competition

How Trash Creative Are You?

The Environment Department is having a Trash-to-Art contest for Earth Day 2013. From now until April 21st all you have to do is:

- **Recycle your trash into a masterpiece**
- **Reuse bottles, cans, tires, rims, metal, toys, etc...**
- **Be creative and let your trash speak**
- **Get a head-start in community clean-up**
- **Win great prizes**

Three Age Categories:

Age: 0-12, 13-18, and 19+



Examples: use lids, speakers, sticks, bottle caps, spark plugs, nuts & bolts.

The rules are simple:

- ◆ **Collect items and trash around the house**
- ◆ **When you see items in the community ditches pick them up**
- ◆ **Put your masterpiece on display by 12:00 pm on Earth Day 2013**
- ◆ **The community will choose the most creative from three age categories**

Have fun, be creative, recycle, reuse, and be rewarded!

FITNESS BOAT CAMP

March 23, & 30

10 AM – 11 AM

Community Centre

****No Classes March 16th****



SATURDAY MORNINGS!

No sign up required.
For more information
please contact
Roberta at 332-6770.

YOGA

*Instructed by Rachel from
"Bliss" yoga studio*



Monday's at 5pm

March 18, & 25

(no class on March 11th)

At the Community Centre

No sign up required.

*For more information please contact Roberta
at 519-332-6770.*

Free CPR/AED Training



**Lambton County EMS and
Aamjiwnaang First Nation
invite you to participate in a
huge training event!**

WHEN: Saturday, April 27th

TIME: 10am - 1pm

**WHERE: Maawn Doosh Gamig -
Community Centre**

AGES: 12 years and up

**WHAT: CPR, AED & Choking -
Earn a certificate!**

**EVERYONE WELCOME
Bring your friends and family!!**

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



Bumper to Bumper...

We handle all your Auto care needs

1069 Tashmoo Ave.

Mon to Fri 8am - 5pm, Weekends 9am - 3pm

Ken Plain: 519-336-6372

whiteplainsautobody@gmail.com

Need It Hauled Away!

Don't waste another Day.

Call Buddha, n' I'll Come Grab it!!!

519-381-0653 or 519-332-8551

Reasonable Rates-Prompt Service



Roger Williams'
**AUTHENTIC
NATIVE CRAFT SHOP**

STORE HOURS

Monday ~ Saturday

10:00 am ~ 6:00 pm

Phone 519-344-1243

Great gift ideas!

Dawn's Hair & Spa

1736 ST CLAIR PKWY

CALL 519-332-0410

*TO BOOK AN
APPOINTMENT*



Rogers Carpentry Services

2255 Wahboose Cr.

P.O. Box 2462, Station Main,

Sarnia, Ontario Ca.

Bruce Wayne Rogers 519-339-7960

Registered: Province of Ontario since 1990 / Fully In-

Computer Problems?

Computer Repair &

Virus Removal \$35

Computer Clean Up \$20.00

Call Fred at 519-337-3383 or email

tanyaernesto@bell.net

"Handyman Work Wanted"

Painting, Drywall Repair, etc...

Need your Deck done?

Eves troughs, Yard Work, Digging, Raking, Snow Removal, Weeding Gardens, etc... Grass cutting, Ditches Lawnmower repairs, any kind of work.

Free estimates call

Rabbit at 519-344-2774

The Hair Masters

Full Service Hair Salon

126 Christina St. N

Open Tuesday—Saturday

8:30 am to 4:30 pm

Evenings by appointment only !

Computer Repair

Reasonable rates

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

Animal Control Officer -Patrick Nahmabin

Call or text Pat at 519-330-7450

(for animal control issues only)

Primary duties: follow up on loose dog complaints and monitor quarantined dogs. **If 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**

**38th Annual
First Nations Art
2013
CALL FOR ENTRY**



**Woodland Cultural
Centre**

Forms are available in the Aamjiwnaang Administration lobby or online.

Calling All First Nations Artists!

It's that time of year, Woodland Cultural Centre is anticipating another very successful annual First Nations Art Exhibition.

This exhibit gives opportunity to established and emerging artists to have their recent work (s) displayed in a professional gallery setting.

The call for entry is open to artists 18+ of First Nation ancestry. The **deadline for submission is April 19, 2013.**

If you wish your work (s) to be included in the First Nations Art catalogue the deadline to have your work in is April 12, 2013.

The exhibition runs from May 24 - July 26, 2013 with an opening reception on May 24 at 7pm.

Please see attachments for further details. If you have any questions, please don't hesitate to contact us.

**First Nations Art
2013 Call for Entry
Deadline: April 19, 2013**

Contact Information:

Woodland Cultural Centre
184 Mohawk St.
P.O. Box 1506
Brantford, ON N3T 5V6

Email:

museum@woodlandcentre.on.ca

519-759-2650

1-866-412-2202

www.woodland-centre.on.ca

<https://www.facebook.com/#!/WoodlandCulturalCentre?fref=ts>

Join us as we celebrate aspiring and established First Nations artists with **First Nations Art 2013!** This is an annual exhibit that features the works from First Nations artists across Canada.

Currently in its 38th year, *First Nations Art* has been an inspiring success since its inception. With hundreds of entries accepted every year, the exhibit has grown from its humble beginnings into a mecca for First Nations artists. Featuring several different mediums, this exhibit opens up and explores the conversation of First Nations art from a historical, cultural and contemporary perspective.

"*First Nations Art* always provides so much positive energy, and so much creativity," said Janis Monture, Executive Director of the Woodland Cultural Centre. "We love seeing First Nations artists from across the country come together and be able to have this opportunity to share these amazing works with everyone."



Early Bird Breakfast (All Day) Coffee or Tea included until 11am		Soup	
1 egg, home fries & toast w/bacon, ham or sausage	\$4.49	Chili (Beans, ground beef, delightful spices)	\$3.99
2 eggs, home fries & toast w/bacon, ham or sausage	\$4.75	Daily Soup: Chicken Rice, Chicken Noodle, Potato Bacon, Cream of Broccoli *ask chef	\$3.99
2 eggs, home fries & toast w/pe-meal bacon	\$6.95	Lunch / Dinner Everyday Meals Served from 11am – 9pm	
A Cup A Coffee Feast		Cheese Burger - made with fresh ground beef	\$5.99
3 eggs, home fries & toast w/bacon, ham & sausage	\$7.75	Cheese Burger & Fries Combo	\$6.99
French toast (3 piece egg dip, syrup/butter)	\$4.35	Crispy Chicken	\$5.99
Side order (4 bacon, 3 ham or sausages)	\$3.00	Grilled Chicken	\$5.99
Early Bird Omelettes (3 eggs, home fries & toast) Coffee or Tea included until 11am		Famous Fish Sandwich (Our Signature Item!)	\$5.99
Cheese Omelette	\$6.50	Hot Dog & Fries	\$3.99
Ham & Cheese Omelette	\$7.25	Coney Island Hot Dog	\$5.99
Western Omelette	\$7.50	French Fries	\$3.00
Ham & Mushroom Omelette	\$7.75	Poutine Fries	\$4.99
Italian Omelette w/pepper, egg substitute, feta chees fresh basil, roma tomato and salt	\$7.90	Green Garden Salad	\$3.99
Added Chees	\$1.00	Greek Salad	\$4.99
Early Bird Light Breakfast		Gyro Beef-lamb, Chicken	\$4.99
Toasted English Muffin	\$1.75	Shawarma Chicken	\$4.99
Toast & Jam	\$2.00	Light Meals & Sandwiches Includes chips & pickles	
1 egg, home fries & toast	\$3.00	Egg Salad	\$4.25
2 eggs, home fries & toast	\$3.99	Tuna Salad	\$5.75
English Muffin w/egg & cheese w/bacon or sausage	\$3.99	Roast Beef & Cheese	\$5.75
Early Bird Bakery		Ham & Cheese, BLT	\$5.25
Bagel: Plain, Cheese, Italian Herb, Everything, Cheddar Bacon, Jalapeno	\$1.99	Turkey & Cheese	\$5.75
Muffin & Butter: Plain Bran, Blueberry Bran, Carrot, Morning Glory, Banana, Banana Nut, Raisin Bran, Chocolate Chip, Caramel Coffee Swirl, Corn, Lemon Poppy Seed, Apple Spice, Oatmeal Apple	\$1.85	Rib & Cheese "12	\$5.99
		Assorted "12	\$5.99
		Falafel in Wrap	\$4.99
		Pizza Slice	\$2.63



- Open Christmas Day, Boxing Day and New Years day
- Stop in and check out our **Daily Lunch Specials**
- ATM & Debit Machine available on site
- Special Discount for St. Clair Students
- All prices include 13% HST





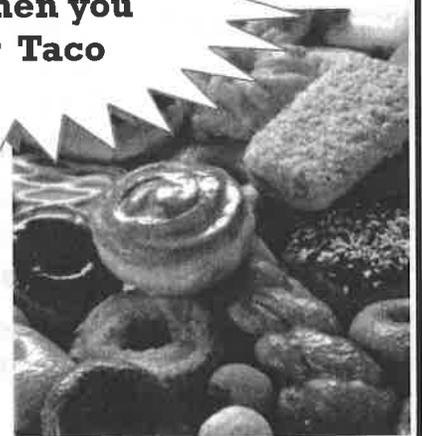
996 Confederation St. Sarnia www.acupacoffee.ca Tel # 519-336-7000

New Indian Taco in Town

Wednesday, March 20



**Add our
Homemade Donut
for \$1 when you
try our Taco**



**Enjoy our delicious
Taco for \$6.99
* Pop or Coffee
included**



**Please call ahead
to order your Taco
519-336-7000
www.acupacoffee.ca**

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue
Sarnia, Ontario N7T 7H5

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

E-mail: tribeune@aamjiwnaang.ca

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

Your next Chippewa Tribe-Une is due out
on **Thursday, March 28th, 2013**

The **deadline** will be on
Tuesday, March 26th, 2013
by **4:00 pm**

Chi-Miigwetch,
Bonnie Plain ~ Editor

**News from St. Clair United Church . . .**

Boozhoo! You know what. I watch waaaaay too much television. Even as I am sitting here writing in the evening hours, programming is blaring; I don't know what show is playing but it's on! How come I can't just sit with the quiet or music [although sometimes I do tune in one of the Galaxy TV channels!—does that count for too much TV too?]

The thing about the squawk box is this: there are pretty much no shows on that are worth sitting in front of. That doesn't prevent me from placing my posterior on the sofa, however. My partner, Joe, knows that if he is watching soccer in the afternoon before I get home he better tape *General Hospital* on channel 231 [that channel because there is a preview of the next day's show and I can't stand to miss that] so I can watch it while I eat my supper. Yup, we eat our meals in front of the television. See? I told you I watch too much.

What other shows do I hate to miss? Well, *Survivor*, because it amazes me how people treat one another when they think nobody's watching—but we all are! And any version of *Apprentice* though I abhor Trump's politics. Oh, there's *Criminal Minds* which more often than not grosses me out. Same is true of *CSI*. I enjoy the plot twists in both *Grey's Anatomy* and *The Good Wife*. Those are my 'go to' shows: the truth is I watch everything in between those as well when I get the chance! *Pawn Stars* and *Storage Wars* anyone?! There are others I won't admit to!

So, why do I watch television? I'm not sure I have a good reason. I tell myself that after a day's work it a good way to relax. Some truth to that I reckon. And Joe and I let ourselves believe it is spending quality time together. No truth to that I reckon.

When Spencer and Afton were young we monitored what they watched. Now it seems like there are no filters and we plunk ourselves down and stare at the screen until our eyeballs turn into rectangles. It is not a good thing.

Television is an escape. Instead of dwelling on our own problems and issues we watch someone else's play out in front of us. I am sure psychologists have lots to say about that, like our lives are real and what we see on television is only an imagined reality. Let's face it, even reality TV isn't reality. It is edited to give us a particular perspective. There really isn't much positive to say about what we watch on our humungous flat screens or about our putting so much of our time into being voyeurs of tripe.

There I've said it. Television is rubbish, nonsense, trash, garbage and drivel with the odd dash of important information mixed in. So I shouldn't watch it so much. I really shouldn't. But, now that I've finished this column I'll just channel surf for a wee while! Just a wee while!

Keep your fingers on the remote, friends!

Rev. Carolyn