



# CHIPPEWA TRIBE-UNE

Interim Editor,  
Lynn Rosales

## Onaabdin Giizis - Snowcrust Moon - March

### AAMJIWNAANG'S ANNUAL EARTH DAY & COMMUNITY CLEAN-UP CELEBRATION

**SATURDAY, APRIL 25, 2015**  
**10:00 AM – 2:00 PM**



#### **Trash-To-Treasure:**

Don't toss your trash, reduce, reuse and repurpose into art! Be creative, have fun with the family and let's see what you can create using trash around your home.

#### **Community Clean-Up:**

This is a contest to see who can do the most recycling and garbage clean-up in our Community.

#### **Volunteers Needed:**

Set-up, registration, displays, bags & tags, photographing, tallying tags, cooking, serving (300 people), handing out trees, and clean-up. If you would like to volunteer in this year's Earth Day Event, please contact Courtney or Christine at 519-336-8410.

#### CONTEST!

Trash-to-Treasure Art & Recycling/Garbage Clean-up

Fun Activities for the Whole Family!!

Seed Planting & Tree Give-Away

Community Barbeque

# AGENDA

|          |  |
|----------|--|
| 10:00 AM | Opening Prayer & Team Registration<br>(Pick up bags/colour coded tags and register your Trash to Treasure)   |
| 10:30    | Start Community Clean-Up <ul style="list-style-type: none"> <li>▪ Tashmoo (Band Office to Health Centre)</li> <li>▪ Chippewa Crescent &amp; Virgil Avenue</li> <li>▪ Bear Park</li> <li>▪ DeGurse &amp; Christopher Drive</li> <li>▪ LaSalle Road</li> <li>▪ Vidal Street</li> <li>▪ Wahboose &amp; Beaver Circle</li> </ul> |
| 12:00 PM | Barbeque @ the Community Centre<br>(Hamburgers & Hotdogs)  |
| 1:00     | Announce Winners<br>(Trash-to-Treasure and Garbage Collection)   |
| 1:30     | Hand out Trees & Door Prizes   |
| 2:00     | Closing Prayer & Miigwech  |

**ENVIRONMENTAL EDUCATION BOOTHS**  
**10 AM – 2 PM**



**"Saving our Home and Native Land"**

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All Band Operations will be closed  
Friday, April 3rd and Monday, April 6, 2015

Wishing all a Blessed Easter Holiday  
Season as you Gather & Celebrate  
with Family & Friends



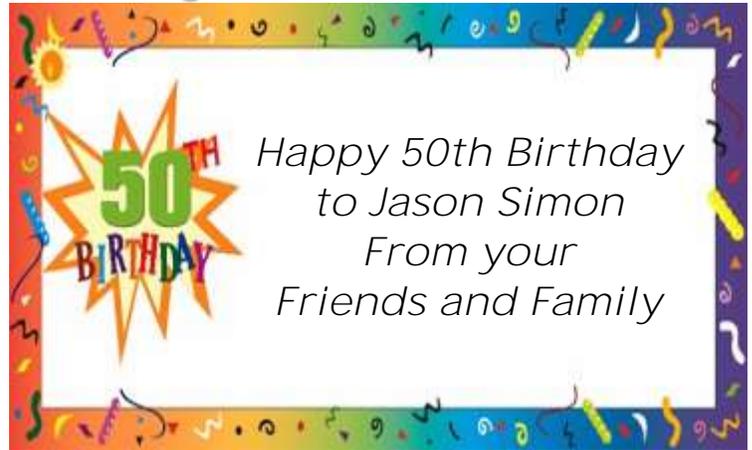
Aamjiwnaang  
Population Stats  
Current: 2335

# Mino Dbishkaayin-Happy Birthday March 28 - April 7, 2015

|               |                  |         |             |               |        |
|---------------|------------------|---------|-------------|---------------|--------|
| Dustin        | Maness           | Mar. 28 | Walter      | Rogers        | Apr. 2 |
| Joel          | Piche            | Mar. 28 | Lukas       | Simon         | Apr. 2 |
| Mayme         | Steadman         | Mar. 28 | Christine R | Bird          | Apr. 3 |
| Gavin         | White-Eye        | Mar. 29 | Michael C   | Plain         | Apr. 3 |
| Rudy H        | Williams         | Mar. 29 | Abel        | Wolfe         | Apr. 3 |
| Jonathan      | Joseph           | Mar. 30 | Chynoa      | Cloud-Siefker | Apr. 4 |
| Stephanie     | Kirkby           | Mar. 30 | Shirley     | Redfield      | Apr. 4 |
| Belva         | Longton          | Mar. 30 | Jolene      | Joseph        | Apr. 5 |
| Ashley        | Monk             | Mar. 30 | Jessica     | Kota          | Apr. 5 |
| Jesse         | Norlock          | Mar. 30 | Natasha     | Maness-Abel   | Apr. 5 |
| Gerald        | Stone            | Mar. 30 | Benjamin    | Pouget        | Apr. 5 |
| Justin        | Battista         | Mar. 31 | Tara        | Simon         | Apr. 5 |
| Reshonda      | Howell           | Mar. 31 | Daniel      | Ware II       | Apr. 5 |
| Ronald        | James            | Mar. 31 | Danielle    | Grinder       | Apr. 6 |
| Robert        | Keusch           | Mar. 31 | Madison     | Maness        | Apr. 6 |
| Kristal       | Nahmabin-Hiltz   | Mar. 31 | Shaylene    | Nahmabin      | Apr. 6 |
| Carla         | Oliver           | Mar. 31 | Dylan       | Rogers        | Apr. 6 |
| Grace         | Williams         | Mar. 31 | Brittany    | Adams         | Apr. 7 |
| Megan         | Williams         | Mar. 31 | Jared       | Hallett-Plain | Apr. 7 |
| Shawnacey     | Williams         | Mar. 31 | Christopher | Oliver        | Apr. 7 |
| Ashley        | Ayers            | Apr. 1  | Shawnee     | Rogers        | Apr. 7 |
| Christine S   | Bird             | Apr. 1  | Timothy V   | Williams      | Apr. 7 |
| Nicole        | Cottrelle        | Apr. 1  | Anthony     | Adams         | Apr. 8 |
| Tammy         | Joseph           | Apr. 1  | Alexander   | Dunning       | Apr. 8 |
| Amiee         | Kelly            | Apr. 1  | Lois        | Dunning       | Apr. 8 |
| Jennifer      | Miller           | Apr. 1  | Carol       | Joseph        | Apr. 8 |
| Melissa       | Plain            | Apr. 1  | Kim         | Robertson     | Apr. 8 |
| Paris         | Stokes           | Apr. 1  | Cameryn     | White         | Apr. 8 |
| Raymond       | Williams Jr.     | Apr. 1  | Mary P      | Williams      | Apr. 8 |
| Celste        | Bressette-Walker | Apr. 2  | Catherine   | Champagne     | Apr. 9 |
| Karyna        | Doxtator         | Apr. 2  | Cody        | Cooper-Rogers | Apr. 9 |
| Stephen       | Jackson          | Apr. 2  | Ella        | Diller        | Apr. 9 |
| William       | Jackson          | Apr. 2  | Selina Kim  | Henry         | Apr. 9 |
| Eagle Feather | Matte            | Apr. 2  |             |               |        |

# Mino Dbishkaayin-Happy Birthday March 28 - April 10, 2015

|            |            |         |
|------------|------------|---------|
| Shelley    | Joseph     | Apr. 9  |
| Patricia G | White      | Apr. 9  |
| Clayton    | Moore      | Apr. 10 |
| Rita       | Plain      | Apr. 10 |
| Daniel     | Robertson  | Apr. 10 |
| Elizabeth  | Stone      | Apr. 10 |
| Sunshine   | Washington | Apr. 10 |
| Deborah    | Wilson     | Apr. 10 |



*Mino Dibishkaan on April 1st  
O'zhowaanoohens....  
Niin Zaagin Pane  
Ginoshenh Ishkode Anaquodo Quay  
Wishing You Much Happiness Always....*

## Spring Clean-Up

### NOTICE

Spring Clean-Up week will be held week of  
**May 4 - 8, 2015**  
Please have all your unwanted items piled by the road to ensure that the maintenance crew can easily remove it. Miigwech!!

### NOTICE

#### Notice of Maintenance Activity

Sun-Canadian Pipe Line Company will be continuing regular maintenance work on its pipeline between March 23rd 2015 and April 17th 2015.

During this time work will take place in the Southwest corner of Churchill Line and Indian Rd. intersection.

This work is part of our Pipeline Integrity Program and is intended to provide a physical assessment of the condition of the pipeline at this location as a result of information received from in-line inspections.

Traffic control will be in place to ensure safe and uninterrupted traffic flow along the road for community members.

If you have any questions please call:  
Sun-Canadian Pipeline: 1-800-263-6641

## NOTICE

### Seeking Licensed Security Guards

If you have your Security License and are seeking employment, Please Contact the Aamjiwnaang Employment & Training Department  
519-336-8410 Ext. 249

I will be accepting resumes for upcoming employment

## NOTICE

Aamjiwnaang First Nation  
Junior Kindergarten  
Registration for:  
2015-2016 School Year

Registration Date:  
Friday March 27, 2015  
9:30 am - 4:30 pm

Student must be born during the year of 2011, and must reside on the Aamjiwnaang First Nation (no exceptions)

Please call the JK for your registration time: 519-344-5831

Required Documents:

- Birth Certificate or Status Card,
- Immunization Record
- Health Card



For Up-To-Date News and Information in the First Nations Political Arena you may visit the following sites:

Chiefs of Ontario visit:

<http://www.chiefs-of-ontario.org/>

Union of Ontario Indians visit:

<http://www.anishinabek.ca/>

Assembly of First Nations visit:

<http://www.afn.ca/>

Southern First Nation Secretariat

<http://www.sfns.on.ca/>

Aboriginal Affairs and Northern Development Canada

<http://www.aadnc-aandc.gc.ca/>

## NOTICE

### **Aamjiwnaang School Bus Transportation Notifications**

Any change must go through the Aamjiwnaang Education Department

- Address change
- Telephone number update
- Change of School
- New students
- Bus Service no longer required

**Please advise the Education Department at the Band Administration Building of any changes.**

**519 – 336-8410**

**Diane Aiken ext. 246, or**

**Vicki Ware ext. 247.**

***Bus Drivers will only accept changes as approved by the Education Department.***

The Aamjiwnaang Bus Transportation Policy is available upon request. To ensure the bus safety of our students, we must all work together.



## **COUNCIL AGENDA ITEM SUBMISSION DEADLINE!!**

### **FRIENDLY REMINDER**

To whom it may Concern:

Please be advised that the Council Meeting Agenda Item deadline is the Wednesday prior to the next Regular Council Meeting (RCM) at 4:00 p.m. Sorry, no exceptions. Any items submitted after the deadline will placed on the next RCM Agenda/Meeting.

RCM's are every 1st and 3rd Monday of each month. Should the RCM fall on a holiday, then it will be held on the following Tuesday.

Miigwech for your co-operation and understanding.

Respectfully,  
Shelley, Band Council Clerk

Please Note:

If you have any discussion items for  
Chief and Council on:

**Tuesday, April 7, 2015**

The deadline for submission is:

**Wednesday, April 1, 2015, 4:00 PM**



Aboriginal Affairs and  
Northern Development Canada

### **IF YOU DO NOT HAVE THE MANDATORY IDENTIFICATION TO OBTAIN A STATUS CARD, PLEASE CALL: 1-800-567-9604**

- Advise the call centre representative that you want to obtain a Temporary Confirmation of Registration Document (TCRD).
- They will ask a series of questions to confirm your identity and then mail a Temporary Confirmation of Registration Document (TCRD) to you.
- **This document will state your registration number and can be used in place of a Status Card to access benefits and services.**

## **TRIBE-UNE SUBMISSION INFO!! SUBMISSION DEADLINE**

Please Note that the submission deadline for the next Tribe-Une is:

**Tuesday, April 7 @ 4:00 pm**

This is to ensure that the Tribe-Une will be distributed by the end of the week,  
Meegwech for your support!!

Please submit your documents in **Word, Excel, Publisher** formats or info can be hand written; **jpeg** for pictures.

## **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

POLITICAL OFFICE:  
109 Mission Road  
Fort William First Nation, Ontario  
P7J 1K7  
(807) 626-9339  
(807) 626 9404 fax



ADMINISTRATION OFFICE:  
111 Peter Street, Suite 804  
Toronto, Ontario  
M5V 2H1  
(416) 597-1266  
Fax (416) 597-8363  
Website: [www.chiefs-of-ontario.org](http://www.chiefs-of-ontario.org)

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## CHIEFS OF ONTARIO

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### NEWS RELEASE

#### CHIEFS OF ONTARIO SUPPORT THE 44<sup>TH</sup> ANNUAL LITTLE NHL TOURNAMENT CALLING IT A TRADITION FOR FIRST NATION FAMILIES IN ONTARIO

TORONTO, ON (March 17, 2015) --- Ontario Regional Chief Stan Beardy is wishing all 178 teams and everyone attending the Little NHL 2015 tournament in Mississauga this week a safe and enjoyable time.

"This is a great time of year when our communities can get together this week and support our children playing sports," said Ontario Regional Chief Beardy. "It's imperative that we continue to support this tournament which has become an annual tradition for families across the province."

The 44<sup>th</sup> Annual Little Native Hockey League tournament kicked off Sunday night with opening ceremonies and continues until Thursday with three arenas and over 12 rinks being utilized.

The Aundeck-Omni-Kaning First Nation and Whitefish River First Nation are this year's hosts. Ontario Regional Chief Beardy will enjoy hockey games over the next few days and youth representatives from the Ontario First Nations Young People Council (OFNYPC) and COO staff members will be fundraising and providing information at the Chiefs of Ontario booth.

The tournament started out as a 14-team affair in Manitoulin Island more than 40 years ago and this year's installment welcomes 178 teams from all over Ontario for five days at various arenas across Mississauga.

Since its inception, a number of NHLers such as Bryan Trottier, Carey Price, Ted Nolan, Jordan Nolan, Chris Simon, Jonathan Cheechoo, Jordin Tootoo and Dwight King played in the Little NHL tournament before embarking on their pro careers.

*The Chiefs of Ontario is a political forum and a secretariat for collective decision making, action, and advocacy for the 133 First Nation communities located within the boundaries of the province of Ontario, Canada. Follow Chiefs of Ontario on Facebook or Twitter @ChiefsOfOntario.*

-30-

For more information, please contact:  
Jamie Monastyrski, Communications  
Phone: 807-630-7087 - Email: [jamie.monastyrski@coo.org](mailto:jamie.monastyrski@coo.org)

## Medical Travel Drivers

|                     |               |
|---------------------|---------------|
| Terry Plain (Monis) | .....402-5535 |
| Ron Simon           | .....328-0203 |
| Sheila Firth        | .....383-1073 |
| Mary Lou Williams   | .....337-9342 |
| Carol Miller        | .....332-0751 |
| Christine Plain     | .....466-0054 |

## Men's Cooking Classes

**Next Date t To Be Determined  
11:00am -1:00pm**

**Health Centre**

### Prize for all Participants

Learn to love delicious food made  
with a few healthy ingredients  
New Participants Welcome!!

Call to Register Today!!  
519-332-6770

Transportation Available



**Thursday, April 14, 2015**

**12:00 – 1:30pm**

**HEALTH CENTRE**

In need of a warm meal?

Want to socialize?

Come out and join us and have a  
nice warm bowl of soup on us!

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

THINK POSITIVELY  
EAT HEALTHY WORK HARD  
EXERCISE DAILY  
STAY STRONG HAVE  
FAITH WORRY LESS  
READ MORE RELAX  
ROUTINELY LAUGH  
OFTEN LOVE FREELY  
LIVE RESPECTFULLY  
WALK IN PEACE

**BE HAPPY**

## How to Identify REAL Food

Real foods are essential for good health. They taste great and help to protect the environment. Here are some of the differences between REAL FOOD and FOOD-LIKE PRODUCTS:

### Real Food



- It's grown
- Usually sold whole
- Spoils fast
- Requires preparation
- Full of natural flavour & colour
- Strong connection to land & culture

### Processed Food-Like Products



- Produced in a factory
- Always the same
- Stays "fresh" for extended periods
- Little preparation required
- Contains fillers, additives & preservatives
- Artificial colours & flavours
- Packaged



Good Day Aamjiwnaang!

I have been approved for the New Horizons for Seniors grant for the year 2015 – 2016.

The project title is "**Strengthening Our Community**". The goal of the New Horizons this year is to bring the Community back together by hosting community gatherings and activities for opportunities for social interaction.

I will be forming a committee made up of various age groups volunteering to sit on this committee. We will meet and come up with ideas on how to promote this.

I am looking for 2 youth, 2 community members, and 4 seniors.

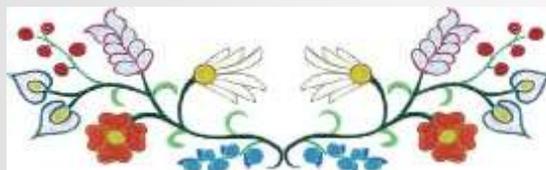
If you are interested in sitting on this committee, please contact Peggy Rogers, Seniors Worker, Health Centre, 519-332-6770. If am unavailable, please leave a detailed voice mail with your name, your contact information, date and time you called.

\*\*Please note that I will contact you after Easter. \*\*

I look forward to this new and exciting project that is about to be planned out!

Thank you for your interest in this new adventure!

Peggy Rogers,  
Seniors Health Worker



## Seniors 55 & Over Congregate Dining

Seniors Drop In Room



**Every Wednesday  
12 - 1 pm**

Come on out... Socialize and  
enjoy a home cooked  
Nutritious, delicious meal!

**Hope to see you there!**

**Any Questions give call  
Peggy a call  
519-332-6770**

## NOTICE

**Seniors:** If you have signed  
up for an event – and you  
cannot make it, please call  
Peggy, 519-332-6770. I have  
waiting lists and would like  
to see the tickets used if for  
some reason you are  
unable to attend.

Thank you,  
Peggy Rogers, Seniors Worker

## Travelling Seniors

### FYI

The Travelling Seniors will  
be hosting a monthly  
Meat Bingo Fundraiser  
At Maawn Doosh Gumig -  
Next Bingo Dates are:

**Thursday, April 23  
Thursday, May 21**

At 6:00 pm and the  
Kitchen opens at 5:00 pm

## Seniors Healthy Cooking Class

**Tuesday, April 21**

**Health Centre 10:30 - 1:30**

Come out and join us! call  
Peggy to register and if you  
need a ride.

519-332-6770



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

Presented by: **Sandra Walker**





## Seniors Pizza & Game Night

When:

**Wednesday,  
April. 22, @5  
pm**



Where:

**Seniors Drop-In  
@Community Center**

**PRIZES! GAMES! FOOD!**

Call Peggy, 519-332-6770

If signing up

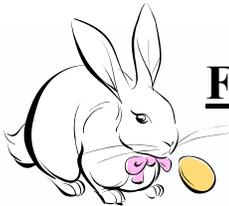
At the recent Book Giveaway at the Community Centre, books that were purchased for the Seniors had accidentally been placed in the Giveaway. All the books had been stamped with Home and Community Care in the front page of the book. If you have picked up a book with the stamp on it, feel free to read it. After you have finished reading it, could you kindly return the book to the Health Centre to one of the workers for the Home and Community Care Program. It would be greatly appreciated! Thank you so much in advance.

Peggy Rogers,

Seniors Health Worker

Home and Community Care

# Attention Community Members



## 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 April 3rd, 2015 - Good Friday**

**&**

**Monday April 6th, 2015 - Easter Monday**

Please make arrangements with your loved ones and  
regular hours will commence Tuesday April 7th, 2015

Thank you

Respectfully Yours,

HCC—Clerk Rebecca Adams

## Senior's Programming



### SENIORS EASTER POTLUCK PARTY

**Tues., April 7th @ 5:00 pm**

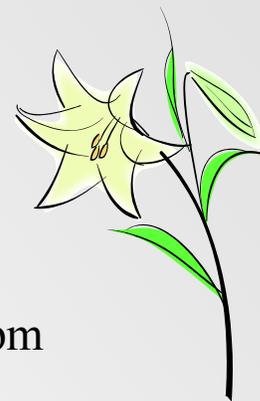
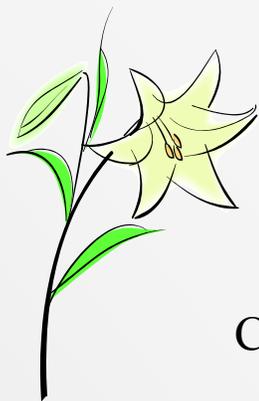
Community Centre

Seniors, design your own Easter Bonnet and wear during dinner for judging!!

Prizes for 1st, 2nd & 3rd place, prizes for dressed for the occasion, etc!

Call Peggy @ 519-332-6770, by April 2, 4:00 pm to sign up if you plan on attending.

Hope to see you there!!



LUNCH  
FELLOWSHIP

Aamjiwnaang Seniors have been invited to have lunch with Chippewa of Thames Seniors

**BINGO**

**Tuesday April 14, from 11 AM – 12:00 PM**

**Social Hour 12:00 PM – 1:00 PM**

**Lunch 1:00 PM – 3:00 PM Nutrition Bingo**

Transportation is available for 7 people

**You are required to sign up no later than Tuesday, March 17, 4:00 pm**

Please sign up with Peggy, 519-332-6770, ext. 31

*You're Invited!*

Seniors Lunch with Walpole Island & Moraviantown

**Monday April 27 @ 11:30 am**

Walpole Island Arena

Transportation available for 7 people

You must sign up with Peggy,  
519-332-6770, ext. 31

**Deadline for signup is April 17, 4:00 pm.**

## Travelling Seniors Monthly Fundraiser

# MEAT BINGO

All Scheduled Fundraisers are held at,

**Maawn Doosh Gumig Youth & Community Centre @ 6 pm**

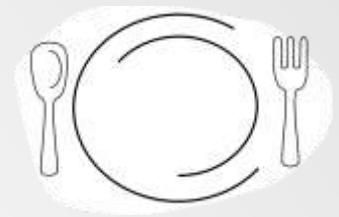
*2 Strip Book for \$15 (extra strip for \$5 more)*

**Thursday, April 23, 2015**

~ Kitchen will be open from 4 - 6 pm

**Menu includes: Ham & Scalloped Potatoes Dinner**

**Adults: \$8.00 and Children under 12: \$5.00**



**Thursday, May 21, 2015**

~ Kitchen opens @ 5 pm

*Dinner Menu to be Announced as a later date*

**June 2015 Date to be Announced**

~ Kitchen opens @ 5 pm

**Dinner Menu to be Announced as a later date**



- Everyone Welcome to Play!
- Ages 10+ w/adult supervision
- Bring a Friend or more!!
- Students, come out and get your volunteer hours

**Come on Out and Support  
the Travelling Seniors !!**

**For more information call**

**Pat Oliver**

**@ 519-336-7244**



Kevin is Anishinabe, Three Fires, Turtle Clan from Batchewana First Nation. Kevin has spent his life living and learning traditional and modern knowledge and experience to help fulfill his dreams, visions and higher spiritual callings of helping bridge traditional and modern wisdom, knowledge, tools, resources and people together.

## TRADITIONAL TEACHINGS WITH: **KEVIN NADJIWON**

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**MARCH 30, 2015**

**AFTERNOON: 1:00-4:00PM**

**EVENING: 5:00-8:00PM (DINNER PROVIDED)**

**MAAWN DOOSH GUMIG – COMMUNITY CENTRE**

### TOPICS:

1. BRIDGING MODERN & TRADITIONAL KNOWLEDGE
  2. SPIRITS LEARNING TO BE HUMAN, SPIRITUAL SCIENCE & PROPHECY
  3. INDIGENOUS – PAST, PRESENT & FUTURE
- 

**EVERYONE WELCOME**

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FOR MORE INFORMATION PLEASE CONTACT THE HEALTH CENTRE 519-332-6770



# Aamjiwnaang Skate & Swim At Mooretown Arena



## SCHEDULE

Last Chance to get  
out and Skate

March 28 - Skate,  
7-8 pm

Spend Quality Time with Family

Great Exercise

Children Under 7 Must be Accompanied by  
an Adult Into the Pool

Helmets Recommended for Skating Safety

Sorry Hockey Fans, No pucks or hockey  
sticks permitted!!

Please review the attached polices for  
Mooretown ice and pool rentals. For  
any questions please contact  
Roberta Bressette at the  
Health Centre 332-6770.



# Aamjiwnaang Afterschool Program



Invites all children between the ages of  
6-12 years of age to join us at the  
Maawn Doosh Gumig

**3-6 pm**

to check out our new programming and  
to make some new friends! New regis-  
trations are always welcome.

It will be KIDS CHOICE of the  
games and activities so

Come out and see what all the  
FUN is about!

**Melissa Joseph-Program Leader**

**519-332-6770 ext. 35 or  
226-932-0786**

*mjoseph@nlchc.com*





## WOMEN ON THE RISE

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Aftercare / Continuing Care for women 16+

Begins [Friday, March 27<sup>th</sup> @ 9:30-11:30am](#) for 13 weeks.

To Register:

Please call Tracey at the Aamjiwnaang Health Centre 519-332-6770 or  
Charity Smith, House of Sophrosyne, 519-328-1683

This group is for any woman who has completed a residential or community treatment program and would like support as she continues to work her path to recovery from substance abuse. Registration is required prior to group, and once the group begins it is a closed group. The program is 12 weekly sessions, individual counselling is available as needed.

## SCHEDULE OF THURSDAYS AND FRIDAYS

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March 27 (Friday) – Orientation

April 2, 9, 16, 23 (Thursdays) – Triggers and Coping; Warning Signs of Relapse; Cross Addiction and Denial; Self-Esteem and Self-Care in Recovery

May 1 (Friday) – Coping Effectively with Feelings in Recovery

May 7, 14, 21 (Thursdays) – Healthy Boundaries, Healthy Relationships; Women and Sexuality

May 29 (Friday) – Families in Recovery

June 4, 11, 18 (Thursdays) – Mental Health/Concurrent Disorders; Spirituality in Recovery; Managing Recovery Long-term

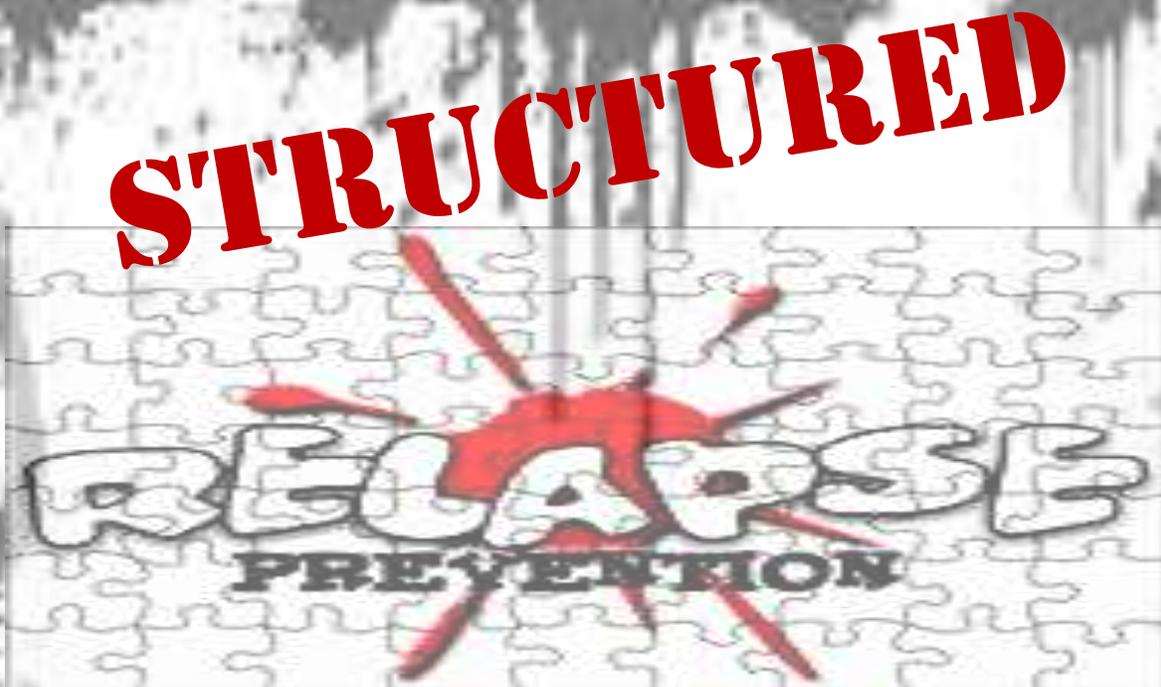
## Q&A

Question: Can I attend group if I am under the influence of drugs and or alcohol?

Answer: No. However, if you have had a relapse it is permitted to discuss this with the group and look at future strategies to avoid further relapse.

Question: Can I bring my child to group?

Answer: Unfortunately we do not have childcare, however, if there are enough participants who need childcare, we will reconsider offering childcare.



Structured Relapse Prevention provides an effective program for clients seeking to maintain change and avoid relapse. Structured Relapse Prevention (SRP) is a brief, cognitive behavioural, manual-based counselling approach that is used in a variety of settings.

This *interactive workshop* will provide tools and a comprehensive set of coping skills exercises for use with clients.

### **Please note new date....**

**April 1-2, 2015**

**9-4 P.M.**

**Maawn Doosh Gumig**

**Community Centre**

**(Banquet Room)**

**Call Penny @ 332-6770**

**for more information.**

**LIMITED SEATING**

**AVAILABLE!**

**Call Dorothy to reserve  
your spot**

**@ 332-6770**

**Lunch Provided**

## Healthy Babies Healthy Children & Head Start Activities

# April

|  |  |
|--|--|
| Monday, March 30th, 10:30 am - 1:30 pm   | <b>Kids in the Kitchen, Nutrition with Melissa</b> |
| Wednesday, April 1st, 5:30 am - 7:30 pm  | <b>Easter Bunny Hop</b>                            |
| Thursday, April 2nd, 10:30 am - 12:30 pm   | <b>Play &amp; Literacy</b>                         |
| <b>Good Friday, April, 3rd &amp; Easter Monday, April 6th - NO Programming, Happy Easter</b> |  |
| Wednesday, April 8th, 5:00 - 7:30 pm   | <b>Sensory Play</b>                                |
| Thursday, April 9th, 10:30 am - 12:30 pm   | <b>Spa Day ( Sign-Up for Massage)</b>              |
| Monday, April 13th, 10:30 am - 12:30 pm  | <b>Simple Sewing ( Sign-Up)</b>                    |
| Wednesday, April 15th, 5:00 - 7:30 pm  | <b>Pyjama and Movie Night</b>                      |
| Thursday, April 16th, 10:30 am - 12:30 pm  | <b>Coupons</b>                                     |
| Monday, April 20th, 10:30 am - 12:30 pm  | <b>Simple Sewing (Continued)</b>                   |
| Wednesday, April 22nd, 5:00 - 7:30 pm  | <b>Spring Craft</b>                                |
| Thursday, April 23rd, 5:00 - 7:30 pm   | <b>Financial Fitness - Budgeting</b>               |
| Monday, April 27th, 10:30 am - 12:30 pm  | <b>New Parents - Tie Blankets (Sign-Up)</b>        |
| Wednesday, April 29th, 5:00 - 7:30 pm  | <b>Gym Night</b>                                   |
| Thursday, April 30, 10:30 am - 12:30 pm  | <b>Nutrition with Nikki - Meal Planning</b>        |

**Infant Massage for New Parents with  
Babies, Beginning in May,  
Sign-Up Required**

**Please see flyer with details on the following page**

**Healthy Babies/Healthy  
Children New Parents  
Group:  
Baby Blanket Making  
(For Prenatals and Parents  
with children 0-6 months)**

**Mon., April 27, 2015  
10:30 a.m.-1:30 p.m.  
Sign up required with  
Dorothy 519-332-6770  
Childcare and Transporta-  
tion Available.**



**FOR NEW PARENTS  
WITH BABIES**

**SIGN UP REQUIRED  
with MaLynda  
519-332-6770**

**Rides and Childcare Available**

**WHEN**

**May 6, 13, 20, 27**

**TIME: 10:30 to 11:30 am**

**WHERE**

**Maawn Doosh Gumig Youth  
& Community Centre**

## **Grief & Loss Counselling Services**

**Through grief/trauma counselling, Tina can help you work through distressing experiences. Regardless of the kind of loss you're facing, Tina can help guide you through your grief and help you learn healthy ways to cope with your loss/trauma.**

**Tina provides confidential care and support for individuals, couples and families across the lifespan who are facing difficult seasons in their lives.**

**Please contact E'Mino Bmaad-Zijig  
Gamig Health Centre  
To speak with Tracey or  
Penny about accessing,**

**Grief & Loss Counselling  
(519) 332-6770**

### **Support for Families, Caregivers and Friends Who are Supporting Someone Struggling With Substance & Alcohol Use**

Families can play an important role in supporting a loved one with a substance use problem. Often it is the families and loved ones that deal with the crisis, assist with system navigation, serve as informal case managers, encourage and support treatment. Family members, caregivers and friends may experience anxiety, stress, shame, self-blame, depression, fear and frustration. People dealing with addictions in their family can initially not have adequate information regarding the problem, treatment, self-care or available resources. Facilitators from Bluewater Health Community Withdrawal Program will introduce ideas and concepts to you to support your understanding of substance use, how to better support yourself and how to better support your loved one.

#### **TOPIC of discussion**

**BOUNDARIES & SELF CARE**

**April 07, 2015**

**Aamjiwnaang Health Centre  
10-11:30 A.M.**

**Please contact Penny 332-6770  
for further information  
EVERYONE WELCOME!**

# Let's Talk

With Penny...

Anyone who knows me knows that I'm a huge advocate for helping others. I believe in reaching out, giving a helping hand, and providing emotional support. I believe each individual can make the world a better place by helping others in some way. On the other hand, it's relatively clear that anything, including help, can be done in excess. So, what does it mean to help until it hurts?

## When Helping Hurts

Helping aids progression, creates an environment of positivity, adds value to the life of another human being. Helping lifts you up, but doesn't hold you up; it allows you to hold yourself up as best you can. Helping at its best is supportive, not controlling; strengthening, not debilitating; mobilizing, not paralyzing. When helping hurts, it is no longer helping. It is enabling (often experience when we have a loved one struggling with addictions). Enabling is often disguised as helping, but it's quite the opposite. Enabling creates a sense of powerlessness, often discouraging and de-motivating the person who needs help.

- Are you wondering if you are the enabler for someone you know or love? If you're not sure, ask yourself these questions about your attempts to help:
- Are my actions helping this person to feel more self-empowered?
- Are the circumstances staying the same, worsening or improving?
- Is this person doing his absolute best to help himself?
- Are my actions motivated by fear? Pity? Guilt?
- Am I helping this person to take advantage of her full potential?

- What good has come from my help?
- What harm has come from my help?

When helping ceases to inspire and empower; it becomes enabling. Your answers to the questions above should help you determine if you've crossed that fine line.

## Why Enabling Is Helping That Hurts

If you are an enabler to someone, it is likely because you see them as a victim. But guess what? Enabling is a type of victimization. When people aren't challenged to do as much as they possibly can to help themselves, they learn to constantly look for answers, remedies, solutions and fixes outside of themselves. They begin to feel powerless, useless, incapable, and needy. Sadly, the more they feel that way, the more they attract circumstances that prove them right. The more they attract those negative circumstances, the worse they feel. The worse they feel, the worse it gets. This cycle is a vicious one. Before you can help someone break this cycle, you must see them in ways they don't yet see themselves. The prerequisite, however, is to understand why you're engaging in enabling behavior in the first place.

## When Helping Hurts, Why Do We Keep It Up

### 1. The Guilt Factor

One of the most common reasons people give for enabling is that they feel too guilty to stop. Let's dissect that excuse.

Definition of Guilt (noun)

- a. the state of having committed an *offense*
- b. remorse caused by feeling responsible for some *offense*

If you are enabling self-destruction, self-pity, fear and self-doubt; that is the offense. There is far more cause for guilt in what you're doing (enabling) than there is in stopping it. You'll need to wrap your mind around the fact that your style of helping hurts in order to move past the guilt of changing the enabling behavior that

your loved one has come to expect.

## 2. **Unconscious (or Subconscious) Self-Interest**

I know it seems highly unlikely that helping another person could be motivated by self-interest, but bear with me as I explain why this is often the driving force behind helping that hurts. If you know you've had a pattern of enabling behavior, take a moment to consider what you get out of what you're doing. On some level, does it feel good to have someone rely on you to this extent? Does it bring you a sense of safety and reassurance to know that you're needed? Is it a way to keep them close? To maintain control? To feel useful? Do you enjoy the feeling of self-righteousness that comes with compulsive "helping"? Does it help you to feel better about yourself, to feel worthy? Do you get much-desired sympathy for being so self-sacrificing? Do you get to throw your own pity party because you do so much, going overboard, getting nothing in return? Does it allow you to make amends for wrongs you've done to this person or someone else? There is nothing wrong with deriving benefits from helping others, but you must really look at your motives when your helping is hurting someone else. Once you know exactly what you're getting from the enabling behavior, you can uncover the real issue. You can learn to meet your own needs in a way that is less destructive to you and others.

### **A Family Example of Enabling**

An example of helping that hurts can be seen in a growing number of households across the world. Parents are enabling (not helping) their children, stripping them of everything they need to create success in life. These young people go to school when (or if) they want. They bring home whatever grades they want. They smoke, drink, do drugs and use profanity in the parent's home. Free room and board, no rules, no expectations—life is grand. These children grow up to expect nothing of themselves. All

too often, the enabling continues into adulthood. They live off mom and dad (or whoever will enable them), continuing to do as they please. Instead of working, they get handouts. Instead of getting an education, they get high. Instead of creating a life for themselves, they take whatever they can get without effort. When/if they do finally get out on their own, everything seems so much harder than it has to be. Why? Because they only know how to do what they've been encouraged, pushed, taught and enabled to do all their lives. Absolutely nothing!

### **Truly Helping Others**

If you really want to help someone, envision them in a more favorable light than they can see. See them at their best, even if they can't show it to you. Help them to access their own strength, to reach their full potential. Challenge them to own up to who they really are—to feel the joy of personal empowerment and self-confidence. In everything you do for another, do it with this vision of them firmly planted in your mind's eye. As you continue reaching out to help others, I hope you'll keep in mind the difference between helping and enabling. Always remember to look at your intentions, your motives, your actions and your outcomes. If you find that you need to make some changes, let your hope and faith, not your guilt and fears, guide the way. If you would like more information about enabling please contact the Health Centre (332-6770), we also offer Family Support group (with Bluewater Community Withdrawal) to provide education and support for those struggling with a loved one's addiction.

What you allow,  
is what will continue.

## Starting Seeds Indoors

*Earlier fruits and flowers, plus endless variety.*

Starting seeds indoors will give you earlier vegetables and flowers, and your cultivar choices will be endless. The process of germination may seem



complex, but the act of seed planting is reassuringly simple. Just take it step-by-step, and you'll soon be presiding over a healthy crop of seedlings.

Select your work area—a surface at a comfortable height and close to a water supply where you'll have room to spread things out. Assemble your equipment: seed-starting containers, starting medium or soil mix, watering can, labels, marking pen, and seed packets.

### Choosing Containers

You can start seeds in almost any kind of container that will hold 1 to 2 inches of starting medium and won't become easily waterlogged. Once seedlings form more roots and develop their true leaves, though, they grow best in containers that provide more space for root growth and have holes for drainage.

You can start seedlings in open flats, in individual sections of a market pack, or in pots. Individual containers are preferable, because the less you disturb tender roots, the better. Some containers, such as peat pots, paper pots, and soil blocks, go right into the garden with the plant during transplanting. Other pots must be slipped off the root ball before planting.

Square or rectangular containers make better use of space and provide more root area than round ones do. However, individual containers dry out faster than open flats. Many gardeners start seeds in open flats and transplant seedlings to individual containers after the first true leaves unfold. Choose flats and containers to match the number and types of plants you wish to grow and the space you have available.

Excellent seed-starting systems are available from garden centers and mail-order suppliers. You can also build your own wooden flats. If you raise large numbers of seedlings, it's useful to have inter-

changeable, standard-sized flats and inserts.

You can reuse your seedling containers for many years. To prevent problems with damping off, you may want to sanitize flats at the end of the season by dipping them in a 10 percent solution of household bleach (1 cup of bleach plus 9 cups of water).

**Homemade containers:** You can recycle milk cartons and many types of plastic containers as seed-starting pots. Just be sure to poke a drainage hole in the bottom of each. Cut lengths of clothes hanger as a frame for your flats so you can wrap them in plastic to encourage germination. You can bend the wire to fit into a plastic flat filled with pots or six-packs, or staple the wire to the sides of a wooden flat as shown at right. Use clear plastic wrap or plastic bags (like the ones from the dry cleaner) to enclose the flat.

Two make-at-home seed-starting containers are [newspaper pots](#) and soil blocks. To make pots from newspaper, begin by cutting bands of newspaper about twice as wide as the desired height of a pot (about 4 inches wide for a 2-inch-high pot). Wrap a band around the lower half of a jar a few times, and secure it with masking tape. Then form the bottom of the pot by creasing and folding the paper in around the bottom of the jar. You can also put a piece of tape across the pot bottom to hold it more securely in place. Slip the newspaper pot off the jar. Set your pots in high-sided trays with their sides touching. When you fill them with potting mix, they will support one another. There are also commercial molds for making newspaper pots.

Soil blocks encourage well-branched roots and produce good seedlings. You can buy molds to make soil blocks, but making them is a messy, labor-intensive process.

Begin by mixing a wheelbarrow-load of potting soil. Use plenty of peat moss and lots of water to make a thick, wet, gummy mass with the texture of peanut butter. Jam the soil-block mold into the block mix. Press the mold hard against the bottom of the wheelbarrow, and then lift and eject the blocks from the mold onto a tray. Then arrange the blocks in flats and plant directly into them. Don't let soil blocks dry out: Because of their high peat content, they don't absorb moisture well once they have become dry. Water from

the bottom or mist gently until roots grow. Once roots fill the blocks, they become solid and easy to handle.

### Seed-Starting and Potting Mixes

Seeds contain enough nutrients to nourish themselves through sprouting, so a seed-starting mix does not have to contain nutrients. It should be free of weed seeds and toxic substances, hold moisture well, and provide plenty of air spaces. Don't use plain garden soil to start seedlings; it hardens into a dense mass that delicate young roots can't penetrate.



Make your own seed-starting mix by combining one part vermiculite or perlite with one part peat moss, milled sphagnum moss, coir, or well-screened compost. Or, buy bagged seed-starting mix. Let your seedlings grow in such a mixture until they develop their first true leaves, and then transplant into a nutrient-rich potting mix (be sure the mix you choose is labeled organic, or check the list of ingredients, and avoid mixes that contain added synthetic fertilizer). To make your own potting mix, combine equal parts compost and vermiculite. For more recipes for mixes, see the Houseplants entry. For safe handling instructions for seed-starting and potting mixes, see the Container Gardening entry.

Some gardeners prefer to plant seeds directly in potting mix and eliminate transplanting. Planting in large individual pots is ideal for plants such as squash and melons that won't grow well if their roots are disturbed.

Moisten the planting mix before you fill your containers, especially if it contains peat moss or milled sphagnum moss. Use warm water, and allow the mix time to absorb it. When you squeeze a handful of mix it should hold together and feel moist, but it shouldn't drip.

If you're sowing directly in flats, first line the bottom with a sheet of newspaper to keep soil from washing out. Scoop pre-moistened planting medium into the containers or flats, and spread it out. Tap the filled container on your work surface to settle the medium, and smooth the surface with your hand.

Don't pack it down tightly.

### Sowing Seeds

Space large seeds at least 1 inch apart, planting 2 or 3 seeds in each pot (snip off the weaker seedlings later). Plant medium-sized seeds ½ to 1 inch apart, and tiny ones about ½ inch apart. If you're sowing only a few seeds, use your fingertips or tweezers to place them precisely. To sprinkle seeds evenly, try one of these methods:

- Take a pinch of seeds between your thumb and forefinger and slowly rotate thumb against finger—try to release the seeds gradually while moving your hand over the container.
- Scatter seeds from a spoon.
- Sow seeds directly from the corner of the packet by tapping the packet gently to make the seeds drop out one by one.
- Mix fine seeds with dry sand, and scatter the mixture from a saltshaker.
- To sow seeds in tiny furrows or rows, just make shallow ¼- to ½-inch-deep depressions in the soil with a plant label or an old pencil. Space the seeds along the bottom of the furrow.

Cover the seeds to a depth of three times their thickness by carefully sprinkling them with light, dry pot-



ting soil or seed-starting medium. Don't cover seeds that need light to germinate (check the seed packet for special germination requirements). Instead, gently pat the surface of the mix so the seeds and mix have good contact.

Write a label for each kind of seed you plant and put it in the flat or pot as soon as the seeds are planted, before any mix-ups occur.

Set the flats or pots in shallow containers of water and let them soak until the surface of the planting medium looks moist. Or you can gently mist the mix. If you water from the top, use a watering can with a rose nozzle to get a gentle stream that won't wash the seeds out of place.

Cover the container, using clear plastic or a floating row cover for seeds that need light, or black plastic, damp newspaper, or burlap for those that prefer the dark.

Finally, put the containers of planted seeds in a warm place where you can check them daily. Unless the seeds need light to germinate, you can save space the first few days by stacking flats. Just be sure the bottom of a flat doesn't actually rest on the planting mix of the flat below. Check the flats daily; unstack as soon as the seeds start to sprout. Keep the soil moist but not waterlogged. As soon as you notice sprouts nudging above the soil surface, expose the flat to light.

### Sowing Timetable

To plan the best time to start seedlings indoors in spring, you need to know the approximate date of the average last spring frost in your area. Count back from that date the number of weeks indicated below to determine the appropriate starting date for various crops. An asterisk (\*) indicates a cold-hardy plant that can be set out 4 to 6 weeks before the last frost.

- 12 to 14 weeks: onions\*, leeks\*, chives\*, pansies\*, impatiens, and coleus
- 8 to 12 weeks: peppers, lettuce\*, cabbage-family crops\*, petunias, snapdragons\*, alyssum\*, and other hardy annual flowers
- 6 to 8 weeks: eggplants, tomatoes
- 5 to 6 weeks: zinnias, cockscombs (*Celosia* spp.), marigolds, other tender annuals
- 2 to 4 weeks: cucumbers, melons, okra, pumpkins, squash

Source:

<http://www.organicgardening.com/learn-and-grow/starting-seeds-indoors?page=0,0>



Reuse empty snack pack containers. Be sure to keep newly sown seeds moist under clear plastic wrap until seeds germinate, then the plastic comes off.



Reuse empty catering containers that have lids, these are excellent for germinating your seeds. Use other smaller recycled containers that will fit under the lid where light and heat will assist with the germination process.



Other items that you can use for germinating your seeds are shown above. Be creative in your effort to reuse





AAMJIWNAANG FIRST NATION  
EMERGENCY PLANNING



# Shelter in Place Evacuation

Dinner at  
5pm



Door  
Prizes

Aamjiwnaang First Nation  
Emergency Planning

Is holding a Community Open House on:

**“Shelter in Place/Evacuation Procedures”**

Tuesday March 31, 2015

5-7 pm – Community Centre

Please attend for Dinner and followed by a presentation

Hope to see you there!!

**\*\*Childcare will be available\*\***

Reminder: If you haven't signed up for our notification system, use this link:

<https://member.everbridge.net/index/453003085611503>

Or, complete one of the sign-up sheets and drop it off at the Band office

If you have any problems, contact Wilson Plain Jr. at the Band office (519) 336-8410



AAMJIWNAANG  
NOTIFICATION SYSTEM  
NOONDAN GEZHAWEBAG  
(to hear what will happen)



### Job Search Websites

- A. **OFIFC**, <http://www.ofifc.org/>
- B. **Nokee Kwe**, <http://www.nokekwe.ca/>
- C. **Southern First Nation Secretariat**, <http://www.sfns.on.ca/index.html>
- D. N' Amerind Friendship Centre (London), <http://www.namerind.on.ca/>
- E. **Anishnawbe Health Toronto**, <http://www.aht.ca/>
- F. **SOAHAC** London, Chippewas of the Thames, Owen Sound, <http://www.soahac.on.ca/>
- G. **Six Nations** (Ohsweken, ON), <http://www.sixnations.ca/>

#### Other Job Search Engines:

- <http://www.aboriginalcareers.ca/>
- <http://ca.indeed.com/Aboriginal-jobs>
- <http://www.wowjobs.ca/jobs-aboriginal-jobs>
- <http://www.turtleisland.org/front/front.htm>
- <http://www.eluta.ca/>
- <http://www.monster.ca/>
- <http://www.workopolis.com/>
- <http://www.jobs.ca/>
- <http://www.servicecanada.gc.ca/eng/sc/jobs/jobbank.shtml>
- <http://www.ofifc.org/>



### AAMJIWNAANG FIRST NATION EMPLOYMENT OPPORTUNITY

#### **MAINTENANCE CREW LABORER**

Three (3) Contract Positions  
April - October (30 weeks)

#### Responsibilities

- To provide a variety of operational, maintenance, and construction services to First Nation properties, facilities and roads
- Carries out work assignments using a variety of vehicles, hand and power tools
- Performs general property and building repairs and maintenance services, including but not limited to general repairs, grass cutting, landscaping and painting
- Responsible for adhering to occupational health and safety procedures
- Perform such other related duties as may be required by the Operations Coordinator

#### Knowledge and Skills

- Ontario Secondary School Graduation Diploma (Grade 12 – Level IV), or equivalent.
- Ability to operate a variety of landscaping equipment in a safe, efficient and effective manner
- Mechanical skills, knowledge of equipment and its capability; ability to identify operating problems
- General landscaping and public works maintenance skills
- Must possess a valid Ontario Driver's License
- Excellent initiative and judgment; good physical condition

**Submit resume and cover letter by  
4:00 pm Friday, April 17, 2015 to:**

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

HELP  
WANTED



# JOB FAIR



**SEEKING  
INTERESTED  
VENDORS  
TO ATTEND  
FOR RECRUITMENT  
/INFO SHARING**

**BRING YOUR RESUME!**

NETWORKING WITH:  
YOUR NAME COULD  
GO HERE!

MAAWN DOOSH GUMIG

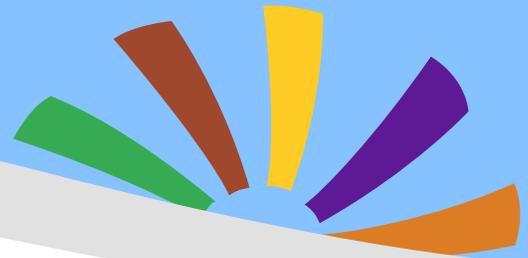
MAY 2015

FOR MORE INFO  
CONTACT MARINA PLAIN  
519-336-8410

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



**April 9, 2015 from 5pm—7pm**



# Species at Risk Presentation



Environment Canada is developing draft Recovery Strategies for the Blanding's Turtle - Great Lakes population, Spiny Softshell, Eastern Musk Turtle, and Spotted Turtle. We are also developing Management plans for the Northern Map Turtle and Snapping Turtle in Canada. The Blanding's Turtle, Spiny Softshell, Eastern Musk Turtle, are reptiles listed as Endangered, and the Northern Map Turtle and Snapping Turtle are listed as Special Concern. One or more of these reptiles are known to occur on or near your First Nation's reserve lands. Environment Canada recognizes the social and cultural significance that turtles have to Aboriginal people and would like to invite you and your community to provide input and provide information on SARA (*Species at Risk Act*).

**Maawn Doosh Gamig Community and Youth Centre,  
Aamjiwnaang First Nation**

**For more information contact the Environment Department**



## Aamjiwnaang Environment Community Updates

The Environment Department collaborates with many non-profit organizations and environmental groups to help preserve terrestrial and aquatic wildlife and their habitats. Contributions range from monetary funding, in-kind work, training, and policy development.

All projects are for the benefit of the community as a whole; bringing the community together in a positive way with a common goal — to restore and protect the natural beauty of our Traditional Territory.

The Environment Department is continuously evolving to ensure the community is updated on current and proposed projects. Several projects are on-going and scheduled to begin this Spring.

### 2015 PROJECTS

1. Greenhouse Initiative (April)
  - Community Outreach
    - Environment Facebook Page
    - Tribe-Una Submission
    - Questionnaire Flyer w/tear offs
    - Administration & Public works
2. Shoreline Softening Project (On-Going)
  - Community Outreach
    - Three Focus Groups
    - Environment Facebook Page
    - Tribe-Una Submission
    - Phone, email, and face-to-face
3. Traditional Land Use Study (April-August)
  - Community Outreach
    - Community Survey's
    - One-on-one and group interviews (Senior's, youth, hunters, fishers, elders...)
    - Books, historical documents, online, etc...
    - Story telling workshops

- Audio and/or video recordings
- Tribe-Una Submission

#### 4. Mountain of Inhalers (May-September) Community Outreach

- Questionnaire/survey
- Environment Facebook Page
- Health Committee, Environment Committee
- Tribe-Una Submission
- Respiratory Health Statistics report

Two funding proposals are under review for Species at Risk: 1) Assessment, Planning, and Protection Management of Culturally and Socio-economically Significant Priority Species and 2) Butler's Garter Snake Quantification & Habitat Usage. This funding will help preserve native plant species and wildlife habitat found throughout Aamjiwnaang as-well-as help with mitigation and policy development. The information will also be implemented into the Traditional Land Use Study to identify and preserve the current and historic land uses of our people.

The Environment Department hosts yearly events like Earth Day, Public Awareness Days, Focus Groups, and Workshops and is always looking for new, innovated ways to provide community engagement. We are open to hearing your ideas.



**Indian Pipe**  
***Monotropa uniflora***

<http://www.aamjiwnaangenvironment.ca/>

Sharilyn Johnston, Coordinator  
Christine Rogers, Consultation Worker  
Courtney Jackson, Environment Worker  
Bonnie Plain, Administrative Assistant



# PoW WoW News

## Aamjiwnaang Senior Ambassador

If you are between the ages of 18-35 and are interested in running for Senior Ambassador please fill out the form below and return to Naomi at the **Band Office** by **Friday June 5, 2015 @ 4:00pm**

**We hope to see some of our past Princesses trying out!**

### *Registration Form – Senior Ambassador*

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

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

I, \_\_\_\_\_, am running for Aamjiwnaang Senior Ambassador 2015/16

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

SUBMIT to the BAND OFFICES c/o POWWOW Committee no later than 4:00p.m. June 5, 2015

# Aamjiwnaang First Nation 54<sup>th</sup> Annual



# POW WOW

**PUBLIC  
WELCOME!**

**SATURDAY JUNE 20<sup>TH</sup>  
SUNDAY JUNE 21<sup>ST</sup>  
2015**

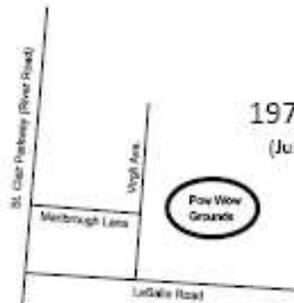
**COMPETITION DANCING & SINGING  
GRAND ENTRY AT 12PM & 6PM ON  
SATURDAY & 12PM SUNDAY... SHARP!**

**GATES OPEN @ 10am  
BOTH DAYS**



## BEAR PARK

1972 Virgil Avenue – Sarnia, ON  
(Just minutes away from the Bluewater Bridge)



### ADMISSION:

**\$8 PER DAY/AGES 13-54  
\$5 PER DAY/AGES 6-12**

**SENIORS 55+, KIDS 5 & UNDER  
Are FREE**

**EMCEE:**

**ADRIAN HARJO**  
a fine Kikapoo/Seminole

**ARENA DIRECTOR:**

**ADAM NORDWALL**  
Chippewa, Shoshone, Navajo

**DRUM JUDGE:**

**DANNY "BUNDIGAYGIZHIG"  
DELEARY**  
Chippewa of the Thames

**DANCE JUDGE:**

**WESLEY CLELAND**

**HEAD VETERAN:**

**TBA**

**HOST DRUM:**

**CHARGING HORSE**

**Prize Board  
Over  
\$52,000  
In CASH**

**Dance Contest**

**\* All Prizes Paid In Cash\*  
All Dancers Must  
Register In Person**

- Golden Age Man 50 & Up – All Categories Combined
- Golden Age Women 50 & Up – All Categories Combined
- Mens 18-49 – Traditional, Grass, Fancy
- Womens 18-49 – Traditional, Jingle, Fancy
- Teen Boys & Girls 13-17 – Traditional, Grass, Jingle, Fancy
- Junior Boys & Girls 6-12 - Traditional, Grass, Jingle, Fancy
- Tiny Tots & Baby Contest

**SPECIALS**

- Mens & Womens Smoke Dance – 8+
- Mens & Womens Fancy Iron Dance – 18+
- Couples Two Step – 18+
- Hand Drum – 8+

**Registration: MUST REGISTER IN PERSON**

For ALL Dance Categories including Tiny Tots, Baby Contest & Specials  
Friday 19<sup>th</sup> – 6-8pm  
Saturday 20<sup>th</sup> – 10am-12pm

Registration closes at Grand Entry on Saturday – **NO EXCEPTIONS!**

FOR MORE INFORMATION CONTACT TRACY WILLIAMS

**519.336.8410**

twilliams@aamjiwnaang.ca

Committee is not responsible for theft, accidents, lodging, inclement weather or lack of traveling funds. NO drugs, alcohol or pets allowed on the premises.

**ROUGH CAMPING AND SHOWERS AVAILABLE**

# TRADITIONAL HEALING PROGRAM APRIL 2015



**Southwest Ontario  
Aboriginal Health  
Access Centre**

To schedule an appointment at either our London or Chippewa sites, please call 519-289-0352 and ask for Stephanie Trudeau, Shkaabewis Kwe with the Traditional Healing Program. Schedules are subject to change with short notice. Miigwetch/Yaw'ko/Thank you

| Sun                    | Mon                                   | Tue  | Wed  | Thu                         | Fri         | Sat  |
|------------------------|---------------------------------------|--|--|-----------------------------|-------------|--|
|                        |                                       | <b>1</b>   | <b>2</b>                                   | <b>3</b>                    | <b>4</b>    |  |
|                        |                                       | Individuals with chronic illness, the elderly, and those supported by proper referral sources such as SOAHAC's Traditional Healers and Primary Care will be given priority for appointments. |  |                             | <b>STAT</b> |  |
| <b>5</b>               | <b>6</b>                              | <b>7</b>   | <b>8</b>                                   | <b>9</b>                    | <b>10</b>   | <b>11</b>  |
|                        | <b>STAT</b><br>Easter Monday          | Joanne Cheechoo<br>London  | Joanne Cheechoo<br>London                  |                             | Good Friday | Diane Hill<br>Chippewa   |
| <b>12</b>              | <b>13</b>                             | <b>14</b>  | <b>15</b>                                  | <b>16</b>                   | <b>17</b>   | <b>18</b>  |
| Diane Hill<br>Chippewa | Richard Assinewai<br>Chippewa         | Richard Assinewai<br>London  | Ernestine McLeod<br>London 8:30 am – 12 pm | Joanne Cheechoo<br>Chippewa |             |  |
|                        | Ernestine McLeod<br>Chippewa/DEC Team | Ernestine McLeod<br>Chippewa   | Joanne Cheechoo<br>Chippewa                |                             |             |  |
| <b>19</b>              | <b>20</b>                             | <b>21</b>  | <b>22</b>                                  | <b>23</b>                   | <b>24</b>   | <b>25</b>  |
|                        |                                       | Joanne Cheechoo<br>Chippewa  |  |                             |             |  |
| <b>26</b>              | <b>27</b>                             | <b>28</b>  | <b>29</b>                                  | <b>30</b>                   |             |  |
|                        | Bruce Elijah<br>Chippewa              | Bruce Elijah<br>London   | Eiva Jamieson<br>Chippewa                  | Eiva Jamieson<br>London     |             | Please be advised, while visiting Traditional Healers are in office, your calls may not be returned efficiently by myself, speak with administrators for assistance. |
|                        |                                       |  |  |                             |             | Miigwetch/Yaw'ko/Thank you   |

Dear Friends,

If you are anything like me I am sure you are looking for signs of spring. I will be very happy when I spot that first robin. It's funny isn't it because once you notice one robin you begin to see them everywhere. Before we know it the spring flowers will begin to pop their heads up and from the darkness of winter and the earth will be bursting with new life.

Spring is a season of resurrection and renewal. Mother earth is shedding her winter coat and we begin to feel new energy as the days get longer and the warm weather returns. Like the earth we begin to feel more alive and vibrant.

Christians are an Easter people. This is the story we follow. The days leading up to Easter invite us to reflect and pray and to make changes in how we live. During Lent we take the time to listen more carefully to where the Spirit is guiding us. The arrival of Palm Sunday with its cheering crowds gives us a glimmer of what might be possible. Yet we know that our journey is not over until we remember the encounter of the death of Jesus at the cross and finally the hope as experienced through resurrection and new life.

When we look at our own lives there are many connections to the journey that Christ takes. We have known what's it's like to be popular and surrounded by friends and family. We have also felt the sting in the kiss of betrayal and the pain of loneliness. We have experienced the joy of loving another and also the agony of saying good bye. At such times of sadness it's hard to believe that there is the possibility of new life and resurrection. Yet we know that this is the promise of Easter.

When the women came to the tomb that early Easter morning to find their friend Jesus the stone had been rolled away. They were in awe of the miracle that had taken place and their lives were changed forever.

May it be so for each one of us.

Many Easter blessings to you and your family and friends.

Valerie Pitt

Minister St Clair United Church.

**EASTER WORSHIP SERVICES**  
**GOOD FRIDAY APRIL 3RD AT 11 a.m.**  
**EASTER SUNDAY APRIL 5 at 11 a.m.**  
**YOU ARE WELCOME!**



At St Clair United Church

Thursday, April 2nd

5:30 – 7 p.m.

For all Ages.

Enjoy a hot meal together

Crafts & Games

Songs and Stories....

All are welcome!

No charge

Children to be with an adult please



Eagle's Nest: A Place to Soar, Inc.

## LOOKING FOR FOSTER PARENTS

**"We are looking for families". Will you open your homes? Be a loving foster parent & role model to Native children in CAS care.**

**We all need to feel safe, wanted and loved.**

**Will you welcome a child into your Nest, you do not have to be native, we provide cultural teaching.**

**EAGLE'S NEST: A PLACE TO SOAR, INC.  
FOSTER CARE Agency**

**Eagles Nest - will complete Home Studies and prepare you to be A Foster parent.**

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**Accredited by: CARF International**

**Please call 519-439-3000 Ext 202**

[www.eaglesnestinc.ca](http://www.eaglesnestinc.ca)

# Anishinaabemowin

## Naakaazdaa Enweying!! (lets use our voice)

### Anishinaabemowin Word Search

|            |                |             |                     |
|------------|----------------|-------------|---------------------|
| Road       | Miikan         | Ambulance   | Aakwazii dabaan     |
| Car        | Dabaan         | People      | Bemaadizijik        |
| Train      | Shkwade dabaan | Man         | Nini                |
| Signs      | Kinwaachigan   | Woman       | Kwe                 |
| Lake       | Zaagigan       | Elder man   | Kiweziinh           |
| River      | Ziibi          | Elder woman | Mdimowenh           |
| Bridge     | Aazhigan       | Young man   | Shkinwe/Shkiniigish |
| Trees      | Mtigook        | Young woman | Shkiniikwe          |
| Houses     | Wiigwaaman     | Boy         | Gwiizenhs           |
| Buildings  | Gamigoon       | Girl        | Kwezenhs            |
| Fire truck | Aatege dabaan  | Baby        | Binojiinhs          |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | A | H | S | H | K | I | N | W | E | / | S | H | K | I | N | I | I | G | I | S | H | A |
| G | J | W | I | I | G | W | A | A | M | A | N | A | C | W | I | H | G | D | N | D | A | A |
| W | K | I | N | A | W | A | A | C | H | I | G | A | N | B | N | A | I | I | A | W | T | K |
| I | E | B | I | N | O | J | I | I | N | H | S | E | N | N | M | E | I | N | A | I | / | W |
| I | W | I | H | N | I | E | I | A | G | A | M | E | E | I | B | N | A | K | B | E | I | A |
| Z | K | K | W | E | Z | E | N | H | S | A | W | I | G | H | I | G | I | N | A | A | I | Z |
| E | Z | A | A | G | I | G | A | N | A | K | Z | O | K | A | I | W | Z | D | D | T | K | I |
| N | A | I | N | N | A | I | A | D | I | N | O | I | H | H | E | I | N | N |   | G | O | I |
| H | G | I | I | A | K | I | I | I | H | N | G | H | Z | Z | S | C | E | D | E | K | O |   |
| S | T | N | A | W | K | Z | N | I | Z | I | S | A | I | I | H | H | E | I | G | I | G | D |
| B | I | I | A | I | I | I | E | A | I | N | A | I | Z | I | I | B | I | A | E | A | I | A |
| I | G | M | S | J | K | G | I | N | I | H | N | W | E | Z | I | S | B | W | T | I | T | B |
| N | I | S | I | H | D | K | J | M | A | H | G | I | N | Z | K | I | W | W | A | N | M | A |
| I | I | K | S | I | I | K | H | D | A | B | A | A | N | W | K | K | H | K | A | S | I | A |
| G | W | N | S | I | E | M | D | I | M | O | W | E | N | H | H | K | G | N | S | I | O | N |
| I | E | N | K | A | N | A | A | B | A | D |   | E | D | A | W | K | H | S | N | G | A | I |

Source: <http://www.anishinaabemdaa.com/wordsearch1.htm>



# Easter Bunny Hop

**APRIL 1, 2015**

**5:30-7:30**

**Maawn Doosh Gumig  
Community & Youth Centre**

**Refreshments**

**Spot Dances**

**Top Bunny Hits**

Sponsored by: NCB

## 2015 Talons Baseball Registration



Sat March 28,  
10am-2pm

### Maawn-Doosh Gamig Community Centre

|               |       |       |
|---------------|-------|-------|
| Instructional | 4-6   | \$35. |
| Novice        | 6-8   | \$55. |
| Mosquito      | 9-10  | \$85. |
| Ranger        | 11-12 | \$85. |
| Pee-wee       | 13-14 | \$85. |
| Bantam        | 15-17 |       |

\$105

- Age reached by Aug 31 of 2015 baseball season.
- This years registration coincides with SMAA registration dates

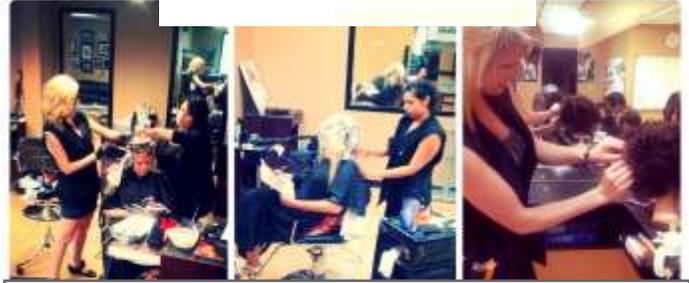


**Any questions can be  
directed to Earle  
Cottrelle @**

**[bigdaddyallin@gmail.com](mailto:bigdaddyallin@gmail.com)**

**or, 519-491-9410**

There will be a winter baseball conditioning coming soon @ community centre, when dates are verified, I will post in next tribune and at community center.



If you are looking for a hairdressing school, join **On Edge** Academy of Hair. Our curriculum is custom designed by Master stylist Patricia Pearson who believes that power is knowledge. She created a program with 100% hands on experience, real people, real situations that provides excellent theory.

The program is only 1500 hours, the schedule is:

- Tuesday - Friday, from 9:00 am - 4:00 pm
- Saturdays, from 9:00 am - 3:00 pm
- On Edge Academy of Hair is the only private hairdressing school, Registered and Approved with the Ministry of Colleges and Universities to deliver a diploma program in Sarnia.

Check out our Facebook page & website for more information or call the Academy at 519-383-8017.

**[www.onedgeacademy.com](http://www.onedgeacademy.com)**



### Future Films:

**April 25, 2015 - Divide in Concord: The Bottled Water Ban Battle**

**<http://divideinconcord.com/>**

All films are screened free of charge at the Sarnia Library Theatre on Saturdays, beginning at 7pm.

For more information contact:

Thea deGroot – 519-542-5009

[justicefilm@sympatico.ca](mailto:justicefilm@sympatico.ca)

[www.facebook.com/SarniaJusticeFilmFestival](http://www.facebook.com/SarniaJusticeFilmFestival)

Twitter: @SarniaJusticeFF



DETROIT RED WINGS VS BOSTON BRUINS

Thursday, April 2, 2015 at 7:30 PM

~~\$100.00 U.S.~~

INCLUDES: COACH BUS TICKET

(Seating 28 Row 7-10)

Proper ID for Border Crossing

BUS LEAVES

Sarnia Farmers Market Parking Lot at

2:30 PM SHARP!!

CONTACT:

Willie at 519-384-1957 or 519-332-6771

**Cancelled**



DETROIT TIGER OPENING DAY BUS

April 6th - \$30 U.S.

Coach Bus Only - Per Person

Bus leaves Corunna Ball Diamond at 8:00 am and Food Basics at 8:30 am SHARP.

Contact Willie at 519-384-1957 for Ticket's

WINE AND BEER FEST  
MICHIGAN INT'L SPEEDWAY



Saturday, May 9<sup>th</sup>

\$75 U.S. per Person

Coach Bus, Ticket

\*\*\*Must Be 21\*\*\*

Bus Leaves Food Basics at 7:00 am

Proper ID For Border Crossing

Contact Willie at 519-332-6771 or 519-384-1957

WEEK-END IN CHICAGO

Aug. 7-9, 2015

2 Nights—Embassy Suites, Chicago, Lakefront

Single-\$600, Double-\$350, Triple-\$300, Quad-\$250, All Prices U.S. Funds \$50 non-refundable deposit secures your spot with remainder to be paid in full by July 1, 2015

- Includes : Coach Bus, Breakfast at Hotel and Managers Party Each Day Featuring Free Cocktails and Appetizers.
- Proper ID for Border Crossing
- Bus leaves the Corunna Ball Fields at 7:00 am and Food Basics in Sarnia at 7:30 am & K-Mart Parking Lot, Port Huron at 8:30 am

Contact: Willie at 519-332-6771 or 519-384-1957

Tracey at 519-333-7472 or 519-862-3261 or For our American Passengers Contact Preferred Charters at 810-982-7433



TRIP TO MICHIGAN INT'L SPEEDWAY

Sunday, JUNE 14<sup>th</sup>

Turn 1, Section 65, Row 26-31

Sunday, August 16<sup>th</sup>

Turn 1, Section 63, Row 36-39

\$130 U.S. per PERSON

Coach Bus, Ticket, \$10 Food Voucher, Pit & Paddock Passes

Bus Leaves Food Basics at 6:00 am SHARP

Proper ID for Border Crossing

Contact Willie at 519-332-6771 or 519-384-1957



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thegoldcube@gmail.com

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**Need Work Done?**  
Man willing to do odd jobs such as snow shovelling,  
hanging lights, cutting wood, cleaning basement/garage/  
crawl spaces, help with moving or other small jobs.  
Contact Keven Cottrelle (AKA "Joe Pete")  
@ kevincottrelle@yahoo.ca or directly at 1940 St. Clair  
Pkwy. (Mitch Degurse's).



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choose From &  
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Monday ~ Saturday  
10:00 am ~ 6:00 pm  
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1736 St Clair Pkwy  
**CALL 519-332-0410**

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**The Hair Masters**  
*Full Service Hair Salon  
126 Christina St. N*  
Open Tues & Sat 8:30 am to 4:30 pm  
*Evenings by appointment only!*  
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Ditches Lawnmower repairs, any kind of work.  
**Free estimates call  
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The next issue is due out on

**Friday, April 10, 2015**

The deadline for submissions is

**Tuesday, April 7, at 4:00 pm**

*Chi-Miigwech,*

*Lynn M. Rosales, Interim Editor*

CHIPPEWA TRIBE-UNE

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



Final Thought....

While continuing with sorting and organizing previous issues of the Tribe-Une, I came across this quote that was submitted by the late Peggy Bird baa, sometime in the late 80's.

**A quote taken out of the Sarnia Gazette.**

*"There is much to be learned in one lifetime, so much to be gained. If you truly believe that something positive comes out of every experience, good or bad - whether it be new found knowledge, inner strength or the wisdom that accumulates from living and loving - then you will be able to cope with anything life brings you."*

Submitted By:

Peggy Bird, Baa

As I read the hand written words on that little piece of paper I could most certainly identify with what I had just read. A simple phrase that holds true through time. It is evident that those who have walked here before us have always known the importance of embracing life and accepting that what we cannot change and living with the choices we make.

To truly appreciate the sentiment of the quote we must take each day as it comes and learn to let go of our pain, guilt, shame and hurts of the past. And what better time of the year to do just that, "let go". As we witness the awakening of our first mother, "Mother Earth" or as I like to call her "MushkukmeQuay", we witness new life happening before our very eyes. Spring time!! A time of renewal. A time of new beginnings. A time to grow and move forward.

What will you do to embrace life and live??

May you and your family know/have many many blessings as you continue to journey on your life's path. Aho....

Miigwech!!

Ishkode AnaquodoQuay

aka: Lynn

