



Inside This Issue	
Birthday List	3
Community Mtg. Info	3
Negotiation Skills Trng.	4
Crystal Meth Article	5
Health Centre News	6
Healthy Babies/Children	8
Seniors News	8
Traditional Healer Info	11
Health Ctr. Workshop	12
Let's Talk	13
Health Ctr. Events	14
Flu Info	18
Employment Supports	20
Housing	22
Community Choir	23
Culture & Heritage	24
Employment Ops	25
Education	27
Zombie Walk	29
Community Events	30
Yard Sale	31
Coach Trips & Ads	32
Halloween Dance	34

# TRUNK OR TREAT



**SAFE FUN FOR THE WHOLE FAMILY**

Prizes for best decorated vehicle or table!

Last year we had approximately 175 children



**Friday, October 31**

**Maawn Doosh**

**Gumig Parking Lot**

**5:00 - 7:00 pm**

**Gym is booked in case of rain**



**Aamjiwnaang  
Population Stats  
Current: 2320**

**Please call the Health Centre if you have any questions 332-6770**

**Mino Dbishkaan-Happy Birthday**

Oct. 11 - 24, 2014

Donna	Adams	Oct.	25	Maxine	Farris	Nov.	1
Karen	Bressette	Oct.	25	Rachel	Jackson	Nov.	1
Kimberley	Chabot	Oct.	25	Geraldine	Robertson	Nov.	1
Olivia	Forestell	Oct.	25	Norien	Plain	Nov.	2
Kevin	Plain	Oct.	25	Terri	Simerson	Nov.	2
Stephanie	Buchanan	Oct.	26	Lariah	Sinopole	Nov.	2
Allan	Joseph	Oct.	26	Presley	Smith	Nov.	2
Floyd	Joseph	Oct.	26	Dante	Williams	Nov.	2
Marion	Oliver	Oct.	26	Darren	Wrightman	Nov.	2
Orenda	Yuzicipi	Oct.	26	Michael B	Ayers	Nov.	3
John Quincy	Chad	Oct.	27	Robert	Kulanda	Nov.	3
Dale Timothy	Plain	Oct.	27	Jeanette	Maness	Nov.	3
Tiffany	Plain	Oct.	27	Chelsey	Maracle	Nov.	3
Todd	Williams	Oct.	27	Joseph Lewis	Rogers	Nov.	3
Irene	Bunce	Oct.	28	Cynthia	Rowark	Nov.	3
April	Gray	Oct.	28	Joshua	MacLean	Nov.	4
Sadee	Hare	Oct.	28	Brenda	Plain	Nov.	4
Hjolly	Koglin	Oct.	28	Alan	Bond	Nov.	5
Garrett	Maness	Oct.	28	Necon	Cottrelle	Nov.	5
Jade	McCallum	Oct.	28	Caroline	Jackson	Nov.	5
Darcy	Rogers	Oct.	28	Tavis	Schleen	Nov.	5
Amelia	Walker	Oct.	28	Marissa	Velasquez	Nov.	5
Tabatha	Williams	Oct.	28	Jesse	Webb	Nov.	5
Kelly	Buchanan	Oct.	29	Larry E	Hanna Jr.	Nov.	6
Jessica	DeVost	Oct.	29	Lola	Maydwell	Nov.	6
Wilson	Maness	Oct.	29	Darlene	Rogers	Nov.	6
Jonathan	Parker	Oct.	29	Jolene	Smith	Nov.	6
Aaron	Rogers	Oct.	29	Brenna	Stone	Nov.	6
Taislyn	Rogers-Snake	Oct.	29	Wilfred W L	Gray IV	Nov.	7
Benjamin	Worsley	Oct.	29	Valerie	Plain	Nov.	7
Rose	Adams	Oct.	30	Thomas	Rogers	Nov.	7
Gordon	Gray	Oct.	30	Tanner	Walker-Gray	Nov.	7
Paula	Harris	Oct.	30				
Douglas	Henry	Oct.	30				
Emily	Williams	Oct.	30				
Paulette	Worshan II	Oct.	30				
Jeremiah	Fawcett	Oct.	31				
Natasha	Goulais	Oct.	31				
Daanis	Joseph	Oct.	31				
Stephanie	McDonald	Oct.	31				
Xochilt	Meza	Oct.	31				

**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



**Community  
Information Meeting  
2013-14 Audit  
Presentation  
Sunday, October 26, 2014  
6:00 pm at the  
Community Centre**

**Auditors from Hazlitt  
Steeves Harris  
Dunn LLP will  
present the 2013-14  
Aamjiwnaang First Nation  
Financial Statements  
For Your Information.**



**Light refreshments will be served.**



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.**



**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 be 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:

**Monday, November 3, 2014**

The deadline for submission is:

**Wednesday, October 29, 2014, 4:00 PM**



## Indigenous Leadership and Management - Negotiation Skills Training

By: L. M. Rosales

The Aamjiwnaang First Nation, Environment Department partnered with Shell to host a Negotiation Skills Training that was held September 24-26, 2014 at Maawn Doosh Gumig. Representatives from Aamjiwnaang, Kettle & Stony Point, Walpole and Shawanaga First Nation's and Shell representatives came together to participate in a customized program that was developed by The Banff Centre.

The Banff Centre specializes in the development of training sessions to inspire creativity for individuals and organizations who want to create positive change in the world they live and work in. The training session was co-facilitated by Richard Price, Professor Emeritus of Native Studies, University of Alberta, and Troy Chalifoux, Lawyer and Lead Negotiator for Aboriginal Affairs and Northern Affairs Development Canada.

The facilitators introduced the participants to;

- *Seven Elements of Negotiations*: Relationships, Communications, Interests, Options, Legitimacy, Alternatives, Commitments.
- *Case Study* where the participants actively participated in mock negotiation sessions.
- *Preparing for Negotiations* as this a crucial first step for success.
- *Negotiation Strategies-Internal and External*
- Presented *Criteria for Assessing Dispute Resolution Processes/Results*: Fair, Efficient, Wise, Stable and Reciprocal.
- *Reframing the Expressions of Conflicting Issues*, the Reframing Process: Listen, Restate, Affirm and Reframe the issue.
- *Internal Negotiations and their Relation to External Negotiations*: Internal Unity, Internal Coordination of Interests of Key Players and Opinion Leaders, Maintaining Internal Unity a the Table, Internal and External Negotiations are an

Interactive Process, Negotiations as a Collaborative-Problem Solving Process.

The training session provided the participants concrete insight about how to plan for and participate in the negotiation process. Negotiation is a method to search for a solution to a problem by utilizing listening skills and accessing tools of today to keep communications open while encouraging engagement of all parties involved in the process. It is important to not assume the opposition knows all protocols of your process or the process of negotiation. Therefore, a negotiation team needs to learn how to capitalize on the skills and knowledge of experts that can assist in meeting the interests of the negotiation team.

The negotiation team may consist of appointed members of an organization and/or experts who represent the interests of the negotiation team. In order for the team to be successful in reaching their desired outcome they need to conduct research and do their homework not only about their specific interests but the opponents interests as well. With careful planning and adhering to established protocols the team will be better equipped to face the opposition sitting across the table.

The key elements to consider for a successful negotiation are: Leadership, Institutional Continuity, Ideological Baggage, Theory Problems-The Case Law and who has Jurisdiction, Focus, Respect and Relationships.



Opening Prayer offered up by Aamjiwnaang Elder, Wabanokwe, Pauline Williams, followed by opening remarks and welcome, Chief Chris Plain.

## Crystal Meth Lunch & Learn

The Lunch & Learn information session was well attended with representation from staff and community members who were seeking a clearer understanding about **Crystal Meth** and the impact that is having on individuals, families and communities.

A video portraying the journey of an individual who began using in her teenage years and how it transformed her life, and not for the good. That video was followed by another that chronicled the efforts of health care professionals to effectively treat **Crystal Meth** users when they are brought in for medical attention. The health centre staff also provided an informational handout that contained several key facts about **Crystal Meth** and the health risks involved for those who are using.

While sitting, listening and observing at the session it became evident that no one is immune to the demon, **Crystal Meth**. It can reach out and influence the strongest of the strong and the weakest of the weak. How can any one person, family or community begin to address the epidemic that is upon us, education.

In the information received it states, “find the right place and time to talk; be calm, caring, non-threatening, non-judgemental.” When talking about **Crystal Meth** use accurate facts and information and encourage the person to seek medical advice and/or attention. Stress the importance of changing their circle of friends and lifestyle. Have a list of resources and information on hand to give them so that they will know where they can go for help.

For more information and support call E’Mino Bmaad Zijig Gumig - Health Centre at 519-332-6770

Additional Information available at:

[www.nationaldec.org](http://www.nationaldec.org), [www.about.com](http://www.about.com),  
[www.drugfreeworld.org](http://www.drugfreeworld.org)



Crystal Meth Lunch and Learn - Thursday, October 16, 2014, E’Mino Bmaad Zijig Gumig By: L. M. Rosales

## TRIBE-UNE SUBMISSION INFO!! SUBMISSION DEADLINE

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

**Tuesday, November 4th @ 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.



**KEEP  
CALM  
and  
PUT YOUR  
MOCS ON**

#ROCKURMOCS  
NATIONAL ROCK YOUR MOCS DAY

November is Native American Heritage Month.

In honor of that, on November 15 stand together as Native people across the world by wearing your moccasins.

*Wear them all day – to work, school,  
and out for dinner!*

And remember to take a photo of you and your friends, co-workers, and family with the Mocs On!

Read More at: <http://www.powwows.com/2014/10/06/2014-rock-your-mocs-day/#ixzz3FTvLzakQ>

There’s still time to get your mocs ready for the day, you can click on the link at powwows.com for moc patterns if you’d like to get started on making a pair.

**Medical Transportation Update**

There have been changes to the medical transportation program over the last couple of years. One thing that you might not be aware of is that, yes, you can drive yourself to your medical appointment and have your travel slips signed. You will be eligible for a ‘Private Mileage’ reimbursement. This is to help offset your costs somewhat. For instance, a trip to Sarnia will pay \$7.32. Don’t forget to turn in your parking slips too! These are also eligible for a reimbursement.

If you have to use one of the contract medical transportation drivers, the medical transportation form still needs to be signed but the driver gets paid the contract driver rate of \$15.20 for a trip to Sarnia.

All drivers/clients handing in slips, please make sure all information is filled out on the forms. Any information requested is needed when preparing our reports to Health Canada. Many times forms are missing vital information such as dates/times/locations/specialty. Thank you for paying attention to these details.

If you have any questions regarding medical transportation, please do not hesitate to contact the Health Centre at 519-332-6770.

Thank you.

**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 * NEW	.....466-0054



**IMPORTANT**

**—If you had borrowed any medical equipment please RETURN it!**

PLEASE RETURN WHEEL CHAIRS, ROLATORS, WALKERS, CRUTCHES, and SHOWER CHAIRS TO THE HEALTH CENTRE

If you need some-one to pick up any medical equipment that you have borrowed please call Becky at the Health Centre @ 332-6770\*\*

We are currently NOT looking for any donations of medical equipment at this time. Red Cross is accepting donations and you can call 519-332-6380 to arrange for pick up.

Respectfully Yours, HCC Clerk —  
*Becky Adams*

**Wendy Hill**

**Traditional Healer**

**Dates Available**

**November 5 & 6, 2014**

**Please Call the Health Centre to Book an Appointment  
519-332-6770**

## Drinking Water Monitoring Program

Hello Aamjiwnaang Community Members—The Drinking Water Monitoring Program has begun again. I will be conducting water sampling each week throughout the community buildings and homes in the community.

The Drinking Water Monitoring Program will consist of testing for chlorine residual and bacteria, such as E.Coli.

If you are interested in having your home drinking water source tested, please contact me at the Health Centre at 519-332-6770.

*Kindly, Jessica Joseph, RPN, CHR*



## URBAN POLING WALKING PROGRAM

### October Dates

for the program are:

**Wednesday 1, 8, 15, 22 & 29**

**Every Morning at 9:30 am**

**At Maawn Doosh Gumig**

You can still register for the program by calling Jessica at the

Health Centre 519-332-6770

"BAND TOGETHER  
FOR HEALTH"  
EXERCISE FOR GOOD  
HEALTH



Where: Maawn Doosh Gumig  
Community Centre

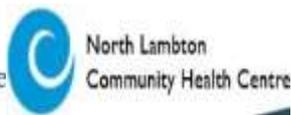
When: Tuesdays & Thursdays

Time: 10 - 11 am

Starting: September 30, 2014



CALL DOROTHY AT  
519-332-6770 FOR  
MORE INFO



**FREE Afterschool Programs**

**Physical Activity, Food & Fun!  
Children in Grades 1—8**

**Aamjiwnaang Afterschool Program**

Mondays, Wednesdays & Thursdays  
Maawn Doosh Gumig  
Community Centre

**From: 3—6 pm**

**Everyone Welcome!**

**Program started Monday,  
September 8, 2014**

For more information please  
call 519-786-4545 x235



## Head Start & Healthy Babies Healthy Children

### October Activities

Mon. October 6, 10:30 a.m.-1:30 p.m.  
Turkey Craft

Wed. October 8, 5:00-7:30 p.m.  
Painting Pumpkins

Thur. October 9, 10:30 a.m.-12:30 p.m.  
Natural Canning

**Mon. October 13, No Program  
Happy Thanksgiving**

Wed. October 15, 5:00-7:30 p.m.  
Halloween Flashlights

Thur. October 16, 10:30 a.m.-12:30 p.m.  
Fall Craft

Mon. October 20, 10:30 a.m.-1:30 p.m.  
Footprint Craft

Wed. October 22, 5:45 - 7:30 pm  
Dad's Program @ Korny Korners  
Please SIGN UP, see flyer on page  
8 for more info

Thur. October 23, 10:30 a.m.-12:30 p.m.  
Urban Poling

Mon. October 27, 10:30 a.m.-1:30 p.m.  
Kids in the Kitchen

Wed. October 29, 5:00-7:30 p.m.  
Halloween Fun, Wear Your  
Costume

Thur. October 30, 10:30 a.m.-12:30 p.m.  
Nutrition with Nikki



### SENIORS HALLOWEEN LUNCH

**Wednesday, Oct. 29 @ 12 pm.**  
*Seniors Drop In Room*

*PRIZES, FUN, GAMES!*

*Prizes for best costume if you would  
like to dress up!*

*Please bring a canned good for the  
Aamjiwnaang Food Bank*



Please call Peggy  
519-332-6770

If you will be attending

**5 OF YOU MAY  
BE NEEDED...**

TO GIVE BLOOD FOR 1 HEART  
SURGERY PATIENT LIKE MADISON.

**DONATE BLOOD. SAVE A LIFE TODAY.**

Join us for a group donation:  
Tuesday, Nov 18th @ 10am  
Sarnia Donor Clinic  
Bayside Centre

Contact Roberta at 332-6770  
for details.

Book your appointment:  
www.blood.ca  
1-888-236-6283

Canadian Blood Services  
It's in you to give

1 888 2 DONATE

# SENIOR'S HALLOWEEN TEA

THURSDAY, OCTOBER 30, 2014

1:30 - 3:30

## WIIDSEMSHIN

ASSISTED LIVING FACILITY

6280 HAWK CRESENT

CALL TO REGISTER

519-786-2860

PRIZE for BEST COSTUME

FRIGHTFUL GAMES - PRIZES

SERVING the MOST GROSS-LOOKING FOOD

UGLIEST HOSTESSES AROUND

If you would like to attend, call Peggy,

519-332-6770 to sign up.

# Seniors 55 & Over Congregate Dining

Seniors Drop In Room  
Every Wednesday  
12 - 1 pm

Come out and enjoy a delicious,  
nutritious home cooked meal!  
Hope to see you there!



## Blood Pressure & Blood Sugar Testing

Robin (Home and Community Care RN) will have her blood pressure cuffs and her glucometer (for testing blood sugars) with her at all Congregate Dining lunches.

If you would like to, or feel you need to, have your blood sugar or blood pressure checked, Robin can do this for you before or after lunch.

Look for her there.



# Men's Cooking Class

Thurs, Oct. 30, 2014

11am - 1pm  
Health Centre



### Prize For All Participants

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

Call the Health Centre  
TODAY to register at  
519-332-6770

Transportation available



## AAMJIWNAANG COAT DRIVE



We are requesting donations of the following items:

- Winter coats
- Snow pants
- Winter hats, scarves, mittens, gloves

We will accept all sizes (youth & adult) and ask that all items donated are in good condition. Please drop off all donations at the Health Centre by Friday, October 31st. Community Give Away dates will follow.

Thank you in advance for your support.



If you have any questions please contact Roberta Bressette at:  
519-332-6770



## APPROACHING A TRADITIONAL HEALDER, ELDER OR MEDICINE PERSON

*Results from our CAMH Study showed us that more community members would like to access Traditional Healers and use traditional medicines, but need more information. The following information was taken from a brochure produced by Anishnawbe Health Toronto with the contribution of several Healer's and Elder's knowledge and understanding.*

### **HEALERS**

Each healer has a purpose to help people. The help they give is credited to the spirit that they have, the Creator, and the spirit helpers who come in many forms to assist them. There are similarities to all healing practices, but each Healer has their own way and medicines that they work with. Each Healer is an individual and they live their lives according to the teachings they have received. There may be one or many forms of healing that they have received training in.

**Medicine People** - Some Healers are called Medicine People because they work with the plant medicines. They know about plants and how to prepare medicines.

**Spiritual Healing** - Some Healers describe the work they do in terms of working with energy, the mind and the spirit. They might work with eagle feathers to get to the core of the problem.

**Counseling** - Counseling is an intrinsic part of all Healing, but there are Healers whose particular gift is to use words to heal. Some communities have seers who it is said can see backwards and forwards.

**Ceremonies** - Healers may perform doctoring during a sweat lodge ceremony or they may take care of you when you go on your fast for healing. They work through the shaking tent to advise and prescribe and they may support you when you participate in the sun dance.

### **ELDERS**

A Traditional Elder is someone who follows the teachings of our ancestors. It is said Traditional Elders walk and talk the good way of life. Traditional Elders teach and share the wisdom they have gained of the culture, history and the language. The sharing of their wisdom is healing. An Elder does not have to be a senior, but could be someone younger who has many teachings and who has earned the respect of their community by contributing to its spiritual development.

### **VISITS WITH HEALERS, ELDERS AND MEDICINE PEOPLE**

When you go to a Healer, Elder or Medicine Person, be yourself, be respectful to them and to yourself. Take tobacco to give as an offering. Tobacco is meant for communication between you, the Healer and the Creator. The tobacco can be in any form. For example, it can be one cigarette from a pack, a pack of cigarettes, a pouch of tobacco or loose tobacco wrapped in a small square of cloth (called a tobacco tie).

Talk to the Healer or Elder explaining why you have come to them. Women schedule their appointments with Healers for times when they are not on their moontime. Refrain from taking drugs or alcohol before going to a Healer.

Other gifts can be given to express your gratitude for the help you have received. This may be in the form of an item such as a basket or blanket or it could be money. When you visit a Healer at the Health Centre, we provide them with money to express our gratitude for helping the community.

*More information will follow in future issues of the Tribe-Une*

# METHADONE

LETS HAVE A  
CONVERSATION ABOUT  
THE USE OF METHADONE  
BY INDIVIDUALS AND THE  
EFFECTS ON FAMILIES AND  
THE COMMUNITY.

## WHEN:

Wednesday, October 29th  
5:30 - 7:00 pm

## WHERE:

E'Mino Bmaad Zijig Gumig  
Health Centre  
1300 Tashmoo Ave, Sarnia Reserve

For More Info Call Penny or Tracey:  
**519-332-6770**

Please register with Dorothy

## GET THE FACTS ABOUT METHADONE

### Topics of Discussion

- \* What is Methadone?
- \* Why is Methadone Prescribed?
- \* The dangers of street Methadone.
- \* What is Suboxone?
- \* Why Substitute one drug for another.



## Prescription Drug Abuse

### Poster Campaign

Show off your creative skills! We are holding an artwork contest (poster campaign) where you and/or your peers create illustrations to showcase what you've learned about prescription drug misuse/abuse. Start by researching the effects of different types of prescription drugs such as OxyContin, Vicodin, Adderall, Ritalin, Xanax, Wellbutrin, Methadone and Valium. Create a painting, drawing, poster, to illustrate what you have discovered. During Aamjiwnaang Health Centre's NAAW Week events all the entries received will be on display so that our community can see them and vote! Contact Penny Rogers at the Aamjiwnaang Health Centre for entry details and to pick up your poster board.

**Good Luck!!**

**Call the Health Centre for more info: (519) 332-6770**

# Let's Talk

As an adult there are a number of steps you can take to help protect young people.

## Know the facts

It is not simply enough to label drugs 'illegal'. Talk to young people and share the information you have with them, discuss the dangers for their long term health and well-being. If you do this they can start to make choices based on the facts, and an understanding of the actual dangers to their physical and mental health. Encourage them to assess the risk.

We have to encourage young people, whether they use drugs or not, to think about the risks and consequences of all their actions and to make choices based on this. You can encourage a realistic assessment of the risks – so don't minimise the risk or exaggerate the dangers. You may be tempted to counteract their tendency to ignore the dangers, but a balanced approach is more helpful in the long run.

## Discuss drugs

Discussion enables young people to think for themselves. Listen to what they have to say and you may find they have questions and information of their own. Here are some things you can discuss:

- Why are they thinking about using drugs?
- Is there a better way to enjoy themselves?
- What is actually in the drug and what has been added to it?
- What might this drug do to their body and mind when they take it?
- If it goes wrong, what are the risks?
- Could it have a lasting health effect?
- If it goes right and they like it, could they get to like it too much for their own good?
- Is the world of drugs really for them?
- If they choose to take drugs: Where are they and who are they with when taking drugs?
- Would they know what to do if one of the others had a bad trip or became paranoid?
- Are the people they're with going to look after them if they have a problem?
- Are they under the influence of drugs or alcohol?
- Do friends or family know where they are?
- What should I do if someone I know decides to take these drugs?

Some young people will assess the risks and still choose to use these drugs. These drugs are new and the long term consequences are unknown. You need to remember that you cannot 'make' your child change their behaviour. Once they become independent, you cannot 'make' them say no to drugs – they are responsible for their own actions. However, there are posi-

tive things you can take to encourage and support young people to change their behaviour.

## Take positive action

If the young person you are worried about is your own child, then one of the ways to take positive action is to set up a 'family meeting'. Try to do this at a time when you feel able to talk to them calmly and where there will be no interruptions.

Do not try to deal with this when they are under the influence of the drug or when you are under the influence of alcohol or drugs.

If the young person is not your own child, then consider talking to their parents or a responsible adult who cares for them.

1. **Know the facts:** What drug? Try to find out which drug or product they are using. Find information on common substances. What harm? This is important. Has any harm happened to them recently? When a person starts to use drugs, there is often a 'honeymoon' period during which the drug causes little or no visible harm. It may be easier to intervene when there is harm you can focus on.
2. **Show your care and concern:** Let them know that you are worried and why. If there has been some sort of harm, name it. If you are certain that they are using drugs, let them know that you know.
3. **Stick to the facts:** Focus on visible facts, such as drugs found, poor reports from school or work, weight loss or other effects.
4. **Hold them responsible for their own choices:** Remind them that you cannot always rescue them from harm they bring on themselves, whether it is caused by drugs or not. Tell them what you expect from them, such as staying drug-free, keeping up their normal activities at school or work, and sticking to family rules.
5. **Offer support and set consequences:** Offer your child as much support as they need, if they are making an effort to change for the better. If their behaviour improves, acknowledge this and give credit where it is due. You need to clearly state what you will do if they do not change their behaviour. You should link the punishment to the rule broken, for example if you catch your child smoking with their friends, ground them from social activities for a period of time. You also need to recognise that they may choose not to change, in which case you must choose what you will do next.
6. **Talk to others:** Other parents can be a very useful source of information and support. You may not want to share your concerns or suspicions, out of shame or embarrassment, but this can really help.
7. **Seek professional help:** Sometimes you may need help and support from professionals who are trained in this area. Visit or call the Health Centre (519) 332-6770 to find out about how our staff be of assistance and other support agencies near you that may be of some help.



## Bluewater Health Withdrawal Management Program

The Withdrawal Management Program (WMP) helps people in Sarnia-Lambton who struggle with substance use, including drugs, alcohol, and/or prescription medication. The program supports a harm reduction approach to drug and alcohol addiction, and provides a safe and supportive environment to help people break the cycle of addiction. The free walk-in programs in Sarnia provide information about treatment, coping, harm reduction, and navigating available services. In addition, the Withdrawal Management Program will provide Aamjiwnaang with a variety of bi-weekly psycho-educational groups available to those struggling with substance use and support for their family members and/or loved ones.

**October 29, 2014 1:30-3:30 P.M.**

**E'Mino Bmaad-Zijig**

**Aamjiwnaang Health Centre**

**Call Penny for more information (519) 332-6770**



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

**Monday, November 10, 2014**

**10:30 a.m.-1:30 p.m.**

**Sign up required with Dorothy 519-332-6770**

**Childcare and transportation available**



**Thursday, November 13, 2014**

**Thursday, December 11, 2014**

**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



## Guide to Eating REAL FOOD

- **Eat Whole Foods**  
*Food in its most natural state*
- **Lots of Fruits & Vegetables**  
*Buy local*
- **Dairy Products: Milk, Yogurt, Eggs & Cheese**  
*Whole & unsweetened*
- **100% Whole Wheat & Whole-Grain Products**  
*Look for only a few wholesome ingredients*
- **Seafood**  
*Wild caught over farm-raised*
- **Local Meats: Like Beef, Pork & Chicken**
- **Natural Sweeteners: Honey & Pure Maple Syrup**
- **Snacks like Dried Fruit, Seeds, Nuts & Popcorn**  
*Unsweetened & raw is best*
- **Beverages like water, milk, all natural juices, coffee & tea**  
*Naturally sweetened*

### LIMIT OR AVOID:

- **Refined Grains**  
*White flour & white rice*
- **Refined sweeteners**  
*Sugar, corn syrup, cane juice & artificial stuff like Splenda*
- **Deep Fried**
- **Fast Foods**



## Media Advisory

For Immediate Release

Tuesday, October 14, 2014

Six Nations is hosting a community-wide celebration for history making, record breaking 2014 lacrosse season

**What:** Lacrosse history has been made in Six Nations with four teams achieving provincial titles at the highest level of Lacrosse. No other community in Canada has ever achieved such a high level of victory in Lacrosse. Three out of four local teams then went on to win their national title, with the fourth team coming in second in their division. The Jr. B Rebels took first place winning the Founders Cup and the Jr. A Arrows won the Minto Cup. The Sr. B Rivermen came in second for the Presidents Cup, and the Sr. A Chiefs brought home the Mann Cup.

This historic event has gained community-wide attention and support. Therefore, the Six Nations Elected Council is planning a huge celebration and will be hosting a pot luck style luncheon with all four lacrosse teams, their friends, family, and community members who have supported them throughout the season. There will also be speeches by team personnel, community members, and the Six Nations Elected Chief, Ava Hill. Afterwards, there will be a fundraising dance at the Hungarian Hall in Brantford. Funds raised will go towards an organization within the community.

**When:** Saturday, November 15, 2014.  
Community Celebration from 2:00 p.m. – 7:00 p.m.

Dance from 8:00 p.m. – 1:00 a.m.

**Where:** Community Celebration at the Community Hall, 1738 Fourth Line Rd, Ohsweken

Dance at the Hungarian Hall, 395 Park Rd N, Brantford

- 30 -

For more information or to arrange an interview, please contact:  
Chelsey Johnson, Communications Officer, Six Nations Elected Council, (519) 445-2205 x. 3240,  
[ctjohnson@sixnations.ca](mailto:ctjohnson@sixnations.ca)

# IN YOUR COMMUNITY



Just because you **feel** normal doesn't mean everything **is** normal.

Join us for this interactive event to learn about cervical cancer and complete a Pap test, a simple screening test that will be completed by a female health care provider.

**October 28, 2014**

**10:00 - 3:00 pm**

**1300 Tashmoo Avenue  
Aamjiwnaang First Nation**

**To Register:  
Dorothy Gilbert  
(519) 332-6770**

**or contact your  
Community Health Centre.**

**Get your Pap Test today.  
Pap Tests save lives.**



# NAAAW



## 2014 National Aboriginal Addictions Awareness Week

### Call for Nominations

The 2014 NAAAW Committee would like to announce a call for nominations for:

The ***“Bertha Adams Award for Living the Good Life”***

To be eligible one must live a healthy lifestyle, experience a life altering change of overcoming addiction. Must be the age of 26 or older.

AND

The ***“Peggy Bird Award for Youth Living the Good Life”***

This award is for those ages 13—25. To be eligible the nominees must abstain from substances; exhibit excellent attendance at school or have graduated, and must be actively involved in the community.

To nominate a candidate please write a paragraph or two explaining why you believe your nominee should receive the award. You can email the submission to [tgeorge@aamjiwnaang.ca](mailto:tgeorge@aamjiwnaang.ca) or drop it off at the Health Centre. The committee will choose a nominee and present the awards at the NAAAW Breakfast.

**DEADLINE: MONDAY, NOVEMBER 3rd @ 4:00PM**

Please feel free to call if you have questions or concerns.  
519-332-6770

2014 National Aboriginal Addictions Awareness Week

SAVE THE DATES!

MARK YOUR CALENDAR!

November 16th—21st

All the events will be happening the 3rd week of November.

Details of the events will be posted in the TribeUne soon.

# Know the Flu Facts



## 1 The Flu can be a serious disease.

- Flu is very contagious and can spread **quickly and easily**.
- You can pass the flu on to others who may be at **risk of serious complications**, before you even know you are sick.
- The flu is responsible for about 12,200 hospitalizations and 3,500 deaths per year<sup>1</sup> and **can affect everyone**, including those who are healthy.



## 2 You need to get vaccinated every year.

- The **effects of the flu vaccine can wear off**, so you need to get a **new one every year** to stay protected.<sup>2</sup>
- **Flu viruses change** each year. Experts create a **new vaccine** to protect you **each flu season**.

## 3 You can't get the Flu from the flu vaccine.

- The viruses in the **flu vaccine** are either killed or weakened and **cannot give you the flu**.



## 4 The Flu vaccine is safe.

- The **flu vaccine** has **benefited millions** of Canadians since 1946.
- Most people don't have reactions to the **flu vaccine**; those who do may have soreness, redness or swelling at the injection site.
- Severe **reactions** to the vaccine are **extremely rare**.



## 5 Everybody wins when you get vaccinated.

- By getting the **flu vaccine**, you **protect yourself and others** because you are less likely to spread the flu.
- It's a **simple action** that can **save lives**.

1 According to the National Advisory Committee on Immunization's Statement on Seasonal Influenza Vaccine for 2014–2015, it is estimated that in a given year, an average of 12,200 hospitalizations related to influenza, and approximately 3,500 deaths attributable to influenza occur annually.  
 2 Centers for Disease Control and Prevention. Key Facts About Seasonal Flu Vaccine, [www.cdc.gov/flu/protect/keyfacts.htm](http://www.cdc.gov/flu/protect/keyfacts.htm)

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2014  
 ISBN: 978-1-4002-6750-0 (PDF) • Cat. No. H141-40/2014 (Print) • 11-14-147251-46 PDF • Pub. 140188

To find out where to get your flu vaccine or to learn more about the ImmunizeCA app, visit [Fightflu.ca](http://Fightflu.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



Use the free  
**ImmunizeCA**  
app to keep  
track of your  
vaccinations

# Is it a **Cold** or the **Flu**?

SYMPTOM	COLD	FLU (INFLUENZA)
Fever	Rare	Usual, high fever (102°F/39°C to 104°F/40°C) sudden onset, lasts 3-4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Tired and weak	Sometimes, mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; Can worsen a current chronic respiratory condition; Can be life-threatening

## SEE A HEALTH CARE PROVIDER RIGHT AWAY IF YOU DEVELOP THE FOLLOWING SYMPTOMS

- Shortness of breath, rapid breathing or difficulty breathing
- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

## ADDITIONAL SYMPTOMS TO WATCH FOR IN CHILDREN

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held



To find out where to get your flu vaccine or to learn more about the ImmunizeCA app, visit [Fightflu.ca](http://Fightflu.ca)

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2014 Pub 14063





# **ONTARIO WORKS EMPLOYMENT SUPPORT PROGRAM NOTICE**

## **PARTICIPATION AGREEMENTS ACTIVITY REVIEW**

Clarification of the OW compliance process.

Those not completing agreed upon activities are added to the list of cheque holds for file review on the 1st of each month.

This is the PARTICIPATION AGREEMENT process to ensure I am being accountable to both you, my employer and Ministry legislation.

We understand that life happens, but this is just a reminder that it is important to communicate your circumstances with myself, the Ontario Works- Employment counselor.

There are things that we can assist with when it comes to referrals, letters of support etc.

### **MIIGWETCH**

**MARINA PLAIN @ 519-336-8410**  
[marinaplain@aamwinaang.ca](mailto:marinaplain@aamwinaang.ca)

<https://www.facebook.com/AamjiwnaangOntarioWorksEmploymentSupports?ref=hl>

## **FALL / WINTER Schedule**

Passport for Youth - September thru December

Food safety certification - Oct 24

Lambton College Tour - November 27

November- Community Participation Day

*Warrior Within* - Nahmah Miigwan - November

Dress for Success - December

Quantum Integration - Diane Hill - February

Resume development - Ongoing

ALC / Resource Centre - monthly

Employment Counseling - Ongoing

Referrals - Ongoing

For more information Marina Plain 519-336-8410

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

## **Food Handlers Workshop Friday, October 24, 2014**



The *Aamjiwnaang Resource Centre* will be hosting a Food Handlers Workshop on October 24, 2014.

- Workshop is free to Aamjiwnaang O.W & ODSP Clients
- If you live off reserve and wish to participate a \$40.00 fee is required

**Please contact Marina Plain  
at the Band Office if you  
would like to register  
(519-336-8410)**

THE WARRIOR FROM WITHIN

COMMUNITY-HOURS



Patrick Kent  
Nahmah Mitgwan

MAAWN DOOSH  
GUMIG

THE WARRIOR FROM WITHIN



NOV 24 & 25

9:30 - 3:30

TO REGISTER CONTACT MARINA PLAIN 519-336-8410  
LUNCH PROVIDED

## What is RRAP?



- It is a CMHC program for **LOW-INCOME** homeowners
- Provides loans, a part of which may not have to be paid back
- Available to repair substandard living units

### What repairs qualify my house?

- Your house must be substandard or deficient in one or more of the following:
 

Structural	Heating
Disabled	Electrical
Fire Safety	Plumbing
- Adaptations to make a unit accessible for a disabled occupant also qualifies for the Disabled RRAP program

### Who is eligible?

- The **TOTAL** household's income must be lower than \$42,000.00.

**Written verification of household income is required from all residence of the home.**

**The Housing Department is currently accepting RRAP applications and doing RRAP inspections.**

**For more information please call the Housing Department at 519-336-8410.**

## Mobile Market 2014

### Mondays – Aamjiwnaang

**Aamjiwnaang - Community Centre Pavilion**  
12:30 – 1:30

**October 27 will be the last day for the Mobile Market at the Aamjiwnaang location**

### Accessing the Mobile Market

To access the Mobile Market, please bring one of the following:

- The Inn or any food bank client card
- ID and proof of residence in Lambton County or Co-op Housing
  - Proof of social assistance income
    - OW or ODSP or OAS)



**The Inn**  
Of the Good Shepherd  
Caring hands of the community  
Est. 1981



## Having trouble making ends meet?



The saveONenergy **HOME ASSISTANCE** Program may be able to help!

#### What is it?

The HOME ASSISTANCE program is designed to help Ontario homeowners and tenants manage their electricity costs and make their homes more energy efficient. The HOME ASSISTANCE program is offered by Bluewater Power and is funded by the Ontario Power Authority.

#### What's in it for you?

A Bluewater Power HOME ASSISTANCE technician will assess how energy efficient your home is, provide energy efficiency tips, and install FREE energy efficient upgrades\* for which your home qualifies. These upgrades may include:

- Energy-efficient refrigerator;
- Energy-saving light bulbs;
- Energy-saving smart power bar;
- And more - all FREE!

#### You are eligible if:

1. You live in non-profit, co-operative or social/assisted housing \* OR
2. Your name is on the Bluewater Power bill AND any one of the following is true:  
You have received any one of the following in the last 12 months:
  - Ontario Works
  - Ontario Disability Support Program
  - Allowance for Seniors
  - Allowance for the Survivor
  - Guaranteed Income Supplement
  - National Child Benefit Supplement, OR

You have received a utility Low Income Energy Assistance Program (LEAP) grant within the last 12 months; OR

The annual before-tax household income\* (total of all members age 18 or older) is the same or less than:

1 person: \$31,452	4 persons: \$58,444	7 or more persons: \$83,236
2 persons: \$39,155	5 persons: \$66,256	
3 persons: \$46,137	6 persons: \$74,760	

To learn more about the HOME ASSISTANCE program and to schedule your FREE home energy assessment call:

**519-337-8201**

Monday to Friday  
8:30 a.m. to 4:30 p.m.



\*Subject to additional terms and conditions found at saveONenergy.ca/homeassistance. Funded by the Ontario Power Authority and offered by Bluewater Power Distribution Corporation. A brand of the Province of Ontario protected under Canadian trademark law. OM Official Mark of the Ontario Power Authority. Used under license. © Some sanctions apply.

# Fa La La La La! La La La La!

If You Love To Sing &  
You Love Music!

If you Love Harmony!

Come & Join In On The Fun With  
The Aamjiwnaang  
Community Choir!  
At the Christmas Concert.  
Everyone Welcome!

Practices @ United Church  
Every Sunday Starting

November 2nd  
4:00 - 6:00 pm

For More Information  
Please Contact:  
Elsie Williams @  
519-332-6478

## Candlelight Evening Of Caroling

Sunday, December 14th  
6:00 - 8:00 pm

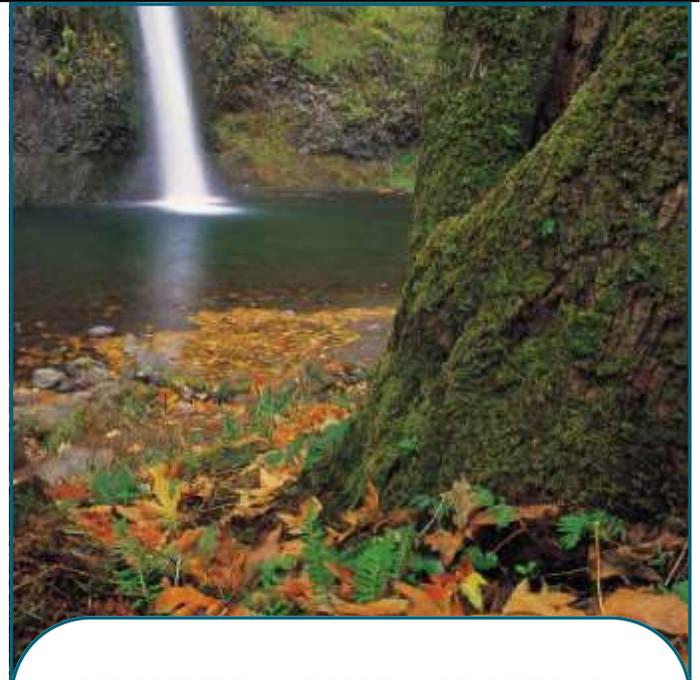
@ the United Church

Light Refreshments to Follow:

### Featuring:

- Aamjiwnaang Community Choir
- Soloist Christmas Specials
- Congregational Christmas Hymns

Everyone Welcome



## UNITED CHURCH NEWS

Autumn is my favourite season of the year. I love the sunny, yet cooler days and the beauty in the changing colours of creation. This fall seems to be going by quickly. I think the weather felt more like winter this past week!

Soon, we will be enjoying Halloween and seeing the little ones dressed up as their favourite characters. I remember how excited my own children would be as they prepared for the big event. Halloween can be a fun time for families.

Halloween's roots lie in an ancient, pagan, autumn feast festival. While this autumn feast can be used for other purposes, we like to celebrate it as an innocent night of children having fun and asking for candy. It's a time for all good things, joyful and light.

"Hallow" means holy and the word Halloween refers to the night before the feast of all holies, or All Saints Day. In the church **All Saints Sunday** is a special time to remember our loved ones who have since died.

At St Clair United Church we are planning a service of remembrance on **November 2<sup>nd</sup>**. At **11 a.m.** During the service there will be an opportunity to remember your loved ones with the lighting of candles and offering of prayer and thanksgiving. We hope that you will feel welcome to join us.

Many blessings

Valerie Pitt

Minister St Clair United Church.

# anishinaabemowin naakaazdaa enweying (lets speak our language)

Mino-giizhigad - It is a good day.  
 Mino-giizhigan - It is a good day.  
 Gimiwan - It is raining.  
 Gichi-gimiwan - It is raining hard.  
 Zoogipon - It is snowing.  
 Gichi-zoogipon - It is snowing hard.  
 Noodin - It is windy.  
 Gichi-noodin - It is very windy.  
 Gizhide - It is hot.  
 Gichi-gizhide - It is very hot.  
 Gisinaa - It is cold.  
 Gichi-gisinaa - It is very cold.  
 Zaagaate - It is sunny.  
 Gichi-zaagaate - It is very sunny.  
 Ningwaakod - It is cloudy.  
 Gichi-ningwaakod - It is very cloudy.

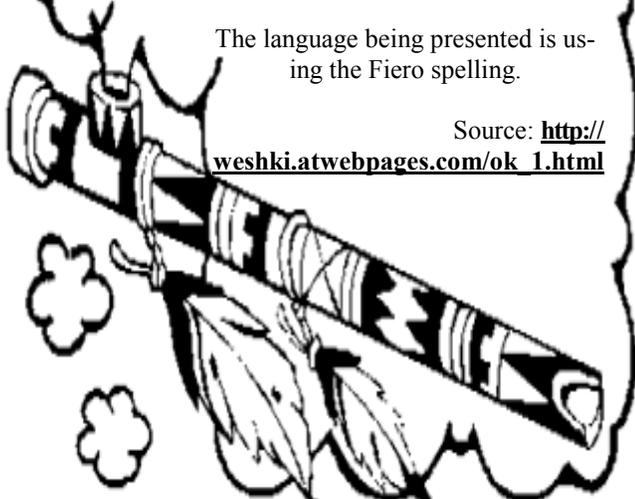
New Words:  
 mino- - good  
 giizhigad or giizhigan - day.  
 gichi- - big, great, very.

Note.  
 All weather words in Ojibwe are verbs. They could be used alone for to make a statement about weather (as the statements above). All the verbs listed above are in the present tense. This means that they indicate events occurring when you are speaking, now, in the present.

Grammar note.  
 All words used in this chapter are verbs. Many words which we define in English as adjectives, adverbs and even nouns, are verbs in Ojibwe. Verbs amount about 80% of Ojibwe language vocabulary.

The language being presented is using the Fiero spelling.

Source: [http://weshki.atwebpages.com/ok\\_1.html](http://weshki.atwebpages.com/ok_1.html)



## COMMUNITY

FREE

## GIVEAWAY

FREE

### NOVEMBER 5TH

### 5:00 - 7:30

### @ Maawn Doosh Gumig

To show our appreciation of community participation & support.

Examples of what some will be bringing: small household items,  
 Gently used coats, clothing, gloves hats gloves etc for children & adults

BRING ITEMS TO COMMUNITY CENTRE NOV 5th

*Chi Miigwetch for your continued support.*

For more info contact Werrina Plain 519-336-8410



\*\*PLEASE BRING A FOOD BANK DONATION\*\*



**NOONDAN GEZHAWEBAG**



Aamjiwnaang First Nation  
Notification System

**FACT SHEET**

- Our notification system was obtained primarily to notify residents of Aamjiwnaang First Nation of real or potential emergency situations in and around Aamjiwnaang. Notifications can be sent to residents to keep them informed of those situations that may require individual precautions or actions to be taken.
- Other types of messages can be sent for various types of non-emergency activities or community events. Users can select those types of messages they would like to receive.
- Users of our system can register for the system in order to provide a current home address and contact information. Users can log back in to update contact information if it changes. Just remember your username and password in order to make changes to your profile.
- Users will have the option to select the method of receiving the messages. There are numerous choices such as cell phone text, cellphone voice call, home phone voice call, email (personal or work) and TTY.
- Users can also select the types of messages they would like to receive. Just make your selections when registering. The minimum are the emergency notifications.
- The same message will be sent to all registered users which will help eliminate any confusion of an emergency or other situation.
- The messages are received within minutes of being sent. There could be a delay if users have selected only a home phone number and are not at home when the message is sent. Also if the user's cell phone has no power, signal or sufficient text message capability available on the individual service plans.

**If residents do not sign up for this system, there will be no direct message from this system. Any information to those that have not signed up will have to come from other sources.**

**Your personal information will not be shared with any other outside organization**



AAMJIWNAANG FIRST NATION

EMPLOYMENT OPPORTUNITY

DAYCARE-FLOAT POSITION

Contract to Permanent

Part-time (hours to be determined)

**JOB DUTIES:**

- To provide relief to infant room teachers during their breaks and lunches
- To assist the children with their personal care needs.
- Assist in housekeeping duties.
- Responsible for assisting in the supervision of children on a 1:1 or group basis.
- Performs other related duties as may reasonably be required

**QUALIFICATIONS:**

- Graduation from a post-secondary program in Early Childhood Education is preferred.
- Ability to appreciate and empathize with the needs of young children
- Adherence to confidentiality practices.
- A high degree of initiative and self-direction; good oral and written communication skills; good organizational skills and ability to work as a team member.
- Must enjoy working with children.

**APPLICATION TO INCLUDE;**

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

**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 4:00pm, October 31, 2014.**



## AAMJIWNAANG FIRST NATION EMPLOYMENT OPPORTUNITY

### Community Information Officer Contract to Permanent

#### Job Summary:

The Community Information Officer to undertake duties related to the implementation and maintenance of a direct communication program within the Aamjiwnaang First Nation community, through a newsletter (TribeUne), website, social media websites and media and public information releases. Will also do research and provide information and briefing notes to the Band Administrator and Chief and Council as required. Special projects may be assigned.

- Layout and publish and distribute the TribeUne newsletter biweekly
- Manage and update the Aamjiwnaang First Nation website
- Update and manage official Aamjiwnaang social media presence on Facebook, Twitter, etc
- Research, speech writing and briefing notes for Chief and Council as requested
- Liaisons with various media outlets regarding stories related to the Aamjiwnaang Community
- Provides draft correspondence, media/public information releases as needed by senior management
- Provide support to Coordinators on communications and information presentation for their specific programs
- Conducts information workshops for the Aamjiwnaang Community
- To complete funding applications for grants as applicable

#### Qualifications:

- Post-secondary level diploma or degree. Additional post-secondary level courses in journalism or communications
- Well-developed interpersonal skills, excellent oral and written communication skills
- High level of appreciation of First Nation issues.
- Excellent public relations skills, including an appreciation of the need for tact, discretion and a positive, cheerful and informed approach with the public.
- Flexibility and adaptability
- Exceptional working knowledge of Microsoft Office suite (Word, Excel, PowerPoint Outlook, etc.) and website management, preferably WordPress
- Demonstrated ability to adapt to new technologies and online communities

#### Interested Applicants:

Include a cover letter, resume and two reference letters. Please forward to:

**Assistant Band Administrator  
Aamjiwnaang First Nation  
978 Tashmoo Ave., Sarnia, Ontario N7T 7H5  
Fax: 519-336-0382**

#### Deadline:

**All applications must be received by 4:00 p.m. on November 7, 2014. A complete job description is available at the reception desk at the Band Office**

## **Native Trustee Position Effective December 2014**

### **The Role of Native Representatives**

Section 188 (5) of the Education Act allows for a regulation to provide Native representation on school boards. Regulation 462/97, Native Representation on Boards, lists the conditions for appointing Native trustees, provided a tuition agreement is in place. These are:

- When the lesser of 10 percent of the students of a board or 100 students are from First Nations communities, the First Nations communities may name, and the board must appoint, one representative. That person is deemed to be elected to the board.
- When 25 percent of the students of a board are from First Nations communities, the board may appoint a second representative.
- When First Nations students number less than 100, or less than 10 percent of the total student enrolment, the appointment of the Native representative is at the discretion of the board.

The role of all trustees is to help create the vision and set the strategic direction that will guide the board and its schools. As the representative of the First Nations community on the school board, the Native trustee is in a unique position to ensure that the Native culture is part of that vision and that the strategic direction of the board includes the interests of the First Nations community.

### **Representation**

Under the Education Act, Lambton-Kent may appoint one representative from the four First Nations (Chippewas of Kettle and Stony Point First Nation, Aamjiwnaang First Nation, Walpole Island First Nation and Delaware First Nation).

The Native Trustee will work with the Board and members of senior administration according to the Native Advisory Committee. There are approximately 23,000 residents with schools located in a number of urban and rural communities throughout the Municipality of Chatham-Kent, the City of Sarnia, and the County of Lambton.

This progressive system has 64 elementary and secondary schools, 22,000 students, approximate total staff of 3,400 and a budget of \$257,818,950.

### **Responsibility of the Native Trustee**

The Native trustee is responsible for:

- monitoring the negotiation of the tuition agreement

- ensuring that the actions of the board reflect the tuition agreement
- ensuring that both parties of the agreement are fulfilling their obligations
- ensuring that mechanisms are in place for effective accountability to the First Nations community
- ensuring that racism and harassment are not part of the Native students' experience at school.

The Native trustee is also in a position to encourage the involvement of the parents and the First Nations community in the Native students' education. One of the recommendations of the Report of the Royal Commission of Aboriginal Peoples (Volume 3, page 472) is that "all schools serving Aboriginal children adopt policies that welcome the involvement of Aboriginal parents, elders and families in the life of the school-for example, by establishing advisory or parents committees, introducing teaching by elders in the classroom, and involving parents in school activities."

Tuition agreements also provide for Native representation on school councils and the school board's Special Education Advisory Committee. As well, School Boards are establishing Native Advisory Committees to provide a forum for discussing Native education issues (see "Models for Native Representation" below). In these committees, the Native trustee is usually the co-chair, and membership includes a representative from each of the First Nations communities that have students in the board's schools.

### **Qualifications**

Trustee candidates need not have a background in education.

- Band member of one of the Four First Nations (Walpole, Kettle and Stony Point, Delaware, and or Aamjiwnaang).
- At least 18 years old

### **Length of Term**

The Term is four (4) years effective December 2014. Starting December 2014.

### **Allowable Expenses**

Trustees are entitled to claim expenses related to Board business, including approved attendance at conferences under the guideline of the Lambton Kent District School Board Trustee Handbook.

Allowable expenses include honorariums, travel, accommodation at conferences, meals, long distance telephone call, supplies and repairs to fax machines.

#### Selection Process

Each of the four First Nations will submit the name of their candidate to the Four First Nations Education Association who will then select one to be named as the appointed representative. Each First Nation must then submit in writing, to the LKDSB, naming the appointed representative. The LKDSB will then appoint the representative as the Native Trustee representing the four First Nations. The Public Sessions for LKDSB meetings are open to all community members.

Further information about the Lambton Kent District School Board is available at [www.lkdsb.net](http://www.lkdsb.net)

#### Closing date - October 31, 2014

Interested applicants must submit a Covering letter, resume and Police Criminal Record Check to:

**Vicki Ware (Education Committee)**  
**978 Tashmoo Ave.**  
**Sarnia, Ontario**  
**N7T 7H5**



**APSIP**

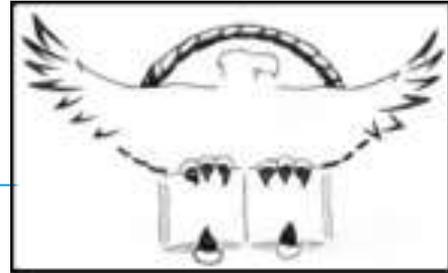
**NOVEMBER 25<sup>TH</sup>**  
**5PM to 7pm**

### **Aboriginal Post Secondary Information Program Night (APSIP)**

**Aboriginal Post-Secondary Information Program (APSIP)** is a group of Aboriginal representatives from various colleges and universities from across Ontario that provide the most up-to-date information regarding post-secondary education opportunities for Native students at their institutions.

Come out & speak with visiting Colleges & Universities from across Ontario at the Maawn Doosh Gumig Community Centre on Tuesday, November 25, 2014

## **Aamjiwnaang Alternative and Continuing Education**



**Thursday, October 30, 2014**

**From 11:30 am - 1:00 pm**

### **Intake Day/Open House**

## **Aamjiwnaang Alternative and Continuing Education Program**

If you are 18 years or older, you are invited to attend an "Intake Day" at the Resource Centre on Thursday, October 30/2014 from 11:30 am to 1:00 pm.

**\*\* Come in and learn how you can enroll into a credit granting program in working towards your Gr.12 diploma! Also, learn how you can upgrade your skills through the Literacy and Basic Skills Program! \*\***

- There are no costs/fees to attend
- Free transportation provided for participants
- A light lunch will be provided!





HALLOWEEN ZOMBIE WALK  
When: October 25th, 2014  
Where: Start at Pavilion  
Time: 3-5pm

Zombie walk will start at 3:30pm and go around Seniors Complex, so come on out and support the AAMJIWNAANG Food Bank. We are able to pick up can goods along the route, so come on out and check out the ZOMBIE's... Any kind of donation will be accepted, there will be prizes for best dressed.

Thank you  
From the ZOMBIE COMMITTEE

**Equity vs. Equality**  
**Changing The Lens On Diversity**

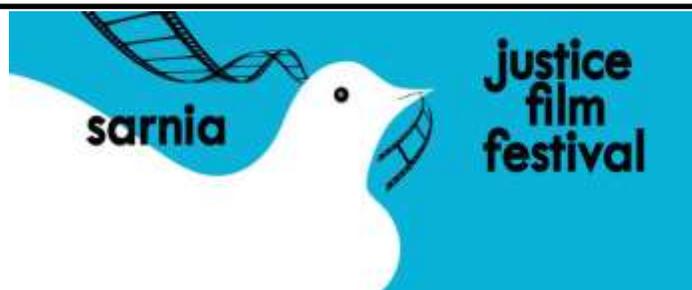
**November 10, 2014**

<u>Where:</u>	<u>When:</u>
Lambton College Residence and Event Centre 1435 London Road	9:00—11:30 a.m. 12:30—3:00 p.m. 6:00—8:30 p.m.

**We will provide three identical sessions**  
Diversity training that will get you thinking about the power of  
language and the intersectionality of diversity.



RSVP to: [michelle.shelswell@lambtoncollege.ca](mailto:michelle.shelswell@lambtoncollege.ca) by November 3, 2014



**S**arnia Justice Film Festival will be screening **Just Eat It: A Food Waste Story** **Saturday, October 25 at 7pm** at the Sarnia Library Theatre.

Filmmakers and food lovers, Jen and Grant, dive into the issue of waste from farm, through retail all the way to the back of their own fridge. After catching a glimpse of the billions of dollars of good food that is tossed each year in North America, they pledge to quit grocery shopping cold turkey and survive only on foods that would otherwise be thrown away.

### **Future Films:**

**November 22, 2014 – Revolution: Our World’s Threatened Oceans** <http://therevolutionmovie.com/>  
**January 17 2015 - Girl Rising: The Power of Education to Change the World** <http://girlrising.com>  
**February 21, 2015 - Project Wild Thing: The Increasingly Disparate Connection between Children & Nature** <http://projectwildthing.com/film>

**March 21, 2015 - Return of the River: Freeing of the Elwa River in Washington from Two Salmon-blocking Dams** <http://www.elwhafilm.com/>

**April 25, 2015 - Divide in Concord: The Bottled Water Ban Battle** <http://divideinconcord.com/>

*If you would like to have a poster to print listing all the films of SJFF’s 2014-15 season, please respond to this email requesting one.*

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/](http://www.facebook.com/)**

**[SarniaJusticeFilmFestival](#)**

**Twitter: [@SarniaJusticeFF](#)**

# Yard Sale

When:

Saturday October 25th

8 am - 4 pm

&

Sunday, October 26th

8 am - ??

Where:

Roger & Pauline Williams

1107 Tashmoo Ave.

Come out and see if we have your lost treasures hidden in our junk!!

See you there!!

G'Chi Miigwech



## ATTENTION

Sting and Legionnaire Flex Tickets will be available at the Band Office, starting Monday, September 15<sup>th</sup>.

Limit of 4 Per Household.

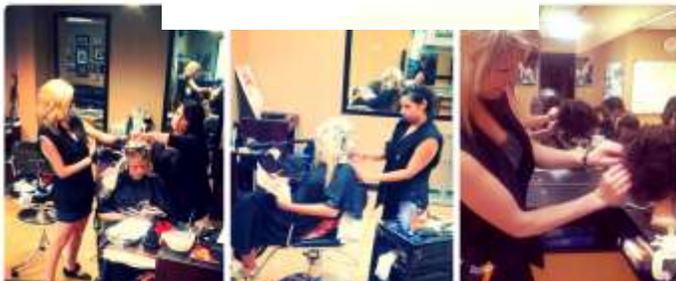
### HEALTH AFFIRMATION

"I am a vibrant soul radiating a healthy body. My physical temple is beautiful, strong and well."

If you want something you've never had,

you must be willing to do something you've never done.

- Thomas Jefferson



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

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

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



**DETROIT LIONS vs CHICAGO BEARS**

**THURS. NOVEMBER 27<sup>th</sup> at 12:30 PM**

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

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

Proper ID for Border Crossing Contact Willie for  
Ticket's at 519-332-6771 or 519-384-1957

**DETROIT RED WINGS VS TO-  
RONTA MAPLE LEAFS**

**Wednesday, December 10<sup>th</sup>**

**AT 8:00 PM**

**\$140.00 CDN**

**INCLUDES: COACH BUS, TICKET  
(Sec. 201 Row 7-10)**

**Proper ID for Border Crossing  
BUS LEAVES**

**Corunna (Old Workout Room) at 4:15 pm  
& Point Edward Casino Lot at 4:30 pm**

**CONTACT:**

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

**Tracey at 519-862-3263 or 519-333-7472**

**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

**"WILLIE'S CASINO GETAWAY"**

**New Date: February 4-5, 2015**

**\$90.00 US Double Occupancy or \$140.00  
Single Occupancy**

Overnight Trip Planned. You must be signed-up and PAID by September 5th. You will visit 3 Casino's on this trip. We depart Sarnia at 6:00 am from the Pt. Edward Casino Parking Lot then to the Port Huron Super K-Mart for a 7:00 am pick-up. Then onward to the Soaring Eagle Casino. After spending time here, we will make are way to the Little River Casino for the night. The following morning after check-out we will depart for Saganing Eagles Landing Casino. After spending time there we depart for the Soaring Eagle Casino and after spending time there back home. The price includes Round-Trip Transportation on a Coach Bus, Accommodations at Little River and Reward Packages from each Casino. You can make payment to:

Willie at 519-332-6771 or  
Preferred Charters at 810-982-7433



**WILLIE'S CUBAN GOLF TRIP**



**January 27, 2015 to February 3, 2015**  
**7 Days—\$1315.00 CDN Taxes Included**

**\$150.00 Deposit ASAP or by  
September 1st**

**MELIA LAS AMERICAS GOLF &  
BEACH RESORT – 18+**

**5 Star All-Inclusive & Unlimited Golf  
Flying with Sun Wing To Varadero  
Sign Up & Pay SEARS TRAVEL SARNIA Just  
mention the Trip to Kim or Nicole or you can  
Contact: Willie with any questions  
@ 519-332-6771 or 519-384-1957**



**TAX FREE Plus  
COURTESY SHUTTLE**  
Full Mechanical, Collision & Rust Repair  
on all Makes & Models



**OIL CHANGES • BRAKES  
SUSPENSION • TUNE-UPS • TIRES**  
1069 Tashmoo Ave.  
Mon to Fri 8am - 5pm, Weekends 9am - 3pm  
**Ken Plain: 519-336-6372**

**TNT Auto Detailing & Upholstery**  
*Call for free quote or to book appointment*  
Owner: Greg Gray  
1909 Virgil Ave-Sarnia, Ontario  
(226)-349-1865  
Auto Detailing  
Upholstery & Carpet Cleaning

**“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**

**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 Insured



**Roger Williams'  
AUTHENTIC  
NATIVE CRAFT SHOP**

**Lots to  
choose From &  
Great  
Gift Ideas!**

**STORE HOURS**  
Monday ~ Saturday  
10:00 am ~ 6:00 pm  
Phone 519-344-1243

**Dawn's Hair & Spa**

1736 St Clair Pkwy  
**CALL 519-332-0410**

*TO BOOK AN APPOINTMENT*  **“Feel Better”**

**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!*  
Call 519-328-4066

**Gallery in the Grove**  
...a unique gallery promoting the visual arts  
2618 Hamilton Rd. at Wildwood Park  
P.O. Box 339,  
Bright's Grove, ON, N0N 1C0  
Tel: 519-869-4643  
[www.galleryinthegrove.com](http://www.galleryinthegrove.com)  
[info@galleryinthegrove.com](mailto:info@galleryinthegrove.com)



**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”**



Next issue is due out on  
**Friday, November 7, 2014**

The deadline for submissions is  
**Tuesday, November 7, at 4:00 pm**

*Chi-Miigwetch,  
Lynn Rosales, Interim Editor*

CHIPPEWA TRIBE-UNE

978 Tashmoo Avenue

Sarnia, Ontario N7T 7H5

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

E-mail: [editor@aamjiwnaang.ca](mailto:editor@aamjiwnaang.ca)

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



**Wednesday, October 29<sup>th</sup>**

**Community Centre ~ 5:30 - 7:30 pm**



**Carved Pumpkin Contest**

**Best Costume Contest**



**DJ / Spot Dances**

**Food - Music - and...**



**Fun, Fun, Fun, for all ages!**

