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Aamjiwnaang
Population Stats
Current: 2312

Reminder

COMMUNITY NOTICE

Adult members of the Aamjiwnaang First Nation who have an interest in serving on one of the following Standing Committees as established by Chief and Council for the 2014-16 term are invited to submit a Letter of Interest for consideration to the following address:

Aamjiwnaang First Nation Band Office
Attention: Chief and Council
978 Tashmoo Ave
Sarnia, ON N7T 7H5

If you wish to be considered for more than one committee please state your preferences in your letter. The deadline for submission is

Friday, September 12, 2014 at 4:00pm.

Development Committee

- 2 Councilors
- 3 Community members

Health Committee

- 2 Councilors
- 3 Community Members

Housing Committee

- 2 Councilors
- 3 Community members

Education Committee

- 2 Councilors
- 3 Community members

Environment Committee

- 2 Councilors
- 3 Community Members

Community Services Committee

- 3 Councilors
- 3 Community members

COUNCIL AGENDA ITEM SUBMISSION DEADLINE!!

Please note, if you have any discussion items for Chief and Council for **Monday, September 15, 2014**, the deadline for submission is:

Wednesday, September 10, 2014, 4:00 PM

All Submissions Attn: Shelly Redmond

*Happy Birthday**Sept 13 - 26, 2014*

Alaska	Hanna	Sept.	13	Melanie	George	Sept.	20
Sydney	Jonker	Sept.	13	Jaclyn	Joseph	Sept.	20
Ethan	Adams	Sept.	14	Gregory	Plain	Sept.	20
Raenae	Adams	Sept.	14	Mickinley	Rescigno	Sept.	20
Shawna	Parker	Sept.	14	Faith	Rogers-James	Sept.	20
M'Nodeh	Plain	Sept.	14	Jacob	Solomon	Sept.	20
Elan	Rogers	Sept.	14	Michael	Williams	Sept.	20
Blake	Adams	Sept.	15	Rose	Cottrelle	Sept.	21
Stephanie	Adams	Sept.	15	Christopher	George	Sept.	21
Ellison	Fisher	Sept.	15	Tiana	Hignett	Sept.	21
Gregory Keith	Gray	Sept.	15	Marjorie	Powers	Sept.	21
Michael	Rogers	Sept.	15	Starr	Rogers	Sept.	21
David	Chaisson	Sept.	16	Austin	Williams	Sept.	21
Glenda	Hawke	Sept.	16	Crystal	Dick	Sept.	22
Valerie	Herron	Sept.	16	Jeffery	Fisher	Sept.	22
Carlie	Letham	Sept.	16	Patti	Jones	Sept.	22
Terrence Lee III	Nahmabin	Sept.	16	Kayla	Joseph	Sept.	22
Skylar	White	Sept.	16	Trudy	Rogers-Moore	Sept.	22
John Wayne	Cottrelle	Sept.	17	Angelina	Day	Sept.	23
Kelly	Levert	Sept.	17	Brian	Gray	Sept.	23
Evelyn	MacPherson	Sept.	17	Isaac	Jackson	Sept.	23
Ernest Anthony	Nahmabin	Sept.	17	Isaiah	Jackson	Sept.	23
Melody	Rogers	Sept.	17	Stanley	MacGregor	Sept.	23
Joseph	Vallieres	Sept.	17	Nathan	Plain	Sept.	23
Trent	Verge	Sept.	17	Russell	Fisher	Sept.	24
Chase	Williams	Sept.	17	Cristina	Battista	Sept.	25
Jacob	Williams	Sept.	17	Abigail	Feather	Sept.	25
Hailee	Buswa	Sept.	18	Keely	Adams	Sept.	26
William	Cottrelle	Sept.	18	Zachary	Cloud	Sept.	26
Donelda	Day	Sept.	18	Megan	Nahmabin	Sept.	26
Darryl	Ireland	Sept.	18	Brian	Noganosh	Sept.	26
William	Jacobs	Sept.	18	Andrea	Parker	Sept.	26
Bird-Little	Chloe	Sept.	19	Ava	Pentland	Sept.	26
Danielle	Broer	Sept.	19				
Kim	Hopkins	Sept.	19				
Nicholas	McDonald	Sept.	19				
Jessica	Pickett	Sept.	19				
Aaron Ferguson	Plain	Sept.	19				
Stephanie	Plain	Sept.	19				
Robert Jr.	Rogers	Sept.	19				
Nevaeh	Williams	Sept.	19				
Coda	Adams	Sept.	20				
Natasha	Elie	Sept.	20				

**ATTENTION**

Sting and Legionnaire Flex Tickets
will be available at the Band Office,
starting Monday, September 15th.
Limit of 4 Per Household.



All Community Members Welcome

Please join us

Monday September 22, 2014

At the Community Centre from **5-7 pm**
to review the New Housing Policy
that was accepted by Chief & Council July 15, 2014.
We are looking for your feedback and any questions
or concerns you might have about the new policy.

Door Prizes to be Won!!!

**Boozhoo Ninduhwaymooguniduk....
Hello, All My Relations....**



Boozhoo Aamjiwnaang Anishinabek/Hello People of Aamjiwnaang First Nation,
Ishkode Anaquodo Quay N'diznikaaz - My spirit name is Fire in the Clouds
Woman; M'Kwa N'domain - I am Bear Clan; Aamjiwnaang N'donjibaa - My
heart sounds from where the water flows swiftly and the people gather; Nizo
ayaagwa Mide'o - I am second degree Midewiwin; N'meegwechiwendum
noongom geezhgad - I am very happy this day!!

I am commonly known as Lynn Rosales (nee: Washington) and I have graciously accepted a short term contract position with Aamjiwnaang First Nation as the Interim Tribe-Una Editor.

I feel as though open communication plays a major role in staying informed about what matters to you the most. As the Tribe-Una Editor I will be able to assist Chief and Council, Aamjiwnaang Administrative Staff and Programs inform you, the community, about what they are presenting and aspiring to achieve as helpers of our community.

I am looking forward to embarking on this new journey and presenting important information, the latest news and good thoughts of the day. If you have any news that you feel is of interest to the community please do not hesitate to contact me at the Band Office 519-336-8410, Ext. 239; or you can drop off articles at the reception desk that can be placed in the Tribe-Una mail box; or you can email me at lmrosales@aamjiwnaang.ca.

Yours in Friendship,

Lynn....

ATTENTION AAMJIWNAANG RESIDENTS!! COMING SOON!!



NOONDAN GEZHAWEBAG

Aamjiwnaang First Nation
Notification System



(to hear what will happen)

Aamjiwnaang First Nation has obtained new notification system that is being prepared in order for residents to be notified of emergency situations. In addition to the emergency notifications, there will be other messages concerning community events and other general messages that can be sent to keep the Aamjiwnaang residents informed.

The users of this new system will have the option of how they would like to receive the messages. By simply registering and logging on to the site we will be using, users then select the notification methods that they would prefer to receive the messages. Some examples of delivery methods include text, cell phone voice messages, home telephone messages, email accounts (home/ work), etc. And, should your contact information change for whatever reason, you simply log back in to the system and update the appropriate information. Just bookmark the “log in” page to your computer or tablet and connect, then update your information. The system will only work as well as the information available. So it is very important that you keep you contact information up to date.

An Open House will be scheduled at Maawn Doosh Gumig soon in order to provide further information on the new system. There may also be a sign up event at the same time. The date will be announced once arrangements have been finalized.

Miigwech !!

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

TRIBE-UNE

SUBMISSION DEADLINE

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

Tuesday, September 23

@ 4:00 pm

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



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

Medical Travel Drivers

Terry Plain (Monis)402-5535
Mitch DeGurse312-1468
Ron Simon328-0203
Sheila Firth383-1073
Mary Lou Williams337-9342
Carol Miller332-0751
Christine Plain * NEW466-0054

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

AAMJIWNAANG FIRST NATION

Home & Community Care Conference

Attention Home & Community Care Clients & Family

Our H & CC Workers will be attending this year's conference on

October 3, 4, 5th, 2014

There will be **NO SERVICE** after Noon on

Friday October 3, 3014

Regular hours will commence on

Monday October 6th, 2014

Please make arrangements with family on these days.

These conference's are very important for your workers to learn new things to help benefit all clients.

Thank you for your co-operation & understanding.

Respectfully Yours, Becky Adams



Happy Thanksgiving Day!



Just a friendly reminder to all
Home & Community Care Clients
That there will be

NO SERVICE

On

Monday October 13th, 2014

All regular hours will commence the
following

Tuesday October 14th, 2014

IMPORTANT MESSAGE FOR CLIENTS & FAMILY MEMBERS

There will be **NO SERVICE** this day
Please makes arrangements on the date above with family.
From our home to yours we hope you have a wonderful
Thanksgiving Day.

From the Home & Community Care Dept
Robin Wood—HCC Case Manager
Rebecca Adams—HCC Clerk
Peggy Rogers—HCC Senior's Worker





Senior's & Youth Thanksgiving Dinner & Bingo

Thursday October 9, 2014 @ 5 pm
Community Center
30 Seniors / 30 Youth
(Youth Ages 10-18 yrs.)

Please Call Valerie at the Community Center to Sign-up: 519-491-2160



NCB-Food Bank Committee News

The NCB-Food Bank Committee would like to say Chi-Miigwech to the Zombie Walker Volunteers for the generous donation of \$300.00 to fill the shelves in our Food Bank. This is greatly appreciated as our Food Bank runs a limited monthly budget.

The Zombie Volunteers who worked hard to make this donation happen are:

Alicia & Jeremy

Tony & Missy

Christine & Dan

Angel & Family

LaDonna & J.R.

Becky

Virgina

Duane & Hodge

Christine & Terry

Phyllis & Daanis

Jessica

We would also like to Thank Christine & Dan Giovannoue for the \$100.00 Food Donation on Sept. 2/14.



Wanna Talk?

HIV/AIDS—Safer Sex—Emergency Contraception
Birth Control—Drug Use—Sexually Transmitted
Infections—Sexual Orientation and Gender
Issues—Needle Exchange Programs—Point
of Care HIV Rapid Testing—Clinic Referrals—
Pre & Post Test Info

**For Free, Anonymous Counseling call the
Ontario Aboriginal HIV/AIDS Strategy
Southwest Office @ (519) 786-6111 or
email at sarag@oahas.org**

Men's Cooking Classes



Thursday, Sept. 25/14
11:00am – 1:00pm
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

Rides are available

Urban Poling Demo Day (Nordic walking)

Looking for a fun & easy way to get in shape?
Burn up to 46% more calories than walking!



*Come and join us for a free Urban Poling demo class.
Learn about the benefits urban poling has to offer.*

Beginners and experts, all welcome!

*Drop in for a fun, quick demonstration and have
a chance to try the Urban Poles for yourselves!*

When: Wednesday, September 3, 2014
Time: 9:30 - 10:30am & 4:30 - 5:30pm
Where: Aamjiwnaang Health Centre

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



Just wear shoes you can walk in. Poles supplied.

Walk Your Way To Better Health!



Aamjiwnaang Health Centre
Presents...

Urban Poling Walking Program

Date: Wed, September 10 to
Wed, October. 29, 2014

Time: 9:30 am

Location: Community Centre

To registration please contact
Jessica at the Health Centre,
519-332-6770

*Did Your Know?
A mile of Urban Poling is
equivalent to 1800
abdominal crunches!*

Why you'll love Urban Poles...

Ergonomic handles, vibration free & durable construction.

www.urbanpoling.com





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 starts Monday,
September 8, 2014**

For more information please
call 519-786-4545 x235



Intro to Fitness

ESRON MILLS

Personal Training Specialist

CONTINUES!!!!

Tuesday Evenings

Aug. 19 – Sept. 23 from 6-7pm

Please arrive at **5:30pm** if you are
attending for your first time to
complete Health history form
Maawn Doosh Gumig

**ALL FITNESS LEVELS
WELCOME!!!**

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

Using a pedometer

This allows you to count your steps instead of measuring the number of minutes you walk. A pedometer allows you to add up all the steps you take throughout the day and to find creative ways to add more to burn more calories. It can also motivate you. A quick check may show that you need more steps for the day. It can also push you to set new goals to take more steps.

There are two main types of pedometers:

1. Spring-lever pedometers count up and down motion, so they are worn on the hip. If your waist is large or you walk slowly, it might not be very accurate.
2. Accelerometer pedometers can sense movement. They don't all have to be worn on the hip. Some accelerometer pedometers can be worn like a watch, put in your pocket, or carried in a bag.

The simplest ones just count your steps. Some convert steps into miles. Many have extra features such as clocks, alarms, memory, and calories used. Be wary of calorie readings and distance calculators, though. They are not always accurate. You can buy them at most sporting goods stores or on the Internet. Look for one that is easy to read and comes with a clip or safety strap to attach to your waistband or belt. Make sure that it is comfortable if placed next to your skin. When you are ready to start, read the instructions for setting your pedometer. The following tips may help. Experiment with the best place to wear it. It may be most accurate if you wear it on your side above your hip or on your waist directly above your knee.

Depending on the type you use, your pedometer may need to be perpendicular to the ground to work right. If it is tilted or if it does not fit snugly to your body, the results may not be accurate. Experiment with finding the right place to wear it. It may not be accurate if you are walking uphill. Make wearing it a habit. Put your pedometer on first thing in the morning. Do not take it off until you go to bed. Keep a log or journal of the number of steps you take each day.

If you have the type of pedometer that converts the number of steps into distance, you will have to set your step length. Follow the instructions on your pedometer, or try using a water method to help measure your steps. Pour a puddle of water on the sidewalk and step into it with both feet. Walk a few steps at your normal pace. Using a tape measure, find the distance between the heel prints of your right and left feet. This is your step length. For the first week, go about your daily routine, but don't change your activity level. Record your steps each day. This will give you a baseline activity level. The next week, increase that amount by 2,000 steps a day (about 1 mile, or 20 minutes). Set a new goal each week, and try to work up to 10,000 to 12,000 steps a day.



CARING CONNECTIONS NUTURING PROGRAM

For Women with Substance Misuse Issues

This program's focus is to help mothers learn to balance their recovery from substance use with being the best parent she can be to her children. These roles are often viewed as being at odds with each other as a woman learns that she is supposed to be as selfish in her recovery as she was with her addiction while acknowledging that being a parent is one of the most selfless roles a woman fulfills in her life. This program teaches a woman to nurture herself in her recovery as she learns to nurture her child so the roles can be parallel to allow a woman to effectively manage both roles. The program aims to improve and strengthen the relationship between mother and child to improve outcomes for their newborns, infants and children while strengthening a mother's path to recovery.

**12 week program to be held weekly on
Wednesdays from 1:30pm to 3:30pm**

Sessions start September 10, 2014
AAMJIWNAANG Location

Contact: Tracey George 519-332-6770

tgeorge@aamjiwnaang.ca

OR Charity @ 519-328-1683

Charity@sophrosyne.ca



Healthy Babies Program Wednesday's - in - September



September 3-24 - Infant Massage
10:30-11:30 at Community Centre.

On **September 17** - after the Infant
Massage session, we will be making
Breastfeeding Pillow

Thursday's - in - September

04— Literacy

11— Welcome Baby

18— Making Essential Oils

25— Nutrition with Nikki George



All programs are at the Community
Centre from 10:30-12:30

Transportation and Childcare available.

*Any question please call MaLynda
Maness-Henry or Joanne Culley
at the Health Centre 519 332 6770.*

Seniors 55 & Over
Congregate Dining
Has resumed on
Sept. 3, 2014

Seniors Drop In Room

Wednesdays, 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.

Thank you!



Seniors Healthy
Cooking Class

Tuesday, Sept. 23, 2014

10:30 - 1:30

At the Health Centre



Come out and join us!
Please call Peggy to register
and if you require a ride,
519-332-6770 ext.-31
By Monday, Sept. 22,
2:00 pm. to register!

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

Presented by: **Sandra Walker**





Seniors Computer Class

There is a limit for the Seniors Computer Class due to the availability of laptops. You will need to pre-register if you are interested in taking the class as the first class is already full.

If you missed the meeting on August 27, but are still interested in taking a class, please call Peggy at the

Health Centre

519-332-

6770 ext. 31

Thank You!



Wendy Hill-Traditional Healer

Dates Available

November 5 & 6, 2014

Please Call the Health Centre to

Book an Appointment

519-332-6770

CRYSTAL METH

LETS HAVE A CONVERSATION ABOUT THE EFFECTS OF CRYSTAL METHAMPHETAMINE ON INDIVIDUALS, FAMILIES AND THE COMMUNITY.

WHEN

Wednesday, September 24th
5:00 - 6:30 pm



WHERE

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

For More Info Call Tracey at:
519-332-6770

GET THE FACTS ABOUT CRYSTAL METH?

Topics of Discussion

- * What is Crystal Meth?
- * Why is Crystal Meth Dangerous?
- * How to Recognize a Meth Lab
- * Environmental Impact of Crystal Meth Production
- * Impact of Addiction to Crystal Meth



Do It Yourself LUNCHABLES

Buy some reusable containers, cupcake liners and a drink bottle. Recreate this lunch with:



- Lunchmeat—choose low sodium or cook your own!
- Cheese—real cheese, not cheese-like products
- Crackers—look for few ingredients like Triscuits (wheat, soybean oil, sea salt)
- Grapes & strawberries
- Homemade cookies
- Biish (water) or real fruit juice

This Lunchable has 560mg of sodium and 31g of sugar. That's a lot! It also has more than 60 ingredients with names like:



- Cheese product
- Sodium diacetate, phosphate, ascorbate, citrate
- Artificial colours (Red 40, Blue 1, Yellow 5 & 6)
- Artificial flavours
- High fructose corn syrup
- Maltodextrin
- Apocarotenal

If you plan and budget, you can make your own for less money, with less chemicals and loaded with nutrients!



INTRODUCTION TO: STRENGTHENING FAMILIES



Families who may be interested in this program are invited to join us for a family dinner. Come and learn what the program is all about!

MONDAY, OCTOBER 6th
5—6pm
MAAWN DOOSH GUMIG



Please call the Health Centre to sign up 332-6770

Tea Leaf Readings

With Betty Ireland
Onieda First Nation



Saturday Sept 20th 2014

Cost is \$40.00 (1/2 a reading)
\$80.00 (whole reading)

Must be scheduled for an appointment!
Call **Stephanie Stone (519) 491-2275** or
private message on Facebook.

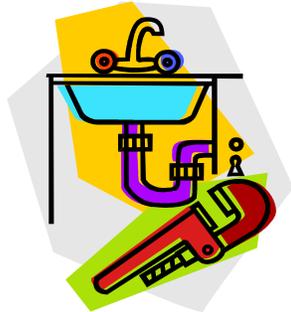
Appointments Location:
2231 Wahboose Circle Aamjiwnaang First Nation

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.

“Day of Caring”

Presented by: Shell & United Way



Tuesday

September 30, 2014

Once again Shell has teamed up with United Way for a “Day of Caring”. There will be 30-40 volunteers out in the community to help

If you are looking for small jobs to be done around your home such as:

- Minor Gardening – turn over soil, weeding
- Washing Outside Windows
- Pressure Wash Decks and Homes
- Clean Out Sheds
- Relocating Storage Items
- Painting – Sheds, Decks
- Hedge Trimming
- Cleaning of Eaves troughs
- and any other small jobs.

***** Please note if you are wishing any painting or any other jobs that require materials, it is the homeowners' responsibility to purchase the supplies required.**

If you would like to have you name on the list for “Day of Caring” or have any questions please contact the Housing Department



United Way
Sarnia-Lambton

**ANNOUNCEMENT
ST. CLAIR UNITED CHURCH
BAPTISMAL SERVICE**

We have arranged for Rev. Val Pitt to conduct a **Baptismal Service** on Sunday, October 5, 2014 at St. Clair United Church. Anyone interested in Baptism for Yourself or for your children please contact: Janice Rising at **519-344-5448 or 519- 383-0404** for further details. While St. Clair United Church is in the process of searching for a new minister, we hope to continue to serve the community as much as possible.

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

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

Our Worship Leaders for the next few weeks will be:

Sunday, September 14, 2014	-	Charles Nahwagabow
Sunday September 21, 2014	-	George Pitfield
Sunday, September 28, 2014	-	Rev. Val Pitt
Sunday, October 5, 2014	-	Rev. Val Pitt
Sunday, October 12, 2014	-	George Pitfield
Sunday, October 19, 2014	-	Rev. Val Pitt

Everyone is Invited to Join us for Worship!

First Steps to Reconciliation

A follow-up to:

“Going Beyond the Words”

Tuesday, October 21, 2014

MAAWN DOOSH GUMIG COMMUNITY AND YOUTH CENTRE

Virgil Avenue, Sarnia

https://www.facebook.com/MaawnDooshGumig/page_map

Begins with dinner at **5:00 p.m.**

It is encouraged that you become Familiar with the following resources:

1. “They Came For The Children” found on The Truth and Reconciliation Commission website, www.trc.ca click “resources”
2. “We Were Children” available on Netflix and/or “Speaking My Truth” a resource available thru the Aboriginal Healing Foundation

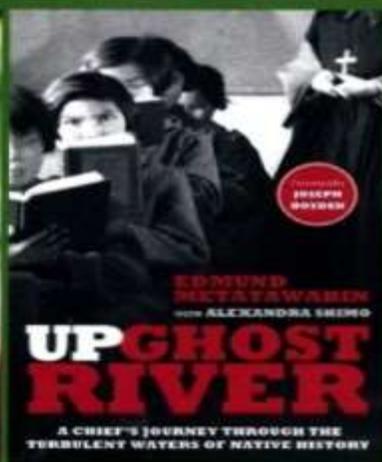
Sponsored by: St. Clair United Church, Lambton Presbytery of The United Church of Canada and The Right Relations Committee, London Conference of The UCC

Please register before Sunday, October 5, 2014 so that food quantities can be ordered:

Call or email Pat Whitton at 519 344-2564 or whittons@xcelco.on.ca

Leave you Name & Contact Information (Email/phone #)

EDMUND METATAWABIN



At 7 years old, Edmund Metatawabin was separated from his family and placed in one of Canada's worst residential schools. St. Anne's, in northern Ontario, is an institution now notorious for the range of punishments that staff and teachers inflicted on students. Even as Metatawabin built the trappings of a successful life-wife, kids, career-he was tormented by horrific memories. Fuelled by alcohol, the trauma from his past caught up with him, and his family and work lives imploded.

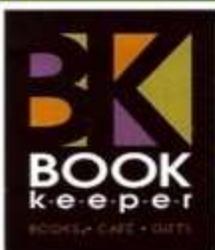
In seeking healing, Metatawabin learned from elders, participated in native cultural training workshops that emphasize the holistic approach to personhood at the heart of Cree culture, and finally faced his alcoholism and PTSD. Metatawabin has since worked tirelessly to expose the wrongdoings of St. Anne's, culminating in a recent court case demanding that the school records be released to the Truth and Reconciliation Commission.

Now Metatawabin's mission is to help the next generation of residential school survivors. His story is part of the indigenous resurgence that is happening across Canada and worldwide: after years of oppression, he and others are healing themselves by rediscovering their culture and sharing their knowledge.

Your Choice... Two Great Events

Monday, September 22, Aamjiwnaang Community Centre, 1972 Virgil Ave., 7 p.m. free - all welcome

Tuesday, September 23, Sarnia Library Auditorium 7 p.m., tickets \$5 with proceeds going to support Big Brothers Big Sisters of Sarnia-Lambton



Our Community, Working Together



Big Brothers Big Sisters



P.A.S.S.P.O.R.T for YOUTH



Employment Readiness Program

Aamjiwnaang Youth ages 18-30

Projected start date: September 17

What you will gain:

- Job search & Interview skills
- FIRST AID / CPR
- W.H.M.I.S
- Social Connections/ Roundtable discussions
- Networking / Teambuilding skills

You may be eligible for:

- Transportation assistance
- Child care allowance
- Clothing allowance
- Gift cards



Contact Marina Plain for more information 519-336-8410

***Qualifies as an ACTIVITY for your
participation agreement.**

WHIMS Certification

September 18, 2014

12 - 2 PM

Maawn Doosh Gumig

1972 Virgil Ave.

The WHIMS Certification training is open to on Reserve OW & ODSP Clients. Please Contact Marina Plain to register or you may contact her for more information:

519-336-8410 Ext. 231



Training Provided by: London

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

P.A.S.S.P.O.R.T For Youth Program

**Will begin on,
Wednesday,
September 17, 2014
9:30 am - 3:00 pm
@ Maawn Doosh Gumig
Remember, you must
pre-register for the program
So call Marina Plain to
sign up ASAP!!**

Mobile Market 2014

**Coming to a
community near you!**



Mondays – Petrolia, Corunna &

Aamjiwnaang

Corunna – All Saints Anglican – Hill St

11:00 – 12:00

Aamjiwnaang - Community Centre Pavilion

12:30 – 1:30

Tuesdays – Forest, Thedford & Kettle Point

Forest – Contact House - 6276 Townsend Line

9:30 – 10:30

Thedford – Meadowville – 76 Mill Street St.

11:00 – 12:00

Kettle Point – Health Services – 6275 Indian Lane

12:30 – 1:30

Fridays – Sarnia

Rogers St. – parking lot 9:30 – 10:30

Kathleen Ave – park 11:00 – 12:00

Veteran's Park – Victoria St N 12:30 – 1:30

Until the end of October

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)

Community Kitchen Nights!!!

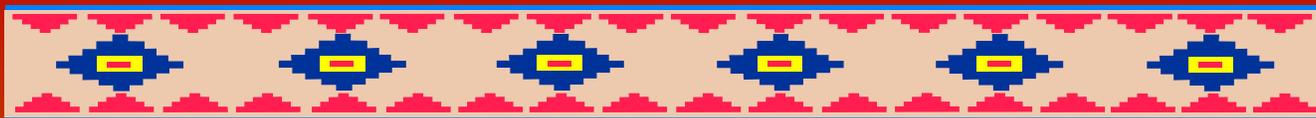
In August & September join us for a couple evenings to learn how to prepare & freeze corn, squash and new this year – yummy applesauce then get to take quantities home to stock your freezer for the winter!



**The Inn
Of The Good Shepherd**
Caring hands of the community

Est. 1981





AAMJIWNAANG Heritage & Culture club

Invites you to our fall feast potluck

THEME: 3 Sisters

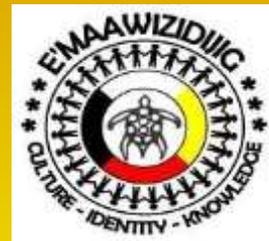
Traditional Three Sisters Soup:



Beans, Squash and Corn



SEPTEMBER
24
6 - 8 pm



**BRING YOUR
FAVORITE DISH**

THEME: THREE SISTERS
LOCATION:
MAAWN DOOSH GUMIG
1972 Virgil | Sarnia ON

*GUEST
SPEAKER
TBD*

EVERYONE WELCOME!

Anishinaabemowin - Ojibwe Language

The Ojibwe language is rapidly disappearing and is in danger of becoming words of the past. The following information is being provided as a starting place to relearn Anishinaabemowin.

Introduction

Algonquin language family is the most populous and widespread Native language family in North America. Before the arrival of Europeans Algonquin languages were widespread in eastern and some western regions of the USA and in Southern Canada. Many Native American nations belong to Algonquin language family, speaking relative languages and dialects.

One of the most widespread Algonquin languages is Anishinaabe language – Anishinaabemowin. It belongs to the Central Algonquin group and includes three dialects: Ojibwe, Ottawa (Odaawaa) and Potawatomi (Boodewaadamii). Anishinaabe is a name, which these three nations call themselves. The most populous Anishinaabe nation is Ojibwe. Ojibwe is also one of the most populous Native nations in North America. But nowadays only 25% of Ojibwe people speak their own language as native one.

Writing System (Fiero system)

Ojibwe speakers in different communities use lots of different writing systems. The most popular and easy writing system is Double Vowel Writing System, or Fiero System. There are long and short vowel sounds in Ojibwe language. The system is called 'double vowel' because it uses two vowel letters written together (aa, ii, oo) to indicate long vowel sounds.

Fiero system is one of the easiest writing systems developed for Ojibwe language. In Fiero system almost every letter represents only one sound. It means that it can be read only one way.

Combinations of two or more letters widely used in English to represent a single sound are almost absent in Fiero system. There are only six letter combinations which represent one sound each in Fiero system.

Stress in Ojibwe Words

All words consist of syllables, which are basic sound units. Any syllable should contain one vowel (long or short) and 0, 1, 2, or 3 consonants:

- bezhig (one) = be-zhig [1st syllable:cons.+vowel - 2nd syllable:cons.+vowel+cons.]
- amik (beaver) = a-mik [1st syllable:vowel - 2nd syllable:cons.+vowel+cons.]
- bakade (he is hungry) = ba-ka-de [1st syllable:cons.+vowel - 2nd syllable:cons.+vowel - 3rd syllable:cons.+vowel]
- bwaan (Dakota) = bwaan [1 syllable:cons.+cons.+vowel+cons]

Every pair of syllables (counting from the start of the word) forms so called *metrical foot*, the first syllable of which is weak (unstressed), and the second - strong (stressed):

1st metr.foot:(weak syllab. + strong syllab.) + 2nd metr.foot:(weak syllab. + strong syllab.), etc.

There are some rules as well:

1. Only short vowels could be weak. If a long vowel takes position which must be occupied by a weak syllable, then this syllable with a long vowel is treated as a separate metrical foot consisting of only one (=strong) syllable (see: esiban, jiimaan).
2. The last syllable of a word is always stressed (see: bakadewin).

In the examples below metrical feet are in brackets, strong vowels marked bold:

(a-mik)	beaver
(ba-ka)-(de)	he is hungry
(ba-ka)-(de)-(win)	hunger
(e)-(si-ban)	raccoon
(jii)-(maan)	boat

In every word there is the most stressed vowel (the main stress). This is the strong syllable in the third metrical foot counting them *from the end* of the word.

ningii-waabamasiig - I didn't see them
metrical feet are: (ning**ii**)-(waa**a**)(bama**a**)(si**ig**)

The third metrical foot from the end is -waa-, it consists of only one strong syllable (there must be a weak syllable after -gii- to form the standard weak-strong metrical foot, but there is the long (strong)

vowel /aa/ after it. That makes -waa- a separate metrical foot, consisting of only one strong syllable. Being the strong syllable of the third metrical foot from the end, long /aa/ in -waa- takes the main stress. If the word contains less metrical feet (one or two), then the main stressed syllable is the first strong syllable *from the beginning* of the word (the one which is farther from the end). This is correct for Odawa dialect maybe, but not quite correct for Ojibwe itself. Things are a bit more complicated.

Parts of Speech

There are four parts of speech in Ojibwe language. They are: *nouns*, *pronouns*, *verbs*, and *particles*. Each of those parts of speech could be divided into several categories.

- **Nouns** are divided into two genders to represent living and non-living beings and things. They could be modified by adding different prefixes and suffixes to them, which are used to indicate if the thing or being belongs to someone, if it is small, or used to indicate location or direction, etc.
- **Pronouns** could be divided into personal pronouns, which indicate persons (like: I, you, he, etc); demonstrative pronouns, which are used to point out things (this, that); and some other kinds.
- **Verbs** is the most important part of speech in Ojibwe language. Verbs are used to indicate actions and qualities and conditions of things (like color, or size, etc). In Ojibwe verbs are very often used in such cases where in English we use adjectives or adverbs. Ojibwe verbs flex. They change their form by adding prefixes and suffixes according to person who performs the action and person whom this action affects, tense, or relation of action which they describe with other actions and words in a statement, etc. Verbs as well as other Ojibwe words can contain several roots and add special particles called preverbs, combining all their meanings into one idea. This is the most difficult and most informative part of speech in Ojibwe.
- **Particles** could be divided into different groups

mostly according to their meaning and European understanding of parts of speech. There are particles used as numerals in European languages, particles, used as adverbs, or particles used as conjunctions, etc. Particles are the only words in Ojibwe language which do not change their form.

For additional learning tips and more information please visit the websites listed below.

<http://weshki.atwebpages.com/index.html>

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

<http://www.anishinaabemowin-teg.org/>

<http://anishinaabemodaa.com/>

<http://ojibwe.lib.umn.edu/>

<http://www.umich.edu/~ojibwe/>

http://www.7generations.org/?page_id=40

“Every little thing is sent for something, and in that thing there should be happiness and the power to make happy. Like the grasses showing tender faces to each other, thus we should do, for this was the wish of the Grandfathers of the World.”

Nicholas Black Elk, *Black Elk Speaks: Being the Life Story of a Holy Man of the Oglala Sioux*

For immediate release on Sunday August 24, 2014

“Enough is enough. Time to stand Up”

Anishinabe Kokums declare campaign to protect the earth, the animals, the water, and the air.

Anishinabe Algonquin Grandmothers are calling for a campaign to stand up for Mother Earth. The campaign, “Kida KInan”, (the land that is ours) was declared last night at the Peoples Social Forum in Ottawa.

In front of 100s of people, the Grandmothers of the Algonquin Nation of the Ottawa River Watershed (ANORW) made a passionate appeal to the Peoples Social Forum in Ottawa. They called on people from all Four Directions to stand up and protect Mother Earth. Algonquin Grandmother Liza Thomas said, “I can’t back down. I have to do this for my Grandchildren, for your Grandchildren”. She and others live off the land, following their traditional ways as they always have, 350 km. north of Ottawa, in what is now called Parc de Verendrye. They gather their food, their medicines, and their materials for their homes from the land. Over the last 25 years up until this past spring, in what they call illegal clear cutting, 60 % percent of the territory has been cut. This year 25% of the remainder has been cut. Louisiana-Pacific has been clear cutting, 25 acres every two days.

Echoing the sentiment of Natives across Turtle Island the Grandmothers called for people to stand up for the land, the water, the air, and the animals. Grandmother Shelley Chabot emotionally spoke of growing up on the land and how that way of life is being destroyed. “Today, mother earth is being destroyed. Her rivers and lakes are being polluted.” What is done up in our territory affects you all down here”.

Holding Eagle Feathers, supported by drums and singers, the Grandmothers went from assembly to assembly at the PSF raising the call for the need for action to address an increasingly desperate situation facing many Original peoples across this land.

Liza Thomas talked about the broken promises and how the colonial structures have put out their “fires”. She said, “We need to re-light our fires, the fires of our families, and the fires of our communities. We need to restore our ways, our laws”. There was call for all people across the land to light fires in public places to witness against the onslaught against the environment across Turtle Island.



I'm here for my children, my grandchildren, your children so that when they grow up, they will have what we have. But it's quickly disappearing.
This is our home. This is your home.
 We must work together and save Mother Earth.
 Grandmother Shelley Chabot



I live in the bush. This is where I grow up and this is where I'm going to stay. I'm going to protect my land.
 Grandmother Liza Thomas

At the Sacred Fire located near the Heritage Center up Highbanks, we will be collecting medicines to take to the grandmothers. The fire is lit, come offer prayers for our relations. The fire keepers will be tending to the fire day and night. Please remember our roles and responsibilities at this time. The FireKeepers keeping fire will need much community support.

Wood, Water, Food, Medicines, what comes to your heart and mind...would be much appreciated.

Travelling Seniors News & Updates...

Fundraising Bingo will be cancelled for September, the October date will be announced soon!!

Attention High School Students!!

If you are looking for volunteer opportunities please consider the Travelling Seniors functions and events. Your assistance would be greatly appreciated!!

If there are any Community members who may be interested in joining the Travelling Seniors group you are encouraged to come on out and join in. You only need to be 55 years young!!

For More Information
Please feel free to contact,
Pat Oliver
@ 519-336-7244

DETROIT TIGER TICKETS CLEVELAND vs DETROIT



Commerica Park



Friday Sept. 12th @ 7:08 PM

Breast Cancer Night(First 10,000 Ladies Receive a Pink Baseball Tote Bag), TICKET(Sec.105), COACH BUS, ADULT BEVERAGES on BUS, Shuttle Bus from Memo's Bar & Grill, Fireworks—\$80.00 CDN—FOR TICKETS CALL - Willie at 519-384-1957 or 519-332-6771 or Tracey at 519-333-7472 or 519-862-3263. MUST HAVE PROPER ID FOR BORDER CROSSING. Bus will be leaving Old Workout Room location at 3:00 pm SHARP and Eastland Plaza Parking Lot at 3:15 PM SHARP

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+

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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



DETROIT RED WINGS VS TORONTO MAPLE LEAFS

Saturday October 18th

AT 7:00 PM

\$140.00 CDN

**INCLUDES: COACH BUS, TICKET
(202A Row 8-9 & 216A Row 9-10),
ADULT BEVERAGES ON BUS
Proper ID for Border Crossing
BUS LEAVES EASTLAND PARKING
LOT AT 3:30 PM**

**CONTACT Willie at 519-384-1957 or
519-332-6771 or Tracey at 519-862-3263
or 519-333-7472**

"WILLIE'S CASINO GETAWAY"

New Date: October 1-2

\$100.00 US Double Occupancy

Overnight Trip Planned. 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.



WEEK-END IN CHICAGO

OCT. 24-26 - 2 Nights –

***Embassy Suites – Chicago, Lakefront*
Single - \$770., Double - \$450., Triple - \$
\$330., Quad - \$ 280 All Prices U.S. Funds**

**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 Park at 7:00
am and Food Basics in Sarnia at 7:30 am.**

**Contact Tracey at 519-333-7472 or 519-
862-3261 or Willie at 519-332-6771 or
519-384-1957**

**For our American Passengers Contact
Preferred Charters at
810-982-7433**



DETROIT LIONS vs CHICAGO BEARS

THURS. NOVEMBER 27th at 12:30 PM

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

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

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



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Removal, Weeding Gardens, etc... Grass cutting,
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“Our Vision—Your Well Being—Our Coverage”



Next issue is due out on
Friday, September 26, 2014
 The **deadline** for submissions is
Tuesday, Sept. 23 @ 4:00 pm

Chi-Miigwetch,
Lynn Rosales, Interim Editor

CHIPPEWA TRIBE-UNE
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[https://sites.google.com/site/
 chippewatribeune/home](https://sites.google.com/site/chippewatribeune/home)

Final Thoughts....

A Little Chuckle

A Spirit Doctor was retiring from travelling from tribe to tribe and wanted to sell his horse. A young man came to look at the animal. The Elder said, "he's well broken in and knows his way to most of the villages. " The younger man jumped aboard, but the horse didn't move. "He will only move if you say, 'thank you, Creator.'" "How do you get him to stop?" he asked. The old man responded, "I just say, All My Relations. "The young man bought the horse, and cheerfully called out, "Thank you, Creator. "The horse moved off sedately. After a few kilometers, and now impatient, the young man, decided to call "Thank you, Creator" at intervals. Each time he did, the horse moved faster and faster until he was in full gallop. Suddenly, the rider remembered that down the road there was a cliff. He yanked on the reins and yelled "stop". The horse didn't respond, closer and closer to the cliff, until the rider remembered and screamed, "All My Relations!" They screeched to a halt at the edge of the cliff. The young man slumped over the neck of the horse and muttered, "thank you, Creator."

Coming Together in Harmony

Bullying, cyber-bullying, jealousy, hate, greed, lies, arrogance, searing self-absorption, destructive "power over" mentalities and political posturing are wasteful pursuits; it causes the human heart to fall to the ground and the world to shatter that much more. It is beyond healing, beyond human conscience when we fight with each other. We are Mother Earth's children; it is our responsibility to bring peace, harmony and balance back to the world. This will not happen if we continue to find fault with each other. It is so much easier to blame others, than to look within and acknowledge ourselves warts and all! If we find the harmony, we find each other, we can do this together.

Why is it important to change perceptions about Native people?

Books, textbooks, movies, television, often with their stereotypical images and inaccuracies about Native life, do not speak of Native reality. To do so would humanize a people upon whose backs, with often tragic results, North America was settled. It is far easier to objectify native people so that the imposition of manifest destiny, disease, fall of the matriarchy, lack of food, land appropriation, residential schools, the imposition of Christianity and the Indian Act could all be justified.