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**Aamjiwnaang  
Population Stats  
Current: 2312**

**National Family Week  
October 6 - 12, 2014**

**Families and Finances – It just adds up!**



Thousands of Canadians have celebrated National Family Week every fall since 1985, when it was proclaimed an official week by the Government of Canada. The Canadian Association of Family Resource Programs (FRP Canada) coordinates this annual event to recognize the diversity of families and the important role families play in society. This fall, the National Family Week theme is Families and Finances – It just adds up! / Familles et finances, ça rapporte! Financial literacy is not just about money; it’s an essential life skill. For families, it’s an opportunity to learn together about setting goals, planning ahead, and making choices about needs versus wants. Financial literacy empowers families to make the best decisions for their financial well-being.

This year also marks the 20th anniversary of the International Year of the Family (www.family2014.org/home.php), first declared by the United Nations in 1994. National Family Week 2014 is the ideal opportunity to acknowledge the tremendous work being done around the world with respect to the role of families in development, recent trends in family policy development, good practices in family policy making, challenges faced by families worldwide and recommended solutions. During the week of October 6 – 12, 2014, please join the Canadian Association of Family Resource Programs (FRP Canada) together with National Family Week partners as we reflect on the valuable contribution that families make to all of society.

**Free online tools to help with your family finances**

- ⇒ Interactive tools and calculators (Financial Consumer Agency of Canada - FCAC)  
<http://www.fcac-acfc.gc.ca/Eng/resources/toolsCalculators/Pages/home-accueil.aspx>
- ⇒ Free, interactive budget calculator for families to use (Credit Counselling Society)  
[http://www.mymoneycoach.ca/my\\_budget/budget-calculator-spreadsheet.html](http://www.mymoneycoach.ca/my_budget/budget-calculator-spreadsheet.html)

Submitted by Joanne Culley, HB/HC Nurse - information from FRP Canada

**For More Info Please Visit: <http://abclifeliteracy.ca/>**

Sept. 27 - Oct. 10, 2014



Arianna	Bird	Sept. 27	Charles	Howell Jr. II	Oct. 4
Jeremy	Hewitt	Sept. 27	Alexander	Meljia-Smith	Oct. 4
Monae	Howell	Sept. 27	Orion	Oliver	Oct. 4
Karlee	Jackson	Sept. 27	Erin	Smith	Oct. 4
Bruce	Maness	Sept. 27	Robert Glenn	Williams	Oct. 4
Christa	Williams	Sept. 27	Timothy James	Williams	Oct. 4
Landyn	Williams	Sept. 27	John Quincy	Cottrelle	Oct. 5
Nancy	Williams	Sept. 27	Errnol	Gray	Oct. 5
Mystique	Bressette	Sept. 28	Emily Rose	Pentland	Oct. 5
Easton	Nahmabin	Sept. 28	Andrew	Pimentel	Oct. 5
Fenton	Plain	Sept. 28	Serenity	Schurman	Oct. 5
Kiona	Porter	Sept. 28	Michael Wayne	Williams	Oct. 5
Warren Jr.	Williams	Sept. 28	Margaret	Devries	Oct. 6
James	Wrightman	Sept. 28	Autumn	Ireland	Oct. 6
Angela	Bowron	Sept. 29	Elizabeth	Jacobs	Oct. 6
Candice	Fisher	Sept. 29	Donna	Jones	Oct. 6
Shay-Lynn	George	Sept. 29	Jasmine	Joseph	Oct. 6
Tiauni	Gray	Sept. 29	Mariah	Maness-Henry	Oct. 6
Michael	Mills	Sept. 29	Sylvia	Colaguori	Oct. 7
Mariah	Partin	Sept. 29	Seth	Davidson	Oct. 7
Dan George	Pimentel	Sept. 29	Rianna	Gergi-Rogers	Oct. 7
Eric	Plain	Sept. 29	Brandon	Gilbert	Oct. 7
Bruce Wayne	Rogers	Sept. 29	Dorothy	Gilbert	Oct. 7
Ashley	Jackson	Sept. 30	Robyn	Gray	Oct. 7
Connor	Ludlow-Maness	Sept. 30	Joyce	Schornick	Oct. 7
Lexi	Whiteye	Sept. 30	Hallie	Snake	Oct. 7
Brenda	George	Oct. 1	Evelia	Adams	Oct. 8
Jeffery	Maness	Oct. 1	Jasmine	Delorme	Oct. 8
Sereena	Nahmabin	Oct. 1	Paul	George	Oct. 8
Andrew	Plain	Oct. 1	Memengwaans	Ireland	Oct. 8
Erika	White	Oct. 1	Amanda	Nahmabin	Oct. 8
Makenzie	Anderson-Rogers	Oct. 2	David Jeremiah	Plain	Oct. 8
James	Bird	Oct. 2	Zhaawshkwaa-Maksin-Kwe	Stone	Oct. 8
Denise	Gray	Oct. 2	McKay	Swanson	Oct. 8
Kieth	Rogers	Oct. 2	Terrell	Walker-Gray	Oct. 8
Douglas	Simon	Oct. 2	Brian	Adams	Oct. 9
Autumn Lynn	Williams	Oct. 2	Tabatha	DeWit	Oct. 9
Naomi	Beauchesne	Oct. 3	Dallas	Plain	Oct. 9
Jodi	Branton	Oct. 3	Danielle	Rogers	Oct. 9
Jacob	Dick	Oct. 3	Muriel	Rogers	Oct. 9
Kaylea	Eyre	Oct. 3	Mark	Adams	Oct. 10
Ernest	White	Oct. 3	Nadine	Kiwenzie	Oct. 10
Aaliyah	Adams	Oct. 4	Desirre	Knowles	Oct. 10
Aimee	Bird	Oct. 4	Stephanie	Lock	Oct. 10
Melissa	Bird	Oct. 4	Thomas	Slade	Oct. 10
Steven	DeGurse	Oct. 4	William Robert	Smith	Oct. 10
Montana	Gray	Oct. 4	Cheyenna	Williams	Oct. 10



*Happy Birthday  
to my  
Birthday Buddies,  
"PAPA" aka  
Uncle Wimpy &  
"LAHDAH LAH/  
LAH LAH" aka  
Uncle James  
LOVE your  
All-Time Best  
Birthday Gift Kiona*



Sending out a big birthday shout to **Whimpy, James, Eric, Kiona and McKay....** We hope you all have a wonderful happy fun filled day on your special day and all year long too!!  
**Your Cuzzin's from the Rosales Clan**  
Lynn, Bryson, Brandi, Buudda & Bryan

### Happy Birthday McKay

As I've guided you along your path in life, I've had the privilege to appreciate who you've become as a man. You are filled with knowledge beyond your age and you have become one unique individual. I will love you always my son, have a great day.



*"Life lessons are ore valuable than text book lessons"* McKay, Facebook quote - July 21, 2014

### Happy Birthday

*Sending Out to You  
McKay  
The bestest, goodest,  
kindest love straight from  
our hearts to yours....  
The Clare Bear Clan  
We Love YOU!!*



## TRIBE-UNE SUBMISSION INFO!!

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

**Tuesday, October 7th @ 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

**ATTENTION AAMJIWNAANG RESIDENTS!!  
IT'S TIME, SEE DETAILS BELOW!!**



**NOONDAN GEZHAWEBAG**

Aamjiwnaang First Nation  
Notification System



**AN INFORMATION AND SIGN UP EVENT HAS BEEN SCHEDULED  
FOR AAMJIWNAANG FIRST NATION'S NEW NOTIFICATION SYSTEM**

Aamjiwnaang First Nation has obtained new notification system that is designed to enable 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.

**Monday, September 29, 2014  
4pm to 7pm  
Maawn Doosh Gumig**

If you are unable to attend the event, you can also sign up at home. Just use this link to create an account:

**<https://member.everbridge.net/index/453003085611503#/login>**

You can make your selections on contact methods and types of messages you would like to receive from the **Noondan Gezhawebag** Notification System.

WHEN REGISTERING, PLEASE BE SURE YOU USE YOUR HOME ADDRESS AS THE SYSTEM WILL BE ABLE TO IDENTIFY AREAS THAT MAY NEED PRIORITY MESSAGES.

A second information and sign up event will be scheduled as some residents may be unable to attend this event and would like the opportunity to ask questions.

**\*\*\*\*\*Coffee and snacks will be provided at the session.\*\*\*\*\***

**STUDENTS-This is an opportunity for students to gain some volunteer hours to meet your school requirements**

For further information or to sign up for volunteer hours,

Please contact Wilson Plain Jr. at the band office (519) 336-8410

**Miigwech !!**

# SPECIAL NOTICE

**September 22, 2014**

Health Centre staff will be unavailable on September 22nd from 9am to 4pm. We will be participating in cultural teambuilding activities. The Health Centre will be open all day.

Miigwech

### 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.



## 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
Ron Simon	.....328-0203
Sheila Firth	.....383-1073
Mary Lou Williams	.....337-9342
Carol Miller	.....332-0751
Christine Plain * NEW	.....466-0054

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, 2014**

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 that will benefit all  
clients.

Thank you for your co-operation  
& understanding.

Respectfully Yours, Becky Adams



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**

**On Tuesday October 14th, 2014**

**IMPORTANT MESSAGE FOR CLI-  
ENTS & 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 & Com-  
munity Care Department**

**Robin Wood—HCC Case Manager  
Rebecca Adams—HCC Clerk**

## Wendy Hill Traditional Healer

Dates Available

**November 5 & 6, 2014**

**Please Call the Health Centre  
to Book an Appointment**

**519-332-6770**

## 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



## Wanna Talk?

HIV/AIDS—Safer Sex—Emergency Contraception Birth Control—Drug Use—Sexually Transmitted Infections—Sexual Orientation and Gender Issues—Needle Exchange Programs—Point

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



## 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



## 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

## 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*

## Pregnant or Trying to Be? When it Comes to Alcohol - Zero Matters

Submitted by Joanne Culley, HB/HC Nurse

**News Release from Lambton Public Health, Monday, September 8, 2014**—The Rethink Your Drinking campaign is marking International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day, celebrated each year on the 9th day of the 9th month, with the message that **“Zero Matters”** when it comes to alcohol and pregnancy.

The message, that it's unsafe to drink alcohol while pregnant, is not a new one. However, prenatal exposure to alcohol remains a leading cause of preventable birth defects and developmental delay in Canadian children. It's important for all women who are or may become pregnant to know there is no safe time to drink alcohol during pregnancy, and no safe amount or type of alcohol to drink.

“Parents want the healthiest baby possible and having an alcohol-free pregnancy is a great start,” says Terry Easterby, Health Promoter with Lambton Public Health. “We want women to know that it’s best to stop drinking before you get pregnant, and it’s also never too late to stop. The earlier you stop, the greater the chance of having a healthy baby.”

Birth defects associated with alcohol use can occur in the first 3-8 weeks of pregnancy, before a woman may even know that she is pregnant. “Not drinking at all during pregnancy is the only way to guarantee your baby won't suffer consequences from exposure to alcohol,” adds Easterby.

FASD refers to a broad range of defects and disabilities caused by alcohol consumption during pregnancy. Some of the permanent birth defects and brain damage may include: vision and hearing difficulties; bones, limbs and fingers that are not formed properly; damage to the heart, kidney, liver and other organs; slow growth; learning disabilities; hyperactivity; and difficulty with attention and memory.

Many pregnancies are not planned, meaning that some women may have consumed alcohol before they knew they were pregnant. Anyone with concerns or questions can make a confidential phone call to Motherisk at 1-877-327-4636 or visit [www.motherisk.org](http://www.motherisk.org).

***Rethink Your Drinking*** is a campaign to help change the way we think about and use alcohol. To learn more, visit [www.rethinkyourdrinking.ca](http://www.rethinkyourdrinking.ca) or call Lambton Public Health at 519-383-8331 ext. 3537 or toll free 1-800-667-1839.

Seniors 55 & Over  
Congregate Dining  
Oct. 1 & 8, 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 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**

Seniors Healthy  
Cooking Class  
Tuesday, Oct. 14, 2014  
Health Centre  
10:30 - 1:30

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

519-332-6770 ext.-31

By Thursday, Oct. 9,  
2:00 pm.

to register!

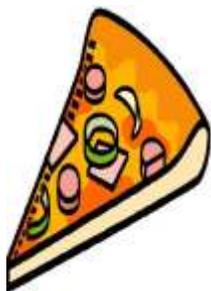


- \* Simple recipes made together
- \* Tasty food samples to take home
- \* Friendly conversation
- \* Healthy eating information
- \* Nutrition and health questions welcome



Presented by: **Sandra Walker**





# Seniors Pizza and

# Game Night



When:

Wednesday, Oct. 15,  
2014 @ 6 pm

Where:

Seniors Drop-In @  
Community Center

Call Peggy, 519-332-6770



# 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*

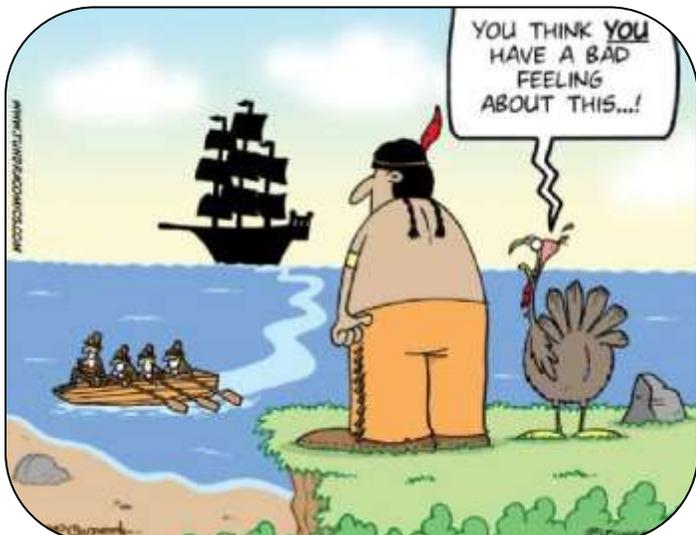
*Bank*



**Please call Peggy**

**519-332-6770**

**If you will be attending**



# 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.



# TRADITIONAL HEALING PROGRAM OCTOBER 2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
5 Diane Hill Chippewa	6 Elva Jamieson Chippewa	7 Elva Jamieson London	8	9	10 Bruce Elijah London	11
12	13 STAT: Thanksgiving Day	14 Richard Assinewai London	15 Ernestine McLeod London	16 Ernestine McLeod Chippewa	17 Richard Assinewai Nimiki	18 Richard Assinewai Kilikee
19	20 Joanne Cheechoo London	21 Joanne Cheechoo London/Chippewa	22 Joanne Cheechoo Chippewa	23	24	25
26	27 Bruce Elijah Chippewa	28	29	30 Joanne Cheechoo Chippewa	31	

**BOOKING WITH JOANNE CHEECHOO:** Individuals with chronic illness, the elderly, and those supported by proper referral sources such as SOAHAC's Traditional Healers and Primary Care will be given priority for appointments.

Please be advised, while visiting Traditional Healers are in office your calls may not be returned promptly, however will be returned the moment I am back. Miigwetch/Yaw'ko/Thank you



"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



AAMJIWNAANG FIRST NATION  
EMPLOYMENT OPPORTUNITY

COMMUNITY CENTRE CUSTODIAN  
Full-time Contract to Permanent

JOB DUTIES:

- Provides cleaning and maintenance service for the Community Centre facility including, but not limited to, the care and cleaning of all surfaces and service facilities; waste collection and disposal; and window washing.
- Complete room set-up for events as directed.
- Provides informal inspections of Community Centre facility and reports any necessary repairs to the Community Centre supervisor.
- Responsible for adherence to Occupational Health and Safety procedures.
- Performs other related duties as may be reasonable required by the Community Centre Supervisor.

QUALIFICATIONS:

- Ontario Secondary School Graduation Diploma or equivalent.
- Knowledge of cleaning and minor maintenance procedures.
- Exhibits a strong work ethic and self direction
- Initiative, judgment and the ability to handle the physical requirements of all duties.
- An understanding of occupation health and safety requirements and procedures.
- Must be able to work evenings.

APPLICATION TO INCLUDE;

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

**Please forward applications to:**  
**Assistant Band Administrator**  
**978 Tashmoo Ave**  
**Sarnia, ON N7T 7H5**  
**FAX 519-336-0382**

**Deadline for applications is October 17, 2014  
AT 4:00PM.**

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

# Earthing

, What is Earthing??  
Earthing is much more than your typical transcendental journey through the Chakra system. In reality, the relatively new concept has many professionals regarding Earthing as one of the most important health discoveries of our time. With so much scientific evidence supporting its positive effects on overall human health, it's difficult not to wonder, what's all the hype?

## EARTHING EXPLAINED

Earthing, also known as grounding, is based on research that demonstrate that connecting to Earth's electrical energy promotes physical wellbeing. The act of Earthing refers to a physical connection between the electrical frequencies of the human body with that of Earth's (think barefoot in the grass, or at the beach). Just like the sun constantly provides us with energy and vitamins, the earth too is a source of subtle energy that contributes to optimum health.

Earthing can be achieved in a number of ways: standing, sitting, lying or walking with direct skin contact with the ground is the easiest but conducting and grounding products like bed sheets provide a convenient method of connecting with Earth when it's otherwise impractical.

## DISCOVERY OF EARTHING

Although Earthing is a rapidly growing movement that have many people excited about the future of physical health, it hasn't always been so widely accepted. In fact in the late 1990s when a retired cable TV executive named Clint Ober first introduced the idea, he was met with skepticism and even ridicule. What does a cable guy know about health? Apparently, much more than you'd think.

As the founder of the once leading cable installation company in the US, Ober knew a thing or two about cable imaging and electrical frequencies. He knew that a well grounded TV cable installation that prevented signals from leaking out and outside disturbances from leaking in delivered a crisp, high quality image. Those that were not well grounded did not.

After retiring, Ober started to take note of the fact that almost everyone is now sporting synthetic-soled footwear made of non-conductive materials – he knew that these shoes with rubber and plastic soles prevent us from being grounded. Ober then began to wonder what effect, if any, this relatively recent and widespread disconnect with the earth had on the hu-

man body. If at all like the world of cable, he thought this case of habit could very well mean we're passing a large part of our lives ungrounded and therefore disconnected from Earth's stabilizing energy field. Could this disconnect have a detrimental effect on human health? After failing to rally support from the world of science, Ober took things in his own hands and began performing his own studies to see if his theory had any validity. In time, his work gained the attention of a few members of the medical community including renowned cardiologist, Stephen Sinatra.

For over a decade, Ober and a handful of supporters performed various studies that examined the effect that sleeping while grounded had on physical health. The results were consistent: participants reported sleeping better as well as a reduction in pain.

Initially Ober believed the elimination of static electricity (imagine minor blips within energy flows) to be the cause of such positive results. Although certainly true, the lack of static electricity only accounted for part of the answer of why Earthing works. In fact, Ober was inadvertently providing the world of science with a never before seen piece of the chronic pain puzzle.

Ober knew that Earth's electrical surface is made up of negative charged electrons (also known as free electrons). These electrons have the ability to move more freely and reduce positive charges (free radicals). Free radicals continue to ravage our bodies healthy cells in search of the one thing they are missing, an electron. Once a free radical finds it's missing electron, it is satiated and is no longer contributing to the inflammation in the body. While many of us may grow to be 'electron deficient', we now understand that the earth below our feet is the greatest source of these electrons.. if only we stay in contact with it.

## SCIENCE OF EARTHING

Finally, after years of his initial research, Ober received scientific support in 2004 when the Journal of Alternative and Complementary Medicine published one of his studies. The results were impressive: 'Earthing during sleep resynchronizes cortisol secretion more in alignment with its natural, normal rhythm.' Cortisol secretion is the body's natural reaction to stresses.

The same study also reported numerous positive results including the following amongst others:

- ⇒ Improved sleep
- ⇒ Decreased pain and inflammation
- ⇒ Reduced feelings of stress
- ⇒ Improvements in gastrointestinal symptoms

Evidence suggests that negative-charged free electrons on Earth's surface are responsible for bringing the electric energy levels of the human body in accordance with that of the earth which in turn promotes overall health and vitality.

Although the science of Earthing is a relatively new field, more and more evidence suggests that suffusing the body with negative electrons produces virtually immediate positive results such as equalizing energy levels, synchronizing hormonal cycles and establishing proper physiological rhythms.

### **EARTHING: THE HOLY GRAIL OF MEDICINE?**

A key factor that has medical professionals intrigued is Earthing's reported effects on inflammation. Currently, inflammation is linked to nearly eighty chronic illnesses including major diseases like cancer and type 2 Diabetes. Dr. William Meggs from East Carolina University claims that 'inflammation may turn out to be the elusive Holy Grail of medicine – the single phenomenon that holds the key to sickness and health.'

Although science continues to play a game of catch up with nature, Earthing seems to be a valid and definitely low-maintenance approach toward living a healthy lifestyle. If possible, simply find a patch of earth, kick off your shoes and spend some time in contact with the Earth. Even 20-30 minutes can make a remarkable difference. Unfortunately, this approach to earthing is not always practical with our modern day life styles and synthetic footwear... Earthing Products exist as a convenient way to maintain contact during work, rest or sleep.

This story as well as additional information can be found at:

Source: <http://earthingcanada.ca/>

Additional Information about natural healing solutions can also be found at:

Source: <http://www.grounded.com/>

You can also go to YouTube and search the many videos that have been placed on the site and learn more about this revolutionary healing process, its simple and natural.

### **The London District Chiefs Council (LDCC)**

LDCC is an association of First Nation governments in southwestern Ontario. It was formed in the early 1970s as an informal group of Chiefs from the surrounding First Nation communities. Initial meetings addressed common issues and concerns that would have an impact on their eight communities.

The corporate support body for service delivery for LDCC is the Southern First Nations Secretariat (SFNS). Among the specific roles of SFNS, it has been mandated to assist in joint initiatives with LDCC member communities, and various levels of government and the corporate sector that include program delivery systems to achieve economies of scale and efficiency among all stakeholders.

While member communities strive for self-sufficiency and self-government, they also provide their membership with the opportunities necessary to make them important contributors to the community and regional labour market.

All LDCC communities are ideally located close to major communications centres in southwestern Ontario (London, Sarnia, Windsor, Wallaceburg, Chatham), near main transportation corridors and secondary highways. The region is also well served by rail and bus.

Air travel is conveniently located at International airports in Hamilton and Toronto Ontario, within a 1.5hour drive from LDCC offices. Detroit and Port Huron Michigan, USA, are also nearby. The communities are situated near the Canada-USA border and enjoy extensive cross-border relations.

LDCC is composed of eight First Nations located throughout southwestern Ontario with a total membership of approximately 15,000. An estimated 5,000 members of other First Nation communities also live in urban centres nearby.

The communities are:

- Caldwell First Nation
- Bkejwanong First Nation (Walpole Island)
- Chippewa's of Aamjiwnaang (Sarnia)
- Chippewa's of Kettle and Stony Point First Nation
- Chippewa's of the Thames First Nation
- Delaware Nation Council
- Munsee-Delaware Nation
- Oneida Nation of the Thames

Source: <http://www.sfns.on.ca/pages/ldccprofile.html>



**ONTARIO WORKS**  
**EMPLOYMENT**  
**SUPPORT PROGRAM**  
**NOTICE**

**GOING FORWARD ONTARIO WORKS  
 EMPLOYMENT PROGRAM  
 IS GOING TO BE YOUTH FOCUSED**

PLEASE NOTE THAT THE SAME  
 SERVICES WILL BE AVAILABLE  
 TO ALL AGES, BUT WITH MORE  
 EMPHASIS ON THE YOUTH 18- 30

(\*Attempting to mitigate the high  
 number of youth signing up for  
 financial assistance)

IF YOU ARE UNDER 30 AND NOT IN  
 SCHOOL, TRAINING OR WORKING  
**EXPECT CORRESPONDENCE IN THE  
 NEXT FEW WEEKS.**

**MIIGWETCH**

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

[https://www.facebook.com/  
 AamjiwnaangOntarioWorksEmploy-  
 mentSupports?ref=hl](https://www.facebook.com/AamjiwnaangOntarioWorksEmploymentSupports?ref=hl)

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

The Program started on,  
**Wednesday,**  
**September 17, 2014**

And will continue to run for several  
 months with a session once a month  
 on Wednesday's, and additional  
 workshop sessions that will be  
 focused on providing certification  
 for employment readiness.

**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!!**



**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.

# 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!



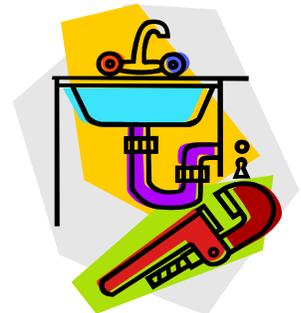
## What is RRAP?

- 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.

# 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

## RedPath Addictions Program

Intake for program starts immediately

Learning to live without addictions

**Start date of program : October 7, 2014**

For more information contact:  
Robin Maness or Vicki Jacobs  
Health Centre: 519-332-6770  
Mnaasged: 519-383-0404



**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 web-site, **[www.trc.ca](http://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](mailto:whittons@xcelco.on.ca)**

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



Dear friends in Aamjiwnaang.

I am so glad that I have been invited to walk with you for a while as minister at St Clair United Church. I am sure that God is giving us an awesome opportunity to learn together and to deepen our relationship with our Creator.

Last night I attended a book signing at the Community Centre with **Edmund Metatawabin**. Edmund talked about the many bridges that we cross in life and the people who help us to cross them. We were reminded that each one of us can be an angel in the life of someone else by offering a hand of kindness, compassion and caring.

St Clair United continues to be a bridge of hope and a beacon of light in this community. It is a church where hands are held out as an invitation to everyone to gather for worship, prayer and community. A place where all are welcome to come once or come often and to know that we are glad you are there.

On Sunday October 5<sup>th</sup> we will be celebrating Baptism. If you or someone in your family would like to be Baptized or for any assistance please call the church at **519-344-6119**.

This date is also World Wide Communion Sunday when people from every culture around the world join hands and break bread together. It is a day to remember that we are all connected and related. We are thankful that **Elsie Williams** will be sharing her gift of music with us as we worship.

On Sunday October 12<sup>th</sup> we will celebrate Thanksgiving Sunday with teachings from George Pittifield.

All are welcome! Please join us and bring along a friend.

With peace and thankfulness

Valerie Pitt

# anishinaabemowin

## naakaazdaa enweying

(Let's use our language!!)

Aaniin - Hello, Hi, How are you, How are things  
 Nimino-ayaa - I'm well, I'm fine  
 Gaawiin got(ino) - Nothing unusual  
 Giin dash? - And you.  
 Miigwech - Thank you.  
 Giga-waabamin minawaa - I'll see you again.  
 Minawaa giga-waabamin - I'll see you again.  
 Giga-waabamininim minawaa - I'll see you people again.

### New Words:

aaniin - hello (also: "how", "what")  
 nimino-ayaa - I'm well, I'm fine, I'm good  
 gaawiin - no  
 giin dash? - and you? (word by word: you and?)  
 minawaa - again, also, and  
 giga-waabamin - I will see you (to a single person)  
 giga-waabamininim - I'll see you people

### Note:

Most European greetings have no equivalents in Ojibwe. Ojibwe also don't have words for 'good-bye'.

*giga-waabamin* and *giga-waabamininim* - are translations from English, which are widely used now instead of good-bye by modern Ojibwe speakers.

The language being presented is using the Fiero spelling.

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



## ABOUT FIRST SPEAKERS: RESTORING THE OJIBWE LANGUAGE

As recent as World War II, the Ojibwe language (referred to as ojibwemowin in Ojibwe) was the language of everyday life for the Anishinaabe and historically the language of the Great Lakes fur trade. Now this indigenous language from where place names like Biwabik, Sheboygan and Nemadji State Forest received their names is endangered.

The loss of land and political autonomy, combined with the damaging effects of U.S. government policies aimed at assimilating Native Americans through government run boarding schools, have led to the steep decline in the use of the language. Anton Treuer, historian, author and professor of Ojibwe at Bemidji State University and featured in *First Speakers: Restoring the Ojibwe Language*, estimates there are fewer than one thousand fluent Ojibwe speakers left in the United States, mostly older and concentrated in small pockets in northern Minnesota with fewer than one hundred speakers in Wisconsin, Michigan and North Dakota combined.

Treuer is a part of a new generation of Ojibwe scholars and educators who are now racing against time to save the language and the well-being of their communities. Narrated by acclaimed Ojibwe writer, Louise Erdrich, *First Speakers* tells their contemporary and inspirational story. Working with the remaining fluent Ojibwe speaking elders, the hope is to pass the language on to the next generation. As told through Ojibwe elders, scholars, writers, historians and teachers, this *tpt* original production reveals some of the current strategies and challenges that are involved in trying to carry forward the language.

*First Speakers* takes viewers inside two Ojibwe immersion schools: Niigaane Ojibwemowin Immersion School on the Leech Lake Reservation near Bena, Minnesota and the Waadookodaading Ojibwe Language Immersion Charter School on the Lac Courte Oreilles Reservation near Hayward, Wisconsin. In both programs, students are taught their academic content from music to math entirely in the Ojibwe language and within the values and traditional practices of the Ojibwe culture. Unique to the schools is the collaboration between fluent speaking elders and the teachers who have learned Ojibwe as their second language.

*First Speakers: Restoring the Ojibwe Language* provides a window into their innovative and intergenerational learning experience and the language they are determined to save.

Source: <http://www.tpt.org/?a=productions&id=3#home>



# 2014 Eagle Staff Gathering

At the beautiful Pokagon Band Pow Wow Campgrounds, 58620 Sink Road, Dowagiac, MI

## September 26, 27, 28 2014

**Head Elder: Clarence White, Pokagon Potawatomi**

**Head Veteran: George Martin, Lac Courte Oreilles, Ojibwe**

**MC: Carl Wesaw, Pokagon Potawatomi**

**The Water Ceremony will be conducted by the Pokagon Band of Potawatomi Women**

**Drum Groups: Blue Wolf, Sarnia, Ontario Ribbontown, South Bend, Indiana**

**Honored Guest: Doris Boissoneau**

**Invited: All tribal eagle staffs, family eagle staffs, Native American organizational eagle staffs**

**All approved eagle staff carriers will be compensated with a room and a stipend**

**(Must register in advance)**

To register eagle staff carriers or request information contact Anthony Foerster, (269) 783-6653 or

**[Anthony.Foerster@pokagonband-nsn.gov](mailto:Anthony.Foerster@pokagonband-nsn.gov)**

### Itinerary

Friday 9/26

6:00 pm Registration and social; welcome packets

Saturday 9/27

6:00 am Breakfast

7:00 am Sunrise Pipe ceremony (Official sunrise at 7:37 am)

8:30 am New Staff Inaugural ceremony

9:30 am Grand Entry

10:00-noon Eagle Staff carriers talk about their staffs

Noon-1:00 pm Lunch

1:00-3:00 pm Eagle staff carriers talk about their staff; eagle staff teachings if time permits

3:00-3:30 pm Break/refreshments

3:30-7:00 pm Eagle staff teachings

7:00 pm Sunset ceremony (Official sunset at 7:35 pm)

8:00 pm Traditional Dinner

Sunday 9/28

7:00 am Sunrise ceremony (Official sunrise at 7:38)

9:00-10:00 am Brunch

10:00-noon Eagle staff teachings

Noon Closing ceremonies. Bag Lunches for road trip

*Baymont Inn, 29291 Amerihost Drive, Dowagiac, MI 49047 (269) 782-4270 5.0 miles/9 minutes away*

*Comfort Inn, 1265 South 11<sup>th</sup> Street, Niles, MI 49120 11.1 miles/20 minutes away*

*Holiday Inn Express 1000 Moore Drive, Niles, MI 49120 (269) 684-0300 12.6 miles/23 minutes away*

**Camping available; registration required; For campground use**

Contact Melissa Rodriguez, (269) 462-4203 or **[Melissa.Rodriguez@pokagonband-nsn.gov](mailto:Melissa.Rodriguez@pokagonband-nsn.gov)**

The average high temperature for the September 27<sup>th</sup> is 67 degrees F (19.44 Celsius) and low is 46 degrees F (7.77 Celsius)

## *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

### **"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.



## DETROIT RED WINGS VS TORONTO MAPLE LEAFS

Saturday October 18<sup>th</sup>

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**



**WEEK-END IN CHICAGO**

**OCT. 24-26 - 2 Nights –**

***Embassy Suites – Chicago, Lake-front***

**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**



**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**

**WILLIE'S CUBAN GOLF TRIP**



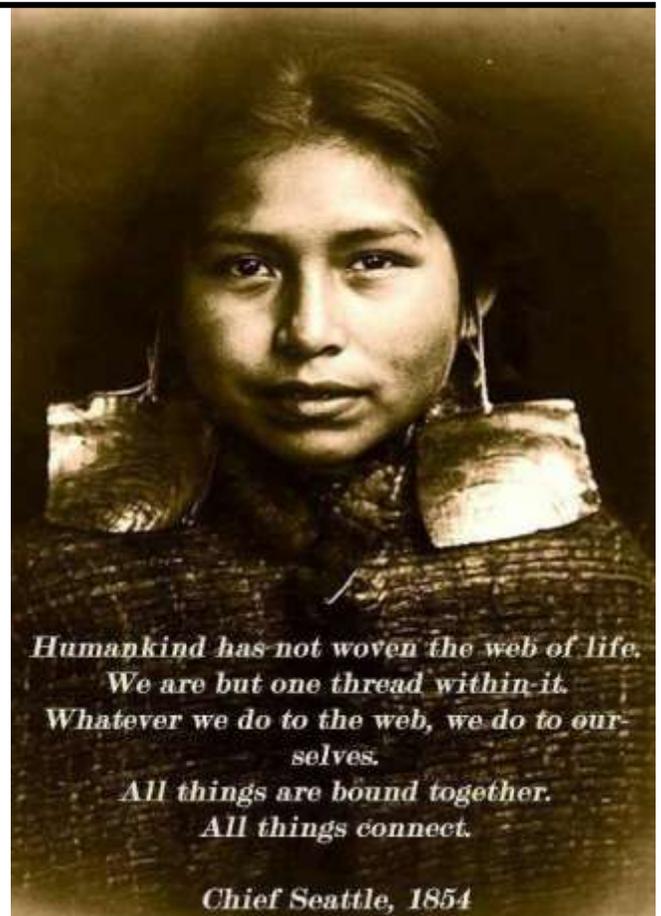
**January 27, 2015 to February 3, 2015**  
**7 Days—\$1315.00 CDN Taxes Included**

**\$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**



*Humankind has not woven the web of life.  
We are but one thread within-it.  
Whatever we do to the web, we do to our-  
selves.  
All things are bound together.  
All things connect.*

*Chief Seattle, 1854*



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**Need your Deck done?**

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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.

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

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*Evenings by appointment only!*  
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**“Our Vision—Your Well Being—Our Coverage”**



Next issue is due out on  
**Friday, October 10, 2014**

The deadline for submissions is  
**Tuesday, October 7 @ 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)



Aamjiwnaang First Nation

Invitation to Bid

Chief and Council are requesting a light meal (ex. sandwiches, fruit and vegetable trays etc.) for their Regular Council Meetings that take place on the 1st and 3rd Mondays of each month. Interested bidders should submit pricing for a light meal that includes drinks, and all necessary utensils for 12 people. The meal must be suitable for those on a diabetic diet. Must be able to deliver the meal by 4:30 on the date of the meeting. Payment will be on a bi-weekly basis. The successful bidder will also have the first right of refusal on all Chief and Council meeting catering opportunities.

**Deadline for submission is Monday October 13, 2014 at 4PM.**

Please send to:

Aamjiwnaang First Nation Chief and Council

Attention: Shelley Redmond

978 Tashmoo Ave

Sarnia, ON N7T 7H5

Fax 519-336-0382