

Honoring Life

National Suicide Prevention Week

Wednesday, September 13th



At the Maawn Doosh Gumig

Agenda

5 PM – Traditional Feast

6 PM – Balloon Release

6:30 PM – “Hold Mommy’s Cigarette”

See Flyer on Page 13

To sign up please call the Health Centre at 519-332-6770.

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**All Band Operations will be
CLOSED
on Friday, September 8th
in the afternoon
for a
Staff Appreciation Barbeque.
Thank you for your understanding.**

SCHOOL BUS

“If only I’d stopped when the yellow bus came my way.”

**No Regrets When You
DRIVE WITH CARE**

- Slow down near bus stops and watch out for kids.
- Red flashing lights and an extended stop arm means the school bus has stopped to load or unload children.
- On a two-lane road or a divided roadway with no median, all drivers in both directions must stop.
- Obey the traffic laws, signals and speed limits.

PHONE DOWN ↓ BUCKLE UP ↑

Funded by FDOT
TrafficSafetyTeam.org

Aamjiwnaang Population Stats
Current: 2409



COUNCIL AGENDA ITEM SUBMISSION DEADLINE!!

FRIENDLY REMINDER

Please be advised that the Council Meeting Agenda Item deadline is the **Tuesday** prior to the Regular Council Meeting (RCM) at 3:00 p.m. (unless otherwise noted below). Sorry, no exceptions. Any items submitted after the deadline will be placed on the next RCM Agenda/Meeting.

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

Miigwech for your co-operation and understanding.

Respectfully,

Lynn, A/Band Council Clerk

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

Monday, September 18, 2017

The deadline for submission is:
Tuesday, September 12 by 3 PM

COUNCIL AGENDA

Please note that the new Council Deadline is on **Tuesday** rather than Wednesday to allow more efficient preparation time for the agenda.

Agenda Request forms can be
obtained from the Band Office.

COUNCIL AGENDAS

Presently a copy of the Council Agenda is posted on the front doors of the Band Office and Community Centre.

If you would like to receive an "electronic" copy of the Council Agenda, please send an email to:

editor@aamjiwnaang.ca

providing your name and band number.

Only band members can receive an electronic copy of the Agenda.

Thank you.

Sandy Waring

Community Information Officer



Aboriginal Affairs and
Northern Development Canada

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

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

TNT Auto Detailing & Upholstery

Call for free quote or to book appointment

Owner: Greg Gray

1909 Virgil Ave-Sarnia, Ontario

(226)-349-1865

Auto Detailing

Upholstery & Carpet Cleaning

NOTICE

Aamjiwnaang School Bus Transportation Notifications

Any change must go through the Aamjiwnaang Education Department

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

Please advise the Education Department at the Band Administration Building of any changes at 519-336-8410 Chenoa Plain ext. 246, or Vicki Ware ext. 247.

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

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



TJ's Salvage & Demolition

Down & Out?? We'll tear it down, cut it down and haul it out... trees, buildings, cars whatever you want removed.

Reasonable Rates...

Prompt Service...

Call Jamie, Jacob or Triah at
226-932-5784

Medical Travel Drivers

Terry Plain (Monis)	...519-402-5535
Ron Simon	...519-330-7450
Sheila Firth	...519-383-1073
Mary Lou Williams	...519-337-9342
Carol Miller	...226-932-2419
Christine Plain	...519-466-0054
Fenton (Wimpy) Plain	H: 519-491-5248 C: 519-466-8717
Muriel (Toddy) Joseph	H: 519-336-6323 C: 519-312-2403

Wheelchair Accessible Van

The van may be used for the following purposes:

1. Medical appointments – we can provide a Medical Driver
2. Personal outings (shopping, visits, etc) – you provide your own driver
3. Community outings during regular business hours – a driver may be provided if available

Who can drive the van?

All drivers need to be approved and trained by the Public Works department. If you would like to add a family member or friend as a driver, please contact the Public Works department at 519-336-0510.

How do I book the van?

To book the van, please contact the Health Centre at 519-332-6770. Please call ahead to ensure availability. Medical appointments *may* take priority over other bookings.

Is there a cost?

There is no cost to use the van locally. If you travel more than 40kms from Aamjiwnaang, you need to replace the fuel you used.



AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA



EMPLOYMENT OPPORTUNITY

Position Title: Children's Support Worker

Location: Sarnia, ON

Duration: Temporary Full Time until March 31, 2019

Posting Closes/Deadline: September 22, 2017

Position Summary:

As a Children's Support Worker, you will support the children who use our services to maximise their opportunities and strengths, and to address their needs. You will report to the Director of Health Services at the Health Centre.

Responsibilities:

- Coordinated Service Planning which includes:
 - ⇒ Screening and assessment
 - ⇒ Develop and monitor a family-centered coordinated service plan for eligible clients
 - ⇒ Link families with information and services
 - ⇒ Maintain partnerships with Coordinated Service Planning agencies
- Therapy support which includes:
 - ⇒ Bridge the connection between visiting therapists, families, and Band programs
 - ⇒ Schedule clinic days with visiting speech/language pathologist, occupational therapist and physical therapist
 - ⇒ Assist with intake and follow up
 - ⇒ Shadow therapy sessions and coach children and families on therapy activities as directed by therapists
- Community education, awareness and outreach
- Assist clients with advocacy, scheduling appointments and arranging transportation
- In classroom resourcing at the Day Care and Kindergarten
- Assist clients with applications to access services, supports and equipment
- Develop and maintain an inventory of clients and their needs
- Other duties as assigned

Knowledge, Skills and Abilities:

- Ability to work independently and as part of a team
- Knowledge of health and social services available for children, youth and families
- Good organization skills
- Strong written and oral communication skills
- Ability to follow oral and written directions well
- Basic computer skills
- Ability to adapt to changing needs of clients

Requirements:

- Graduation from a post-secondary program in health or social services; or other related field or experience

EMPLOYMENT OPPORTUNITY

Position Title: Children's Support Worker

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- Demonstrated ability to work well with children, youth, families and service providers
- High level sensitivity to Indigenous issues
- Must possess a valid driver's license

Application Process:

If you are interested in this opportunity, kindly forward your resume and cover letter via mail or email or fax or in person to:

Aamjiwnaang First Nation
 978 Tashmoo Avenue
 Sarnia, ON
 N7T 7H5
 Attention: Lorrie Guggisberg
 Human Resources Officer
 Or
LGuggisberg@aamjiwnaang.ca
 Or
 519-336-0382 fax

For more information, check us out online at www.aamjiwnaang.ca



North Lambton
Community Health Centre



FREE Afterschool Programs
 Physical Activity, Food & Fun! Children Gr.1 to Gr.8

Aamjiwnaang Afterschool Program
 Mondays, Wednesdays & Thursdays
 Maawn Doosh Gumig Community Centre
 3-6pm

Everyone Welcome!

Program starts Monday, September 18, 2017
 For more information please call 519-786-4545 x235



MAAWN DOOSH GUMIG
 COMMUNITY CENTRE



Aamjiwnaang's Alternative and Continuing Education is going on *Summer break* in August

Last day of class is
Thursday, August 3, 2017



Computer use available at the Maawn Doosh Gumig
Community Centre, 1972 Virgil Ave, Sarnia, ON

For any questions or concerns about the Aamjiwnaang Alternative & Continuing Education Program, Please speak to Vicki Ware, Education Coordinator, located in Aamjiwnaang's Administration building.

Classes resume on
Monday, August 28th, 2017



This Employment Ontario program is funded in part by the Government of Canada and the Government of Ontario and through the Canada-Ontario Job Fund Agreement.

Day of Caring



September 27, 2017



Eligibility is open to Seniors 55+, physically disabled persons where the disability makes it difficult to perform physical labour.

There will be a maximum of twenty households.

If there are more than twenty applicants signed up, names will be drawn at random.

Deadline to sign up: Friday September 15, 2017 at 3:00pm

Limited to the following items:

- Landscaping or gardening
 - Pruning of small shrubs or removing of dead brush
 - Cleaning eavestroughs (one storey homes only)
 - Power washing (home only, first 10 signed up)
 - Wash outside windows



Please contact the Housing Department to sign up 519-336-8410



OCTOBER 3 & 4, 2017

MENTAL HEALTH FIRST AID

What is Mental Health First Aid?

Mental Health First Aid is an evidence-based training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

This 14 hour course covers a range of common disorders and potential crises. Such as helping someone who is having a panic attack, struggling with substance abuse, or anxiety and trauma related disorders.

Who should take this Mental Health First Aid course?

Any band member looking for the opportunity to gain the skills offered to help someone with mental health issues.



Times: 8:30 am—5:00pm

TRAINING LOCATED AT
MAAWN DOOSH GUMIG
MEETING ROOM A

LIMITED SPOTS
AVAILABLE

INCLUDES LUNCH AND
TRAINING MATERIALS

TRAINING IS PROVIDED BY
CANADIAN MENTAL HEALTH
ASSOCIATION

TO REGISTER PLEASE
CONTACT
SANDY WARING AT
SWARING@AAMJIWNAANG.CA
OR 519-491-2160
REGISTRATION CLOSES
SEPTEMBER 29

Open Community Engagement Session

Tuesday October 17, 2017

Maawn Doosh Gumig Community Centre

5 pm to 7 pm

DOOR PRIZES



Light Refreshments

Come out and have your questions answered!

- Do you have questions about CAS and the Community?
- Have you thought of opening your hearts and your home to Fostering Youth?
- Open forum, questions or concerns regarding CAS and the community?
- What is a Customary Home, Kinship and Foster Care?

The Sarnia Lambton Children's Aid Society have come a long way in building a positive working relationship with Aamjiwnaang based on respect and communication

There will be an open forum to introduce the **roles** and **responsibilities** of the Society, Aamjiwnaang, the Band Representative and Mnaasged staff.

** Everyone Welcome - Child Care is provided **

LEARN TO RUN

10 WEEK PROGRAM

START DATE AUGUST 3, 2017

MEET EVERY THURSDAY EVENING

FROM 5-6 PM

AT THE

COMMUNITY CENTRE PAVILLION



KIDZ CORNER



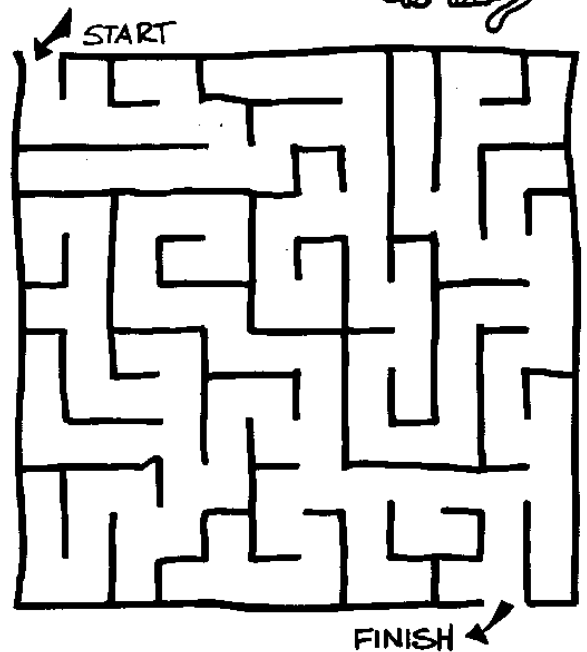
Back to School

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P	D	O	S	A	Y	U	A	J	E	I	G	U
Y	E	T	E	L	X	A	O	Y	G	L	U	E
Q	J	E	C	L	U	B	O	O	K	S	E	F
W	U	B	E	E	J	N	S	T	G	H	R	R
R	U	O	R	T	E	A	C	H	E	R	A	K
I	R	O	X	J	I	X	T	H	Q	P	S	R
T	P	K	O	W	J	P	B	M	B	E	E	E
I	M	A	M	D	E	Z	H	U	D	O	R	L
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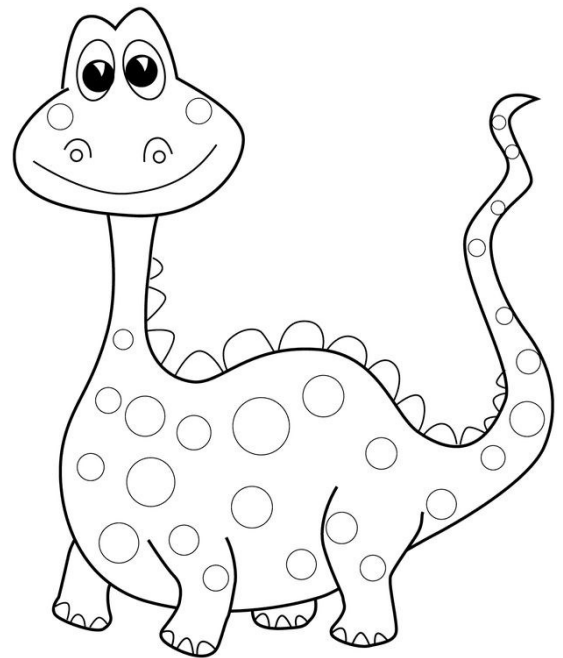
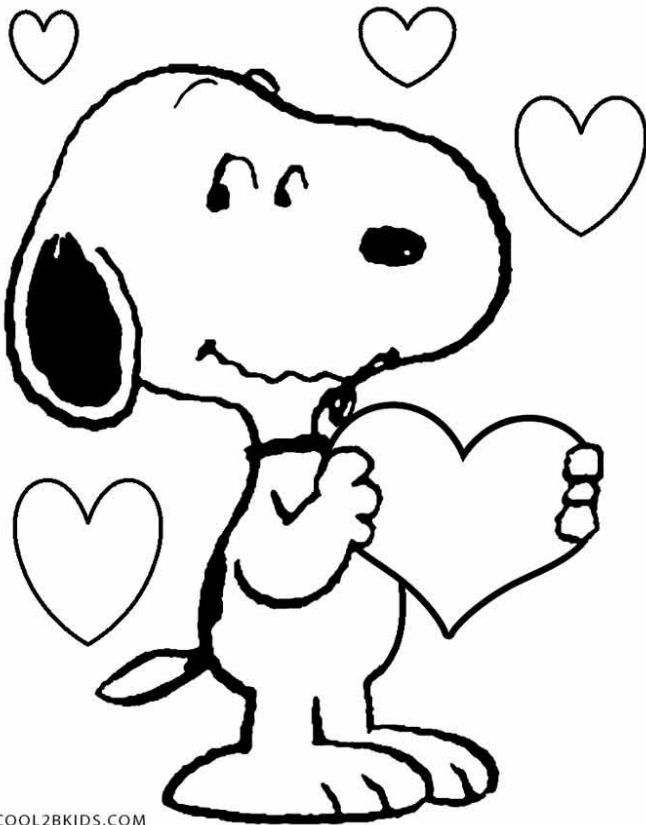
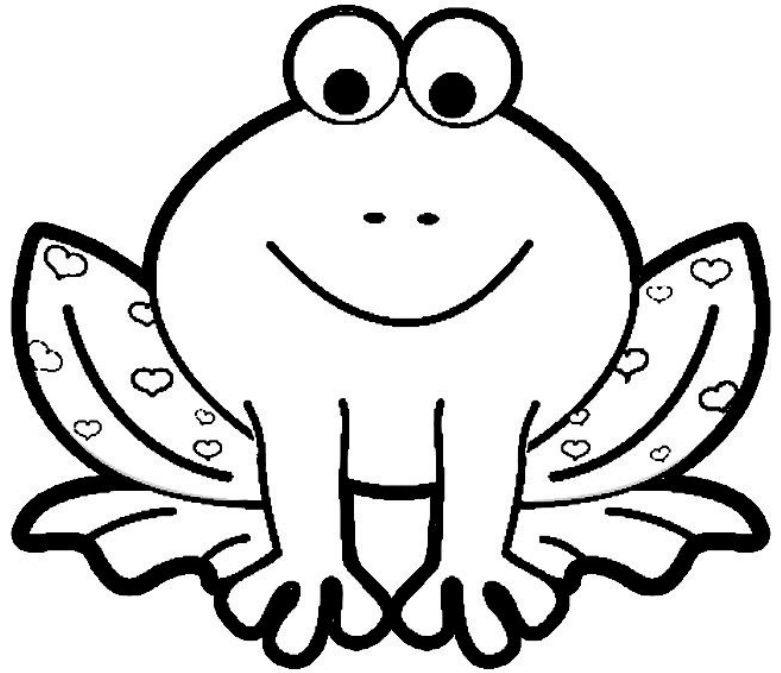
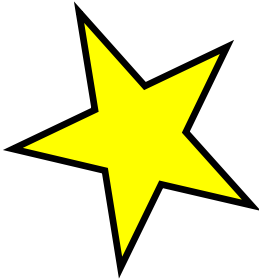
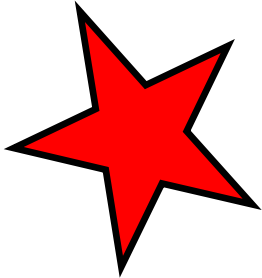
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|----------|------------|---------|
| BOOKS | NOTEBOOK | RULER |
| DESK | PAPER | STUDENT |
| ERASER | PENCIL | TEACHER |
| GLUE | PLAYGROUND | WRITING |
| LUNCHBOX | READING | |
| MATH | RECESS | |



Help Old Blue find his way through the maze.



Colour Us!



Shelley Marshall presents...

Hold Mommy's CIGARETTE

One Woman's Journey towards Mental Wellness

WINNER
VIEW
readers' choice
BEST OF HAMILTON 2013
GOLD

WRITTEN,
PRODUCED AND
PERFORMED BY
SHELLEY MARSHALL

"All that and a pack of smokes"
-Globe & Mail

"Marshall achieves heart stopping clarity in a show peppered with hilarious details"
-View Magazine

NNN
"Wow! Go. See. It. Total honesty turned into Art"
-Now Magazine

"Best Female Stand Up" Nominee
Canadian Comedy Awards

ADULT CONTENT

WWW.HOLDMOMMYSCIGARETTE.COM

f t You Tube

Wednesday, September 13th
6PM – 7:30PM

Maawn Doosh Gumig Community & Youth Centre

This show is rated 14+

If you require childcare please contact Roberta Bressette at 332-6770.

Youth Dreamcatcher Making Workshop
National Suicide Prevention Week



Monday, September 11th

3:30pm –5:30pm

Maawn Doosh Gumig

Dinner will be served.

To sign up please call the Health Centre at 332-6770

Selfie Contest

September 10th—September 16th

Post a selfie on our Aamjiwnaang Health Centre Facebook page during National Suicide Prevention Week **September 10th – September 16th** doing something you love about life with the hashtag **#honouringlife**. The photo with the most likes will be eligible for the following prizes:

1st Place—\$75 Cash ; 2nd Place—\$50 Cash;

3rd Place—\$25 Cash

The winners will be announced Monday, September 17th. For questions please contact Roberta Bressette at 332-6770.



Gambling Problems Affects the Family

How does gambling affect the family?

- Money Problems
- Emotional Problems/Isolation
- Physical and Mental Health
- Burnout
- Physical and Emotional Abuse

How does gambling affect children?

- Child feels forgotten, depressed and angry
- Child may blame themselves for the gamblers problem
- Child takes responsibility for other siblings or supports the gambler
- Loss of trust for the gambler
- Steal/theft or get in trouble at school
- Use of drugs/alcohol, gambling or breaking the law

Why can't they stop gambling?

Individual's who may gamble excessively have mixed feelings about gambling. They know that their gambling may upset their loved one's and try to avoid but the urge to gamble gets too hard to resist. The individual will continue to gamble in hopes they "Win Big" or they just continue to gamble and hide it from loved ones and get further in debt. Some individuals cannot connect that their life problems are connected to their gambling.

The first step is to get the individual to stop trying to gain their losses or hit that "Big Win" and try to avoid gambling and take back the control of their lives that the excessive gambling may have affected.

Anxiety and Depression

- It is common for an individual with gambling problem or family to have symptoms for anxiety and depression due to the stress related to the gambling problems.

You maybe major depressed if you have these symptoms lasting longer than 2 weeks:

- Lost interest in usual activities
- Feel depressed, down or irritable
- Sleep has changed
- Appetite has changed
- Lost or gained weight
- Feel helpless, hopeless, and despairing
- Hard to think and remember things
- Feeling guilty
- Cannot stop going over problems
- Lost of interest in sex
- Physically tired, slow and heavy; restless and jumpy
- Feel angry
- Think about suicide

If you have any of these symptoms please follow up with your doctor or a medical professional. Please discuss with them about your gambling problem. Treatment may include medications and/or counselling and other supports.

How to get help for a Gambling Problem?

- ◊ Ontario Problem Gambling Helpline
1-888-230-3505
- ◊ Centre for Mental Health and Addictions
1-888-6474414
- ◊ Kid's Help Phone
1-800-668-6868
- ◊ Bluewater Health Hospital
- ◊ Aamjiwnaang Health Center



Don't Let Gambling Take Control!!

Keep your family, health and finances healthy; that's the "BIG WIN"

Home & Community Care Conference

AAMJIWNAANG FIRST NATION

Attention Home & Community Care Clients & Family

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

September 9th, 10th, 2017

**There will be NO SERVICE after Noon on Friday September 8th,
2017**

Regular hours will commence on

Monday September 11th, 2017

Please make arrangements with family on these days.

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

Thank you for your co-operation and understanding.

Respectfully Yours, Becky Adams

Nutrition News:



Sarah Kidd, RD Registered Dietitian from Rapids Family Health Team is available for individual or family nutrition counselling at the Health Centre by appointment on Tuesday afternoons by appointment between 1 pm and 4:30 pm. Initial appointment will be 1 hour minimum.

Call front desk at the Health Center **(519)332-6770** to schedule an appointment.

Diabetic Support Group DATES:

*Monday, September 18, 2017
Monday, November 20, 2017*

*Monday, October 23, 2017
Monday, December 11, 2017*

The Healthy New You exercise program is on hold until the fall. It will resume in September!

Start Date TBA

Shannon Bolton

Ontario Disability Support Program
Caseworker

Will be at the Aamjiwnaang
Ontario Works Office

Every **2nd Wednesday** of each month
from **1-4pm**

Please call a head of time at
519-337-3735 ext. 2266

to schedule an appointment
or you can drop in.

**What's in
Your Water?**



**Aamjiwnaang Health Centre
Is providing Tap Water Testing**

**Please call to book a day/time for Liz to
come out and test, collect and send for
further testing**



Reiki is an ancient healing system, which uses hands-on laying technique through which the life force energies are healing and subtle energies within our bodies are balanced.

Vanessa Walker—Reiki II Practitioner (student)

Offering free Reiki Treatments

EVERY MONDAY

AT THE HEALTH CENTRE

(only 3 spots available every Monday; starting August 21, 2017)

Please call Health Centre to book your treatment 519-332-6770

ANISHINABE ININIWAG GROUP



- Men's Group
- The group will be for men and young men.
- Learn: Historical information and practices.
- Learn to cook.
- Roles men play in the community.
- Learn to carve pipestone, make medicine bags, drums stick's, shakers, dream catchers or if you have any good ideas for activities for the group, please come out share and participate in making the group a success

**September 13, 2017 at 5:00 pm and every
other week after at the Community Centre.**

RedPath Addictions Program

Starts September 19, 2017

Location: Health Centre

For more information contact:

Robin Maness

Health Centre: 519-332-6770



Why You Should Coupon in 2017...

Where: Aamjiwnaang Health Center

When: 2nd Thursday of Every Month

Time: 1:00 pm—2:30 pm

Come out and learn how to coupon effectively and shop on a budget.

coupons!



www.visualphotos.com

Calm 'n Scents® Aromatherapy & Metaphysical Store was established in 1996. We are the largest full-scale Body, Mind & Spirit Store in Southwestern Ontario and offer a wide variety of products & information to people in their search for self-discovery, self-empowerment or spiritual enlightenment. Our store is filled with much more than can be displayed on our website. Our staff welcomes you to come visit us and experience it for yourself.

Calm 'n Scents® Aromatherapy & Metaphysical Store
www.calmnscents.com

Northgate Plaza
858 Colborne Rd., Sarnia, Ont.
N7T 4Y1
Phone: 519-332-2929
Hours - Tuesday - Friday
10am to 5:30pm
Saturday 10am to 5pm



Calling All Bowlers!



We are looking for bowlers for the
Sarnia Reserve Friday Night League

At Marcin Bowl in *Point Edward*

Regular League bowling begins

Friday, September 8, 2017

Bowling is from 6:15-9:00pm

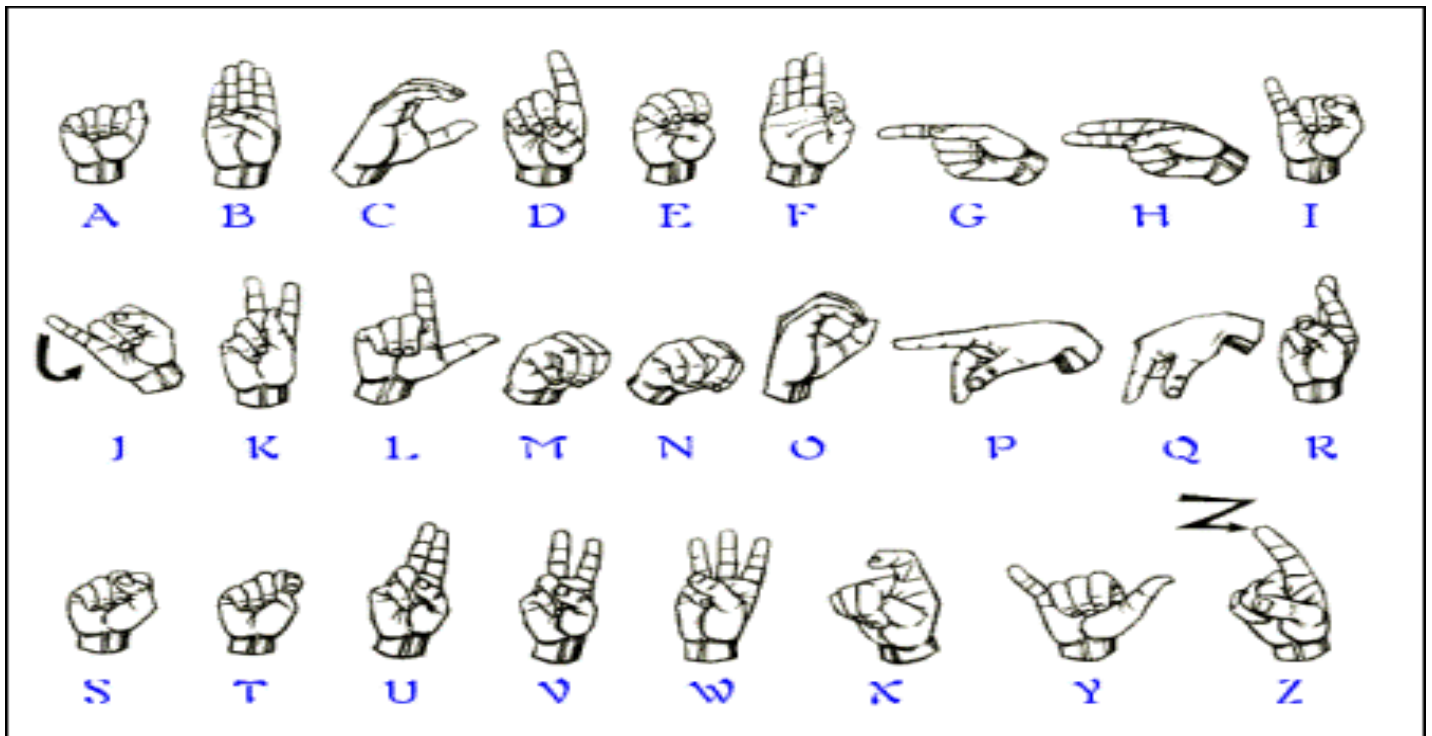
If you are interested in bowling

contact Zeebee at 519-332-1799

Saction fee is 25\$/weekly bowling \$20



Starting September 12, 2017 for 5 weeks
Every Tuesday Evening
6 PM to 7 PM
Please call Health Centre for more info.





Healthy Babies/Healthy Children & Head Start	
Monday, September 11th Head Start	10:30 a.m. to 1:30 p.m. Corn Painting
Wednesday, September 13th Head Start	5:00 p.m. to 7:30 p.m. Fall Leaf Painting
Thursday, September 14th Healthy Babies/Healthy Children	10:30 a.m. to 12:30 p.m. WELCOME BACK Activity & Lunch Highlight on Suicide Prevention
Monday, September 18th Head Start	10:30 a.m. to 1:30 p.m. Apple Picking at Zekveld's (meet at Zekveld's)
Wednesday, September 20th Head Start	5:00 p.m. to 7:30 p.m. Baking with Apples
Thursday, September 21st Healthy Babies/Healthy Children	10:30 a.m. to 12:30 p.m. Fire Safety
Monday, September 25th Head Start	10:30 a.m. to 1:30 p.m. Kids in the Kitchen *Autumn Leaf Cookies*
Wednesday, September 27th Head Start	5:00 p.m. to 7:30 p.m. Gym Night
Thursday, September 28th Healthy Babies/Healthy Children	10:30 a.m. to 12:30 p.m. Nutrition with Melissa



The Blanket of Hope

In honor of the Missing & Murdered Aboriginal Women



Although it is difficult to ever fully comprehend what the loved ones go through; Women especially can relate to the feeling of loss when one earring in a favourite pair goes missing. The earrings will be a visual representation of the missing & murdered Aboriginal women and will be displayed at the Aamjiwnaang Health Centre in October for Domestic Violence Awareness month.

If you would like to donate an earring to be displayed please contact Roberta Bressette at 519-332-6770.

Seniors New Horizons Dinner Planning Meeting Monday, Sept. 18, 5 pm. Seniors Drop-In Room



Come out and help plan activities for the remainder of the year for New Horizons Project.

Please call Peggy, 519-332-6770, if you plan on attending. Thank-you



Duc d'Orléans II
CRUISE BOAT

WELCOME ABOARD!

**55 & over
Lunch Cruise
Thursday, Sept. 14
12 - 2 pm.
Boarding time is
11:30**

Please call Peggy,
519-332-6770,
to reserve your spot.
Leave a detailed voice
mail with your name,
phone number, date
and time you called.



COMMUNITY INFORMATION MEETING

2016/2017 Audit Presentation

Sunday September 10, 2017

*6-7 pm at the
Maawn Doosh Gumig
Community Centre*

Auditors from BDO (formerly known
as Hazlitt Steeves Harris Dunn LLP)
will present the
**2016/2017 Aamjiwinaang First
Nation Financial Statements**

Copies of the Audited Statement will
be available at the Band Office
and at the meeting.



Light refreshments will be served.



Shopping Trips to the
Farmer's Market
for 55 & over members

Starting June 7 - Sept. 27
Every Wednesday
8:30 - 10:30 am

If you would like a ride,
please call
Peggy, 519-332-6770,
ext. 31
by Tuesday's at noon.



CONGREGATE DINING

...or "Community Dining" is designed to give our Seniors (55 years & older) an opportunity to enjoy a nutritious meal while socializing with others. In addition to the luncheon, short educational or entertainment sessions are often provided.

Criteria:

- Be over the age of 55
- Must attend the luncheon

Cost: FREE!

- Please note that there will no longer be any delivery except for in cases of extreme physical limitation. Must be assessed before approved.

LEFTOVERS will be given to any ill person or families in the community, frozen and saved for use in a near future meal, or given to the seniors in the community.

**PLEASE COME OUT AND ENJOY
A DELICIOUS HOMECOOKED
MEAL
VOLUNTEERS ARE ALWAYS
WELCOME!**

**Call Peggy or Robin for more
Info at 519-332-6770**

CONGREGATE DINING MENU

SEPTEMBER:

- 13 Ham, Egg, Tuna Sandwiches, Chicken Rice & Dumplings Soup, Celery & Carrot Sticks, Blueberry Bars
- 20 Chicken Drumsticks, Rice, Broccoli Salad, Rolls, Lemon Pie
- 27 Roast Pork, Macaroni cheese, Green Salad, Rolls, Carrot Cake

OCTOBER:

- 4 Turkey Dinner, Thanksgiving Fixings, assorted veggies, bread, Pumpkin Pie
- 11 Nachos, fixings, assorted pickles, Rhubarb Custard Bars
- 18 Shepherds Pie, Baked Beans, Green Salad, Rolls, Rice Pudding
- 25 Chicken Meat Pie, Baked Beans/ Roasted Potatoes, Carrots, Rolls, Cake

Seniors of Aamjiwnaang News & Updates...

Seniors of Aamjiwnaang hold monthly meetings the first Wednesday of every month at 6:00 pm at the Community Centre in the Seniors Room.

Attention High School Students

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

Maajiigin Gumig Plant Sales

**Every Thursday 8:30-5:30 &
Saturday 10:00-4:00
(May-October)**

CASH ONLY SALES

Plants \$5+

Trees \$25+

*Volunteers needed for: Plotting
& Seed Collection*



Woman's Talking Circle

Starting October 2, 2017

Maawn Doosh Gumig Community Centre

Mondays from 6:00—8:00 p.m.



With the days getting shorter, Season Affective Disorder (SAD) and Depression can creep up on us without forewarning. This talking circle is an opportunity to sit and share, learn from and lean on other's who may be experiencing a rough time through the long winter days.

Although we are strong women on a daily basis tackling home life, family, work and other unforeseen obstacles, together we can become a fortress!

If you are interested in joining in and just needing a support system, please give me a call, Laurie Goulais 519-464-2294.



Saturday, October 14, 2017

8am - sign in and registration

9am - 5k walk/run starts

Greenway Park

(50 Greenside Ave, London ON)

Registration Fee: \$25 or by pledge (t-shirt included)

NOTE: fees are due day of race at registration table

Online registration, pledge form, waiver at www.soahac.on.ca/messenger

Water & refreshments provided

Event is open to all ages. All minors (14 and under) must be accompanied by an adult

For Information contact Nikki or Mandy at 519.289.0352

The proceeds from the 2017 Messenger Run will support the Community Meal Initiative at N'Amerind Friendship Centre: *The N'Amerind (London) Friendship Centre is a non-profit organization committed to the promotion of physical, intellectual, emotional and spiritual well-being of Indigenous people and in particular, urban Indigenous People, for 50 years. The commitment is realized through the implementation of culturally relevant programs aimed at social, recreational and educational needs, at developing leadership, at increasing awareness levels of Indigenous heritage, establishing resources for community development, and in promoting the development of urban aboriginal self-governing institutions. The Community Meal Initiative is offered weekly from September to June. Through this food security initiative, N'Amerind feeds approximately 60 people per week within the community.*



**LIVING LIFE
TO THE FULL**

BROUGHT TO YOU BY:



Canadian Mental
Health Association
*Le Centre canadien
de santé mentale*
Mental health for all

12 HOURS THAT CAN CHANGE YOUR LIFE

Want to feel happier, have more energy, gain confidence, enjoy better relationships, feel less stressed and develop skills to deal with life's challenges?

TIME/DATE: 1:30-3:00pm, Thursday September 14, 2017

COST: FREE Sponsored by CMHA-LK & SLNFC

LOCATION: 233 Lochiel Street, Sarnia, Ontario N7T 4C9

CONTACT: Roxanne White, Sarnia-Lambton Native Friendship Centre
233 Lochiel Street, Sarnia, Ontario N7T 4C9
519-344-6164



visit www.LivingLifeToTheFull.ca to find out more!

Are you an Indigenous caregiver for a loved one with memory loss?
Are you an Indigenous caregiver for a loved one diagnosed
with Alzheimer's disease or dementia?
If so, we want to hear from you.



The Southwest Ontario Aboriginal Health Access Centre (SOAHAC) is hosting talking circles for Indigenous caregivers about their experiences caring for a loved one with memory loss or diagnosed with Alzheimer's disease and other dementias. You are invited to share your stories and to create resource materials to help other Indigenous caregivers who may have some of the same experiences. The materials will be used to give advice and recommendations for caregivers and even healthcare providers in how they can provide better care.

Dinner will be provided and eligible participants receive \$30 cash for each talking circle they attend.

Transportation support provided by request.

Respite care provided by request.

note: If respite required for September 12 session, you must register by end of day on September 7.

Indigenous Approach, *The Reconnection Journey*, provided by
Cindy Lynn Martin, Turtle Clan of the Cayuga Nation

Traditional Support provided by Lanuhsunihe, aka Ron Hill Bear clan of the Oneida

5 WEEK PROGRAM

Where: Alzheimer's Society London and Middlesex, 435 Windermere Road, London, Ontario, N5X 2T1

When: Tuesdays 5:30-7:30pm (September 12 to October 10, 2017)

Registration Required.

To register for the talking circle(s) or for more information, please contact Danielle at (519) 317-1129 or email dalcock@soahac.on.ca.

Alzheimer Society
LONDON AND MIDDLESEX



**Southwest Ontario
Aboriginal Health
Access Centre**

Open Sweat Lodge



Conductor: Richard Assinewai
Wednesday, September 13 at 5:00 pm

at SOAHAC - Chippewas of the Thames
77 Anishinaabeg Drive, Muncey, ON N0L 1Y0

Space limited. Attendees must register
by calling 519-289-0352 between
8:30 am and 4:30 pm Monday to Friday



Please Bring:

- Shorts and towel (men)
- Skirt and towel (women)
- Light Feast Foods to honour the ancestors
- Feast bundle that consists of plate, fork, spoon, knife and cup
- Offering of tobacco



**Southwest Ontario
Aboriginal Health
Access Centre**

A healthy balanced life through mental, physical, emotional and spiritual well-being



**Southwest Ontario
Aboriginal Health
Access Centre**

**TRADITIONAL HEALING
SERVICE
SEPTEMBER 2017**

To schedule an appointments for the London, Chippewa and Outreach Sites. Contact Stephanie T. and Karen E. at 519-289-0352.
To schedule for Delaware, contact Stephanie W. at 226-474-2787 and to schedule for the Windsor site, contact Stephanie W. at 519-916-1755.
Please note calendars are subject to change with short notice. *Miigwetch/Yaw^{ko}/Thank you*

Mon	Tue	Wed	Thu	Fri	Sat
SCHEDULING ALL ELDERS/HEALERS: Priority appointments for those supported by proper referral sources from SOAHAC's Traditional Knowledge Helpers and SOAHAC staff where individuals suffer with chronic illness, in need of pain management and the elderly. Please be reminded to bring tobacco with each visit - females are asked to wear long skirts. Our visiting Knowledge Helpers are with us monthly. SOAHAC's onsite Resident Knowledge Helper, Joanne Jackson, London Site. <i>Miigwetch/Yaw^{ko}/Thank you</i>					
3	4 STAT Labour Day	5	6 FULL MOON	7 Joanne Cheechoo London	8 Joanne Cheechoo London
10	11 Richard Assinewai Outreach-Sarnia Joanne Cheechoo Chippewa	12 Richard Assinewai Outreach-Kettle Point	13 Richard Assinewai Chippewa	14 Richard Assinewai London	15
17	18 Liz Akiwenzie Chippewa Richard Assinewai Owen Sound	19 Liz Akiwenzie London Richard Assinewai Owen Sound	20 NEW MOON	21 Bruce Elijah Chippewa	22 Bruce Elijah London
24	25 Elva Jamieson Chippewa Esstin McLeod Owen Sound	26 Elva Jamieson London Esstin McLeod Owen Sound	27 Esstin McLeod Owen Sound	28	29
					30

Traditional Healer Schedule

Richard Assinewai
Next Date: September 11, 2017

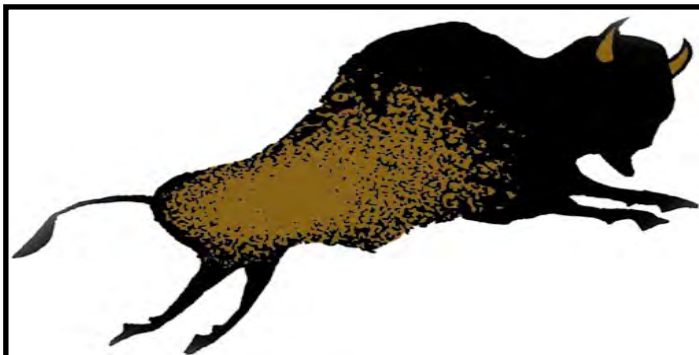
For bookings please contact the
Aamjiwnaang Health Centre
and speak with reception.

Traditional Healer Dates

Wendy Hill
October 10th– October 11th.

Please call us at 519-332-6770 to
book your appointment.

**TRIBAL CUSTOM
INSURANCE SERVICES INC.**



Do you feel your insurance is too high?
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provide you with great service.

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Head Office — 1000 Degurse Drive, Suite 2,
Sarnia, Ontario N7T 7H5
Tel (519)332-4894 Fax (519)332-5982

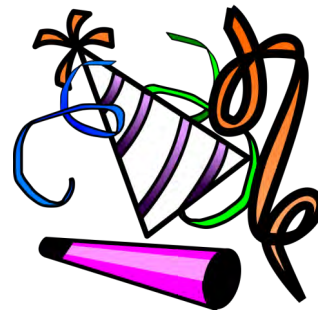
“Our Vision—Your Well Being—Our Coverage”

Mino Dbishkaayin-Happy Birthday

September 8—21, 2017

Landen	Cox	Sept.	8	Blake	Adams	Sept.	15
Gordon	David	Sept.	8	Stephanie	Adams	Sept.	15
Knute	Oliver	Sept.	8	Ellison	Fisher	Sept.	15
Victory	Williams	Sept.	8	Gregory Keith	Gray	Sept.	15
Yvonne	Williams	Sept.	8	Michael	Rogers	Sept.	15
Justin	Worsley	Sept.	8	Anthony	Stocum	Sept.	15
Laurie	Goulais	Sept.	9	David	Chaisson	Sept.	16
David	Oliver	Sept.	9	Glenda	Hawke	Sept.	16
Ashleigh	Pettit	Sept.	9	Valerie	Herron	Sept.	16
Christopher	Pettit	Sept.	9	Carlie	Letham	Sept.	16
Jamie	Stager	Sept.	9	Terrence Lee III	Nahmabin	Sept.	16
Tracy	Williams	Sept.	9	Skylar	White	Sept.	16
Gary	Bird II	Sept.	10	John Wayne	Cottrelle	Sept.	17
Nickoma Earle	Cottrelle	Sept.	10	Kelly	Levert	Sept.	17
Edward	Jacobs	Sept.	10	Evelyn	MacPherson	Sept.	17
Connie	John	Sept.	10	Ernest Anthony	Nahmabin	Sept.	17
Michele	Keusch	Sept.	10	Melody	Rogers	Sept.	17
Michelle	Koglin	Sept.	10	Joseph	Vallieres	Sept.	17
Pamela	Plain	Sept.	10	Trent	Verge	Sept.	17
Candice	Rogers	Sept.	10	Chase	Williams	Sept.	17
Sandra	Stocum	Sept.	10	Jacob	Williams	Sept.	17
Noah	Stokes	Sept.	10	Hailee	Buswa	Sept.	18
Meddie	Wood	Sept.	10	William	Cottrelle	Sept.	18
Diana	David	Sept.	11	Donelda	Day	Sept.	18
Thomas	Joseph	Sept.	11	Lauren	Jewell	Sept.	18
Michael	Maness	Sept.	11	Darryl	Ireland	Sept.	18
Deborah	Plain	Sept.	11	William	Jacobs	Sept.	18
Demetrio	Plain	Sept.	11	Chloe	Bird-Little	Sept.	19
Colette	Vallieres	Sept.	11	Danielle	Broer	Sept.	19
Louis	Desjarlais	Sept.	12	Kim	Waters	Sept.	19
Caitlyn	Ford	Sept.	12	Nicholas	McDonald	Sept.	19
Brianne	Hewitt	Sept.	12	Jessica	Pickett	Sept.	19
Andrew	Munoz	Sept.	12	Aaron Ferguson	Plain	Sept.	19
Alaska	Hanna	Sept.	13	Stephanie	Plain	Sept.	19
Haley	Williams	Sept.	13	Robert Jr.	Rogers	Sept.	19
Sheldon	Williams	Sept.	13	Nevaeh	Williams	Sept.	19
Daelyn	Routheaux-Mane	Sept.	13	Coda	Adams	Sept.	20
Sydney	Jonker	Sept.	13	Natasha	Elie	Sept.	20
Ethan	Adams	Sept.	14	Melanie	George	Sept.	20
Raenae	Adams	Sept.	14	Jaclyn	Joseph	Sept.	20
Shawna	Parker	Sept.	14	Gregory	Plain	Sept.	20
M'Nodeh	Plain	Sept.	14	Mickinley	Rescigno	Sept.	20
Elan	Rogers	Sept.	14	Faith	Rogers-James	Sept.	20

Birthdays cont'd



Jacob	Solomon	Sept.	20
Michael	Williams	Sept.	20
Rose	Cottrelle	Sept.	21
Christopher	George	Sept.	21
Tiana	Hignett	Sept.	21
Marjorie	Powers	Sept.	21
Starr	Rogers	Sept.	21
Austin	Williams	Sept.	21
Theo	Wolfe	Sept.	21

I would like to thank the Dreamcatcher Foundation for their generous donation towards my dance season. I received 1st place overall in senior hip hop, and my team received numerous top placements at various competitions in Ontario and the United States.

Jayla Giorgi



Hi my name is Heather Robertson and I will be working here on the reserve until the end of March with Cancer Care Ontario. I am so excited to be back on the reserve after working here as a nursing student with the Healthy Babies, Healthy Children program last year. This time around I will be working on compiling previous research studies that have been done over the past 30 years and working with community members to take pictures of what health and the environment means to you. With these pictures and information from previous studies the goal is to create a digital storytelling version that will be accessible for everyone in the community.

Notice to the Aamjiwnaang Community

The Suncor Sarnia refinery will begin a period of planned maintenance beginning on September 18 that is expected to last approximately 8 weeks.

As part of this work, there may be periods of visible flaring and increased noise. However, we have plans in place to minimize the potential for both these disruptions. We will be conducting noise monitoring around the perimeter of our site throughout the duration of the work.

To help manage traffic flow during peak traffic periods (shift changes), a uniformed police officer will be directing traffic at our Turnaround parking lot on Vidal Street, ensuring all vehicles exit to the north. Also, in response to community concerns over increased traffic during turnarounds, we use a radar sign at the River Rd. curve to promote awareness among motorists of their speed.

If you have any questions or concerns, please contact Jennifer Johnson at 519-346-2419 or jinjohnson@suncor.com.

We will also be updating the CAER Industry Update Line with information, as needed:
1-855-4SARNIA (1-855-472-7642)



After many wonderful years of service to the Aamjiwnaang community as the first Daycare Supervisor, Supervisor of Lambton County Native Child Welfare Prevention Program, Supervisor of the Chippewas of Sarnia Native Child Welfare Prevention Program, Aamjiwnaang First Nation Social Services Coordinator, and Site Supervisor of Aamjiwnaang Mnaasged Child and Family Services, Janice Rising retired. Staff, Council and Community Members came out to thank Janice for her many wonderful years of service!



St. Clair United Church
Aamjiwnaang First Nation
 978 Tashmoo Avenue, Sarnia, Ontario,
 N7T 7H5

People who get things done when the odds are against them always inspire me. They have the kind of grit and determination that defies obstacles, challenges every ounce of energy, and leaves the skeptical onlooker with mouth hanging open.

In ghettos, I was amazed to see hordes of little children wearing the whitest T-shirts I've ever seen. Mothers wash the clothes in polluted water and hang them out in the sun to dry. The same children, when given gum or candy, always said a polite "thank you". They may have been living in hovels made of mud and straw, but their mothers had enough self-respect and inner drive to dress them in clean clothes and teach them respect and common courtesy.

Examples abound of people who-though almost everything is going against them-are living productive, fulfilling lives. Rather than mope, they are determined to make something of themselves and influence others. A criminal serves out his sentence for a horrible crime, turns his life around, and dedicates his life to prison ministry. A mother, lying every day in an iron lung, inspires her family by her calm faith in God. A poor child, living in the slums, struggles to get an education and becomes a college president. All of this...in spite of everything.

Philippians 4:13 says, "I can do everything through him who gives me strength." Of course, some people rise above seemingly insurmountable circumstances without acknowledging divine help. Yet, whether they confess it or not, they are given their strength by God.

"I can do everything" or "all things"- I've often wondered what is included in these words. A footnote in my Bible defines *everything* as "Everything pleasing to God," Jesus being the source of Paul's strength. The second half of 2 Corinthians 11 records the tremendous number of difficulties Paul faced and how he endured them in spite of everything and everyone working against him.

For the Christian, power and strength are assured. We can triumph over tragedies, heartaches, sickness, loneliness, and persecution in the strength God gives to us through Jesus Christ. God gives us strength in our weakness and frees us from fear.

In our endeavors, we may not tempt God, try to manipulate God to do our will, or be grossly unrealistic or reckless. But with God's strength and through faith, we can rise up like eagles and do things others think impossible. In spite of everything.

On Sept. 10, services will be at 11 a.m.


Sunday School will begin again on Sunday, Sept. 10 at 10 a.m.

***** Keep watching for a special event for children. There will be a drum making workshop, dedication and feast coming soon. *****

Bible Study will begin again on Thursday, Sept. 14 at 6 p.m. All are invited to join for a time of study, conversation and prayer.

Rev. Brenda Mac Main
 Phone: 519.344.6119 (Church)
 519.336.6216 (Home)

Sunday School



**Sunday School starts Sunday
September 10, 2017
From 10—11 a.m.**

**Are there any youth that would like to attend
but do not have a ride?**

Please call Amy at 519-384-1955



LOOKING FOR FOSTER PARENTS

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

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

We all need to feel safe, wanted and loved.

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

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

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

Licensed by: Ministry of Children & Youth Services

Accredited by: CARF International

Please call 519-439-3000 Ext 202

www.eaglesnestinc.ca

CHURCH WORSHIP & PRAISE

TUESDAYS AT 6:30 PM
@ CRYSTAL WILLIAMS PLACE

123 MANESS COURT

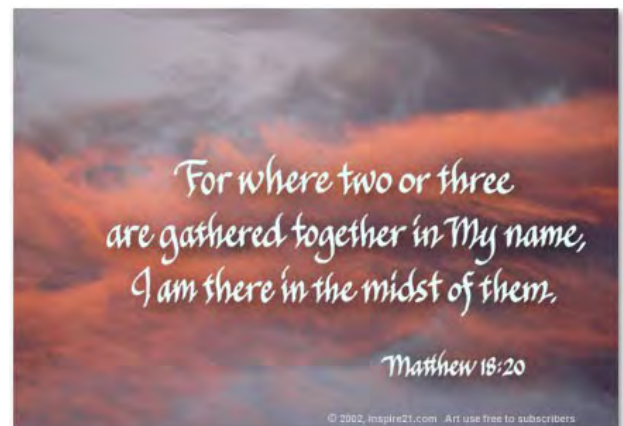
IN THE BASEMENT

FOOD IS PROVIDED

JENNY GEORGE &
OCCASIONAL SPEAKERS

If you have any inquires please
contact Crystal Williams:

226-886-3812





**CHICAGO VS DETROIT
BLACK RED
HAWKS WINGS**

Thurs. JAN. 25TH
at 7:30 pm

\$150 US & \$210 CDN
per Person

**Ticket's at Labbatt Level. Sec. 301
(One Free Beer)**

**Badder Coach Bus leaves
Bad Dog Corunna
at 3:00 PM SHARP
& Bottom's Up
at 3:30 PM SHARP.**

**Small Coolers Allowed & Stopping
at Walsh's.**

**Money is due ASAP. Contact Willie
at 519-332-6771, 519-384-1957 or
willie@cogeco.ca**



Thurs. Oct. 5th
at 7:30 pm

\$230 US & \$320 CDN
per Person

**Ticket's at Labbatt Level. Sec. 301
(One Free Beer)**

**Badder Coach Bus leaves
Bad Dog Corunna
at 2:00 PM SHARP
& Bottom's Up
at 2:30 PM SHARP.**

**Small Coolers Allowed & Stopping
at Walsh's. Nemo's Shuttle.**

**Money is due ASAP. Contact Willie
at 519-332-6771, 519-384-1957 or
willie@cogeco.ca**

TAX FREE FURNITURE WAREHOUSE

OPEN

Thursday - Sunday
10:00 am - 6:00 pm

Great Prices!

1647 Williams Drive
(at the end of Indian Road)
Sarnia, ON

REPORT A SPILL

If you see visible emissions, spills in waterways or waste being improperly handled, report your concerns to the Ministry of the Environment and Climate Change (MOECC). Reporting spills and pollution to the MOECC and other government regulators helps create a public record of an issue and provides the evidence needed for a regulator to act.

Inform MOECC that you want to report a spill, and ensure that the agent on the phone is registering the information as a formal report.

Be prepared to indicate the following with regards to emission

- Time of day and date
- Wind direction if an odour, noise or air emission
- Location of spill or emission & your location (e.g. if you see air emissions, identify the source if you can and your location when you saw it)
- You will be asked to provide personal contact information, but you can report anonymously if you choose
- You will be asked to explain how you have been *adversely affected* by the odour/noise.

1-800-268-6060

RIVERSIDE LUNCH NOW OPEN!!

RIVERSIDE LUNCH

Ph: (519) 312-2502

1666 St. Clair Pkwy, Sarnia, ON

Sausages (hot & mild)	\$5.75	(combo)	\$8.50
Hamburgs	\$4.25	(combo)	\$7.00
Cheeseburgs	\$4.75	(combo)	\$7.50
Bacon Cheeseburg	\$5.50	(combo)	\$8.00
Chicken Burg	\$4.75	(combo)	\$7.50
Hot Dogs (jumbo)	\$4.25	(combo)	\$6.75
Coney Dog	\$5.00	(combo)	\$7.75
Nish Moosh	\$5.75	(combo)	\$8.50

(*Nish Moosh is, Jumbo Dog, fried onions, bacon strip, chz slice, chili and mustard)

Combos Include: Fries & Pop (Gravy \$1.00 xtra)
instead of regular fries in combo add
(\$1.50/poutine), (\$1.75/chili chz fry), (\$2.25/fry supreme)

	<u>Sm</u>	<u>Med</u>	<u>Lrg(fam)</u>
Fresh Cut Fries	\$3.00	\$4.00	\$7.25
Poutine	\$4.50	\$5.50	\$9.25
Chili Chz Fry	\$4.50	\$5.50	\$9.25
Fry Supreme	\$5.25	\$6.25	\$10.00
Gravy	\$1.00		
Jumbo Pickle	\$1.00		
Chili, Melted chz topping, or Chz slice			\$0.75 ea.

Pop	\$1.00	Juice Box	\$0.75
Water	\$1.00	Freezies	\$1.00

Phone in Advance (for faster service)
(Name, Ph. #, Order and condiments, Pick up time)

OPEN: Mon. - Fri. 11am - 6pm





Southwest Ontario
Aboriginal Health
Access Centre

Working Together for Healthier
Communities
Chronic Kidney Disease
Awareness Series



London Health Sciences Centre

Kidney Disease Journey - The Patient Experience

Friday, September 15, 2017
9:30 am – 3:00 pm
Chippewa SOAHAC Office

- | | |
|---------------------|--|
| 9:30 – 10:00 am | Coffee and Registration |
| 10:00 am – 12:00 pm | Dialysis, Home Therapies & Transplant
Catherine Smith, Social Worker
Sandra Bartlett, Nurse Case Manager
Beth Montesi, Living Donor Coordinator |
| 12:00 – 1:00 pm | Lunch (catered) |
| 1:00 – 2:30 pm | Patient/Family Member Experiences
Betty Gray, wife of dialysis patient
Mike Snake, transplant recipient
Sherry Riley, home peritoneal dialysis patient |
| 2:30 – 3:00 pm | Role of Prevention
Dr. Allard, Chippewa site physician |
| 3:00 pm | Closing Remarks |

No registration fee.

Please RSVP by September 8th for catering purposes
to Joanne Clark at joanne.clark@lhsc.on.ca or
519-685-8500 ext. 56454



Graduates get jobs from the get go.



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

The program is only 1500 hours, the schedule is:

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

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

www.onedgeacademy.com



Representatives from Legal Aid Ontario are offering free “Advice Counsel Clinics” for Band Members.

The clinics will be held on the 1st, 3rd and 4th Wednesdays of the month from 2 pm to 4 pm at the Maawn Doosh Gumig Community Centre.

Lawyer, Matt Stone and Legal Aid Worker, Sondra Gilbert will be present to assist you with legal questions.

You can drop in or if you would like to make an appointment call 226-402-1600.

If you are **FEELING SAD** or **DISTRESSED** and want to talk, support is a phone call away.



Call the toll-free First Nations and Inuit
Hope for Wellness Help Line at

1-855-242-3310

MOSQUITO SURVEILLANCE & CATCH BASIN LARVICIDING TO BEGIN

We are working with St. Clair Region Conversation Authority and Health Canada once again to reduce the mosquito population. Larvicidal treatments of the catch basins will begin soon and continue throughout the summer.

We'll also be trapping mosquitoes throughout the community to test them for West Nile Virus.

Please remember to remove stagnant water around your home to eliminate potential mosquito breeding sites



Roger Williams' AUTHENTIC NATIVE CRAFT SHOP

Lots to Choose From & Great Gift Ideas!

STORE HOURS
Monday ~ Saturday
10:00 am ~ 6:00 pm

Phone 519-344-1243

Aamjiwnaang Notification System
Noondan Dezhawebaa
(to hear what will happen)

You can still sign up for the Aamjiwnaang Notification System.

Go to <https://member.everbridge.net/index/453003085611503#/login> and click on the 'Sign Up' button.

If you have questions, Contact Wilson Plain Jr. at the band office 519-336-8410.

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- Apprenticeship Assistance
- HR Support for Employers
- Resource & Information Centre

1069 Wellington Rd ----- **519 667-7088**



Anishinaabeg of Waawayaatanong Treaty Days - Community Forum

For all members of the Aamjiwnaang FN, Caldwell FN, Chippewa of the Thames, Kettle and Stony Point FN, and Bekjwanong FN. This first of many Treaty Forums is an opportunity to learn, to teach, to share ideas, and to work and laugh together, on Treaty issues and concerns facing our five communities Treaty Alliance. The Treaty Forum is planned to ensure and give voice to the everyday members of Waawayaatanong Anishinaabeg.

Tentative Topics for Discussion: **Inherent Treaty Rights; Treaty Rights and Harvesting; Treaty Rights and Education; Treaty Rights—Health and Wellness; Treaty Rights - sustainability and prosperity; Treaty Rights and Clan / Family governance; Children and Youth Treaty Workshops; Meaning of Pre-Confederation Treaties; Our home Land protection and Treaty Rights; Family Genealogies; Historical Treaty workshops; and Social Cultural Fun activities.** Light snacks, Lunch and Feasts & door prizes daily draws

Friday September 29, 2017, 9am - 8 p.m.

- ♦ **Waawayaatanong Treaty Council Meeting - open to all members**
- ♦ **Break off workshops Evening Social**

Saturday September 30, 2017, 9am - 8 p.m.

- ♦ **Forum Workshops sessions Evening Social**

Sunday October 1 September 29, 2017, 9am - 3 p.m.

- ♦ **Waayaatanong Grand Assembly Formation—All members**

Bekjwanong High Banks Park (under the Big Tents) Follow the Signs

RSVP to your first Nation Administration offices for pre-Registration
All other Inquiries: Forum Coordinator and or "TreatyFourmInfo@WIFN.org"
Info @ Facebook: "Waawayaatanong Anishinaabeg Treaty Council"



BreakFASD Event!

Join us to acknowledge FASD (Fetal Alcohol Spectrum Disorders) Awareness Day
Friday, SEPTEMBER 8, 2017 at 8:30 am



- 8:30 am - Gather at SOAHAC-London (425-427 William Street)
- Opening Prayer
- 9:09 am 1 minute sounding of the drum (bring handdrums and shakers)
- Honour Song
- Guest speakers
- 'BreakFASD' (complimentary breakfast)
- Walk/march to raise awareness
- An opportunity for casual sharing and reflection

The ninth minute of the ninth hour of the ninth day of the ninth month represents the nine months of pregnancy, and an opportunity to raise international awareness and understanding of FASD. We wish to honour individuals, families and communities affected by FASD and boost consciousness about the dangers of drinking during pregnancy.

Contact Sandy for information
swalker@soahac.on.ca
226-377-9500

FREE EVENT
NO REGISTRATION
EVERYONE WELCOME!



**Southwest Ontario
Aboriginal Health
Access Centre**



Maija Holla
Regional Director of Sales
Westmont Hospitality Group
1401 Paris Street, Sudbury
Ontario, P3E 3B6
Main: (705) 692-4183
Cell: (705) 662-0132
Toll Free: 1-866-285-7936
Fax: (705) 692-4424
Email: Maija.holla@whg.com

February 24, 2017

Westmont Hospitality Group has for the past 14 years supported the Anishinabek Nation 7th Generation Charity. We are a proud partner of the Union of Ontario Indians and we are pleased to present you with the attached First Nations Hotel Discount Program.

The enclosed discounted hotel rates are available to all members/citizens of the First Nation Communities and all affiliated services and organizations. Whether you are traveling on **business, pleasure, or medical purposes**, these discounts are available to you and your families.

To book a reservation please call the hotels direct and ask for the **"First Nations"** rate. Additional discounts may apply for extended stays or group bookings.

Are you member yet? Enroll for brand loyalty programs and collect valuable reward points for each stay. Earn free night stays world-wide, airline rewards, travel rewards and gift cards for popular retailers.

If at any time you require assistance booking guest rooms, organizing a meeting, conference or event or need help setting up a direct bill account, please contact my office direct at 1-866-285-7936.

We look forward to welcoming you, your co-workers and associates to our hotel locations. For more information on our company and the hotels managed by Westmont Hospitality Group please visit our website at www.InnVestREIHotels.com.

Yours in Hospitality,

Maija Holla
Regional Director of Sales
Westmont Hospitality Group

**A copy of this letter with the attachments is available at the
Band Office and Community Centre.**



Mobile Market 2017

Local produce ~ Local access



Starts the week of July 4th until the end of October

Mondays

Petrolia – Food bank – 4156 Petrolia Line
9:30 – 10:30

Corunna – All Saints Anglican – Hill St
11:00 – 12:00

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

Wednesdays

Wyoming – 587 Ontario Street 9:15 – 10:15

Watford – United Church – 555 Ontario St
10:45 – 11:45

Alvinston – Township Office – 3236 River Rd
12:15 – 1:15

Tuesdays

Forest – Contact House - 6276 Townsend Line
9:30 - 10:30

Theftord – Meadowville – 76 Mill Street St.
11:30 – 12:30

Kettle Point – Hillside School– 6265 Indian Lane
1:00 – 2:00

Fridays

Rogers St. – parking lot 9:30 – 10:30

Kathleen Ave – park 11:00 – 12:00

YMCA Learning & Career Centre – 660 Oakdale Ave
12:30 – 1:30

Veteran's Park – along Victoria St N 2:00 – 3:00

Many thanks to the farmers, greenhouses and gardeners who support this program with donations of produce!

We are most grateful to PEMBINA, lead sponsor for this years' Mobile Market



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, Co-op Housing or Student Residence
- Proof of social assistance income (OW or ODSP or OAS or GIS)

Healthy Activities ... Healthy Lifestyles

Following up on the successes of last summer, Lambton Public Health and North & West Lambton Community Health Centres along with Canadian Mental Health, Ontario Early Years Program, St. Clair Child & Youth, The Lambton Children's Planning Network and Bluewater Power will be attending various mobile markets with health activities and providing resources with recipes and tips to

The Mobile Market ...Community Kitchen nights!!!

These are a great hit! In September & October join us for a couple evenings to learn how to prepare & freeze some of the Market's products & you get to take quantities home to stock your freezer for the winter!

Dates will be announced at the markets, 2-3 weeks prior to the kitchen nights.

The Mobile Market is a program of The Inn of the Good Shepherd

Fresh produce is available every week at no cost (while supplies last).



EVENTS CALENDAR

September 2017



Sun.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The HUB is a safe open space for youth ages 16-24 to:

- access community services
- to meet other youth
- hang out
- get a hot meal
- take a hot shower
- do laundry

and much, much more

1 Lambton College @6pm	2 Yoga w/Ryan @6pm
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4 HUB CLOSED	5 Tasty Tuesdays w.Eryn @6pm Nurse Practitioner avail. 3-5pm Housing w/Sue 3:00pm	6 Have your voice heard: Y A C Meeting @6pm Mental Health Counsellor here 3-5pm	7 LGBTQ night w/Julie @6pm	8 Games Night @6pm	9 Open Mic Night/Karaoke 6pm
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11 Therapy Doggies @6pm	12 CMHA Coping strategies w/ Adrian @6pm Nurse Practitioner avail. 3-5pm Housing w/Sue 3:00pm	13 Mental Health Counsellor here 3-5pm Pregnancy Centre w/Tara @6pm	14 Crystal Healing w/Michelle @6pm	15 Finishing Moccasins w/Candace @5:30pm (pre-signed up)	16 Pizza and movie @6pm
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18 Trivia Night w/ Steph@6pm	19 Art w/Barb 6pm Nurse Practitioner avail. 3-5pm Housing with Sue 3-5pm	20 Mental Health Counsellor here 3-5pm 4/7 Grandfather Teachings w/Ky @6pm	21 Let's Face It @6pm	22 YMCA Leadership Course 4-7pm (must register, limited spots)	23 Smoothie Night @6pm
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25 5/7 Grandfather Teachings w/Ky @6pm @6pm	26 Goodwill Career Centre w/Tammy @ 6pm Nurse Practitioner avail. 3-5pm Housing with Sue 3-5pm	27 Mental Health Counsellor here 3-5pm Community Legal Aid Services w/Karen @6pm	28 Circuit Training w/Ironworks Fitness @6pm	29 Enactus Lambton Financial Literacy @6pm	30 Spoken Word Poetry w/Ryan @6pm
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The HUB is located at 350 Indian Road South in Sarnia, within St.Lukes Church. The HUB is operated by Sarnia Lambton Rebound.

The HUB is open from Monday - Friday from 3-8pm and Saturdays 1-9pm

For more information call 519-491-5579.





is an Anishinabek, Onyot'a'ka, Lunaapeewak™ driven organization providing business lending, advisory and training services for First Nation people, communities and organizations in Southwestern Ontario and the Bruce Peninsula.

Business Counselling

Learn about how to start a business

Business planning assistance and training

Personalized business advice for entrepreneurs

Business Financing

Start-ups, expansions and acquisitions

Financing for equipment purchases, inventory, working capital and marketing

Competitive interest rates and flexible repayment terms

Community Development

Strategic Planning

Capacity Building

Customized training for individual needs

Thinking about starting your own business?

TCDC can help you with business planning assistance, cash flow analysis and access to funding sources.

Considering expanding your business?

TCDC provides ongoing client support services such as marketing advice, business counseling and access to funding sources.

Wondering where you may qualify for a loan to start or expand your business?

Loans are available for business start-ups, expansions and acquisitions. Interest rates are competitive with flexible repayment terms.

Where do I begin?

Call Tecumseh today, to make an appointment.



1040 Degurse Drive • Samia, Ontario • N7T 7H5

Phone: 519-332-5151

Fax: 519-332-6196

Toll Free: 1-888-433-1533

(Conveniently located on Aamjiwnaang First Nation near the corner of Highway 40 and Degurse Drive.)

Job Search Websites

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

Other Job Search Engines:

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

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

Chiefs of Ontario visit:

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

Union of Ontario Indians visit:

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

Assembly of First Nations visit:

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

Southern First Nation Secretariat

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

Aboriginal Affairs and Northern Development Canada

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

ANIMAL CONTROL OFFICER

Ron Simon

Text/Call 519-330-7450

Brian Bois (alternate)

519-330-7375

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



How to Help

Find the right time and place to talk. Be calm, caring, non-threatening. Listen. Talk about the concerns by using facts and accurate information. Encourage the person to see a doctor. Encourage the person to seek professional help.

Where to Get Help

Emergency 911

Kids Help Phone 1-800-668-6868

Distress Line 519-336-3000

LGBTQ Two Spirited Youth Line 1-800-268-9688 Text: 647-694-4275

Bluewater Health Addictions and Problem Gambling 519-464-4400 ext. 5370

Withdrawal Management 519-332-4673

Women's Interval Home 519-336-5200

Sarnia-Lambton Children's Aid Society 519-336-0623

Westover Addiction Assistance 1-800-721-3232

Windsor Withdrawal Management (detox) 519-257-5225

Grand River Withdrawal Management (detox) 519-749-4318

London Withdrawal Management (detox) 519-432-7241

Lambton Mental Health Crisis Line 519-336-3445

Victim Services Support Line 1-888-281-3665 ext. 5238

Alcoholics Anonymous 519-337-5211

Drug & Alcohol Registry of Treatment 1-800-565-8603

Aamjiwnaang Mental Wellness 519-332-6770

Pregnancy Centre 519-383-7115

Sexual Assault Victims 519-337-3320

Problem Gambling 1-888-230-3505

For more information or support please call 519-332-6770

Janelle Nahmabin
Mary Kay Cosmetics
Senior Independent Beauty Consultant
1116 Tashmoo Ave.
519-402-0404

Available Classes: Skin Care, Makeup Application Spa Nights

My studio has all the skin care and beauty products that you may be looking for! Try before you buy!

Free consultations!
 Call to book an appointment!

CHIPPEWA TRIBE-UNE

1972 Virgil Avenue
 Sarnia, Ontario N7T 7H5
 Phone: 519-491-2160 or Fax: 519-491-0912
 E-mail: editor@aamjiwnaang.ca

The next issue is due out on **Friday, September 22, 2017**
 The deadline for submissions is **Tuesday, September 19 at 4:00 pm**

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

This paper and past editions can also be found on the Aamjiwnaang website at: www.aamjiwnaang.ca

Sandy Waring
 Editor



If you have stories that you would like to share, please submit them to the Editor at :

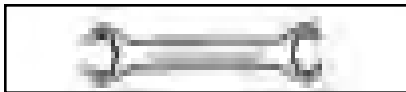
editor@aamjiwnaang.ca.

WANTED

Musician to play the piano or organ, each Sunday and Special Occasions.
 Small stipend provided.

Apply to: St. Clair United Church,
 984 Tashmoo Ave.,
 Sarnia, ON N7T 7H5

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