



The Anamjunaang First Nation

CHIPPEWA TRIBE-UNE

Issue No. 19:1
Date: January 18, 2019
Editor: Shawnacey Fay

JANUARY 28TH & 29TH

**Seniors
55+**

**MOCCASIN
MAKING**

Lisa Williams

Community Centre

Banquet Room

8:30 - 4:30

Participants MUST have the ability to complete a 2-day session

Limit of 10 participants

Please contact Becky Adams to register at 519.332.6770



Aamjiwnaang Chief & Council
Agenda Item Submission
Information and Deadlines

- * Regular Council Meetings - 1st & 3rd Monday of every month. If Monday falls on a statutory holiday the meeting is generally held the following day. Please note, that from time to time meetings may be cancelled or postponed.
- * Deadline - Tuesday's prior to the regularly scheduled meeting date, by 12:00 noon, for Band Manager review.
- * Agenda Item Request Form is available at reception for the following locations:
Administrative Complex (Band Office), E'Mino Bmaad-Zijig Gumig (Health Centre) & Maawn Doosh Gumig (Community Centre); and, on the Aamjiwnaang website.
- * Your completed request form can be submitted in person or email, you may also wish to attach additional documentation and information to support your request (i.e. acceptance letters, budget, personal summary, etc.).
- * Requests will be reviewed by June Simon, Band Manager, to ensure that the appropriate personnel/department have the opportunity to respond or resolve the request, prior to being placed on the Council agenda.
- * The guidelines set out above are in place to ensure that the flow of information to and from the Council table is efficient, and that your matter is addressed and resolved in a timely manner.

If you have discussion items for
Chief and Council on:

Monday, February 4th, 2019 by 5 PM

Your information is due by:

Tuesday, January 29th, 2019 by 3 PM

Miigwech, for your co-operation and understanding.

Lynn M. Rosales, Aamjiwnaang Council Clerk
lrosales@aamjiwnaang.ca

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: swaring@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.

HOUSING DEPARTMENT

NOTICE TO ALL BAND MEMBERS

Re: HOUSING APPLICATIONS

The Housing Department is currently taking **New Applications for the 2019 Housing Waiting List,**

DEADLINE FOR NEW HOUSING APPLICATIONS: JANUARY 31, 2019

Please NOTE: *ONLY* those applications **received by January 31, 2019** will be put on the 2019 waiting list. If you are currently on the waiting list it is your responsibility to submit a new application. Please contact the Housing Department if you have any questions. Applications can be picked up at the front desk at the Band Office.

Quick Tips for January

1. Seal any cracks where pests enter.
2. Empty compost and garbage frequently.
3. Keep food covered and put away; keep counters clean.
4. Fix leaky pipes quickly.
5. Pour boiling water down bathroom and kitchen drains monthly, preventing the buildup of bacteria-laden sludge; scrub removable drain covers weekly.
6. Check basement, attic, crawl spaces and the back of cupboards and cabinets for mice droppings or holes. If you find evidence, install traps immediately or call a pest-control service.
7. Pick up and dispose of outdoor pet waste promptly; turn compost piles frequently.

**NOTICE TO ALL TENANTS IN
BAND RENTAL UNITS, CMHC HOUSING UNITS,
SENIORS COMPLEX,
SENIORS DUPLEX AND APPARTMENTS**

Re: Contents Insurance

It is the responsibility of the tenant to provide contents insurance for their unit. The Housing Department is not responsible for sewer damage, sewer backup or flooding.

As per the Housing Policy and your signed housing agreement each tenant is to provide a copy of their contents insurance policy to the Housing Department.

Contact an insurance broker for more information.



Please return any borrowed Humidifiers or Heaters to the Housing Department.

Housing Inspections

Randy Doxtator from the S.F.N.S. is here every Monday to perform housing inspections. Housing inspections are done between 10:30a.m. – 3:30p.m every Monday. Please call the Housing Department to book an inspection.

Someone must be present the day of the inspection if there are issues inside the home.

Housing Department Staff

Tracy Williams - Housing Coordinator
twilliams@aamjiwnaang.ca

Tanya Williams - Housing Assistant
tanya.williams@aamjiwnaang.ca



**2018 – 2020
Housing Committee**

Shawn Plain	Councilor
John Adams	Councilor
Ralph Nahmabin	Band Member
Tina Johnston	Band Member
Frieda Stewart	Band Member

Housing Committee meets every 1st and 3rd Tuesday of the month. If you have items for the agenda please have all information into the Housing Department one week prior to the meeting. Thank you.



onefeather

OneFeather Electronic Process – Step by Step Guide for Voters to complete your Community Survey

STEP 1: Visit the OneFeather landing page <http://onefeather.ca/nations/aamjiwnaang> to register with OneFeather and initiate the electronic voting process with your First Nation - check the Official Notice prepared by your First Nation for the correct website address.

Have your 10 Digit Status Card Number (Registry Number), Date of Birth and Personal Email ready.

- Click the red Register to Vote Button – enter your Registry Number and Date of Birth.
- Click the red Register button.

Update your contact information and enter your personal email address – double check your email address to make sure it is correct.

- Click the red Register button.

STEP 2: Watch your email...you will be sent an email with a confirmation link – click the verification link to confirm and activate your eligibility to participate in this survey electronically. (If you do not see the email within 5 minutes – check your junk email folder).

Watch your email for a second email following immediately from OneFeather. This email will have your PIN (unique personal identification number) and a secure link to this survey.

- Write down your PIN (always lower case)
- Click the link in the email to complete the survey!

Read the instruction pages – click Next when ready to proceed

Complete your identity verification - enter your PIN, Registry Number and Date of Birth.

- Confirm that you want to participate electronically – check the box!
- Click the red Verify My Identity box.

STEP 3: Follow the instructions to complete the survey!

Confirm your selections.

Share your experience and encourage other Members to participate.

**** THE WHOLE PROCESS WILL TAKE 2-3 MINUTES TO COMPLETE THE PROCESS ****



How to get 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

NOTICE - Band Members

RE: Youth Funding Policy / Funding Applications

Chief and Council along with the Community Services Committee have developed a new Funding Policy to help our youth with their Sports, Arts and Recreational activities. This application is for youth to the age of 25 years. The maximum funding is \$800/CA per fiscal year. This maximum will take into consideration LNHL reimbursement and any other recreational funding. Applications can be picked up at the Community Centre or Band Office. For more information please contact the Community Centre – 519-491-2160



NOTICE – Aamjiwnaang Seniors

RE: Seniors Travel and Recreation Funding

Chief and Council along with the Community Services Committee have developed a new Seniors Travel and Recreation Funding Policy to help assist Seniors with Travel and Recreational activities. This application is for Seniors who have reached the age of fifty-five (55) years and over. The maximum funding is \$500/CA per fiscal year. Applications can be picked up at the Community Centre or Band Office. For more information please contact the Community Centre – 519-491-2160



Aamjiwnaang Tyke Team

- Coach – Ronald Codey Simon
- Assist Coach – Kyle Maness
- Trainer – Cameron Crowley
- Manager – Sherri Crowley

My contract information is cell 519-490-3131

or email sherri.crowley@hotmail.ca

Any players interested in playing in the Little NHL 2019 please contact your respective managers:

MANAGERS

TYKE (Initiation) half-ice - Ages 3, 4, 5, 6
Codey Simon

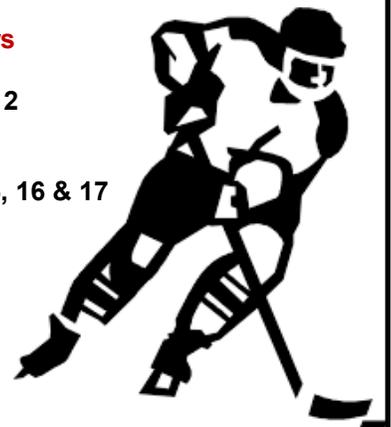
NOVICE - Ages 7 & 8 (full-ice)
Jim Maness

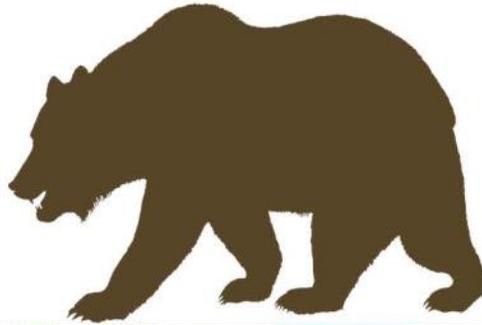
ATOM - Ages 9 & 10
Vicki Ware/Keith Rogers

PEE WEE - Ages 11 & 12
Brian Bois

MIDGET REC - Ages 15, 16 & 17
Earl Cottrelle

MIDGET COMPETITIVE
Nim Plain





*On behalf of the Nahmabin family, I would like to thank all of those who assisted us in our time of need after the loss of our Father/Grandfather,
Morris Nahmabin.*

Chi Mitigwech for the all the kind thoughts, flowers and plants and prayers that we received from our friends, family and community members. Much appreciated!

Mitigwech to the ladies who prepared the lunch at the Community Centre.

We would also like to acknowledge the PSW's Home & Community Care Program mostly notably, Roxanne Oliver, for caring and going over and above for our dad. Thank you so much!

Our dad is now where he had wanted to be for a long time...in his Happy Place, the Happy Hunting Ground!

- Chi Mitigwech!

Natalie Nahmabin & Family



YOUTH MENTAL WELLNESS WORKER
(servicing Elementary Aamjiwnaang Youth)



My name is Max Cryderman, and I am the Aamjiwnaang Youth Mental Wellness Worker in elementary schools. The schools I work in are Sir John Moore, Queen Elizabeth and Lansdowne. I also work at the JK/SK class in Aamjiwnaang. I have been in the schools since October, so some of your children may have seen me already. The following are some of the services I can provide for students and families:

- Mental Wellness education
- Individual supports, counselling and referrals
- Crisis intervention as needed
- Use culture-based teachings to promote holistic mental wellness
- Advocate, and provide support for, clients and families
- Support for ongoing Mental Wellness Program activities

Referral for my services may come from the classroom teacher, or the Principal at your child's school. Once I receive the referral, I will contact the parents or guardians to discuss meeting with your child. If you receive a referral, or would like to refer your child, please contact me at the Health Centre, (519)-332-6770, or email me at mcryderman@aamjiwnaang.ca.

- Monday – Sir John Moore 10-2
- Tuesday – Queen Elizabeth 10-2
- Wednesday AM – Aamjiwnaang JK/SK 10-11:30
 - PM – Lansdowne 1-3
- Thursday – Sir John Moore 10-2
- Friday – office day, or as needed in schools

I look forward to working with your children!

Aamjiwnaang First Nation Chippewa Tribe-Une Newsletter Entry from NWMO

Headline: The NWMO continues to implement Canada's plan for used nuclear fuel



By Greg Plain, Senior Engagement Advisor, Aboriginal Relations, NWMO.

This is the first of five columns, a continuation from our series published in 2017.

First, I'd like to thank the Aamjiwnaang leadership for inviting me to share more information with readers. Over the coming months, we'll talk about nuclear energy and Canada's plan for the safe, long-term management of used nuclear fuel. I'll describe how my organization – the Nuclear Waste Management Organization (NWMO) – is tasked with that responsibility. We are committed to interweaving Indigenous Knowledge into decision-making and taking an active role in reconciliation. As always, I welcome your comments and questions.

Many people are surprised to learn that nuclear energy is a major source of Ontario's power, accounting for about 60% of the province's electricity production. Nuclear power has been used to light our homes and businesses for decades, not only in Ontario, but also in Quebec and New Brunswick.

A by-product of this process is used nuclear fuel. There are currently about 2.8 million used nuclear fuel bundles in Canada. They are safely and securely stored at seven licenced facilities. But this is not a long-term solution. Used nuclear fuel must be safely contained and isolated from people and the environment, more or less indefinitely, as it will remain radioactive for many thousands of years.

That's where the NWMO comes in. We were formed in 2002 under an Act of Parliament (the *Nuclear Fuel Waste Act*) to develop and implement a safe and socially acceptable plan for the long-term care of Canada's used nuclear fuel. By law, Canada's nuclear energy corporations must fund the NWMO.

In my next column, I'll introduce you to details about Canada's plan. You can always get more information at www.nwmo.ca, or by contacting us at askthenwmo@nwmo.ca.



AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA

EMPLOYMENT OPPORTUNITY

Position Title: Finance Clerk (Accounts Payable/Receivable)

Location: Sarnia, ON

Duration: One Permanent Position, One 1-year Contract

Posting Closes/Deadline: January 31, 2019

Position Summary:

The Finance Clerk reports to the Finance Coordinator and is responsible for providing financial, administrative and clerical services to ensure effective, efficient and accurate financial and administrative operations. The Finance Clerk must comply with established policies and procedures.

Responsibilities:

Perform the day to day processing of financial transactions to ensure that finances are maintained in an effective, up to date and accurate manner

Accounts Payable (as required)

- Receive and verify invoices
- Verify that transactions comply with financial policies and procedures
- Prepare, verify, and process purchase orders as required
- Prepare batches of payables for data entry
- Process backup reports after data entry

Accounts Receivable (as required)

- Processing of rent payments and any other funds received.
- Processing of Day Care Fees
- Invoicing as required
- Bank deposits if required

Backup Payroll Person (as required)

- Calculate salaries and benefits
- Verify pay amounts, hours of work, deductions, etc.
- Verify coding and obtain signatures
- Batch pay sheets for data entry
- Data enter payroll information
- Prepare and remit source deductions and payroll tax

Provide administrative support to ensure effective and efficient office operations

Main Activities:

- Maintain a filing system for all financial documents
- Ensure the confidentiality and security of all financial and employee files

Provide receptionist services

Main Activities:

- Greet and assist visitors
- Answer phones
- Direct calls and respond to inquiries
- Collect money and provide receipts

Other

- Other duties as assigned

Knowledge, Skills and Abilities:

The incumbent must possess knowledge in the following areas:

- knowledge of office administration and bookkeeping procedures
- knowledge of accounts payable, accounts receivable and maintaining general ledgers
- knowledge of payroll functions and procedures
- ability to maintain a high level of accuracy in preparing and entering financial and payroll information
- confidentiality concerning financial and employee files

Requirements:

- Completion of the Ontario Secondary School diploma
- 1 year of post-secondary in accounting
- Office administration with accounting major or accounting diploma an asset
- Basic Bookkeeping
- 1 year of accounting experience
- Knowledge of Sage 300 an asset

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 (for a copy of the complete job description please email request):

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

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

NOTICE

Aamjiwnaang School Bus Transportation Notifications

Any change must go through the Aamjiwnaang Education Department

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

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



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
James Gray	C: 519-466-0462

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.



Students: Please register for the shuttle service by sending your class schedule with contact number as well as emergency contact information to vware@aamjiwnaang.ca

Pick up & Drop off points:

- Health Centre – Tashmoo Avenue
 - Bus Stop – White Circle
 - Band Office – Tashmoo Avenue
 - Snack Shack – St. Clair Pkwy
 - Community Centre – Virgil Avenue
 - Lambton College – Pond Entrance
- *TEMPORARY STOP – Bus Stop/Bridge Entrance***

Driver Contact: Arno Yellowman - 226-349-8459 (cell) *between shuttle hours only 730 am - 430 pm*

Transportation to Lambton College Shuttle Service Schedule

** Please be ready 5 minutes before your scheduled pick-up**

** Shuttle will arrive before and wait 5mins prior to departure time & departs promptly**

<i>Times are subject to change</i>	Depart	Monday	Tuesday	Wednesday	Thursday	Friday
AM RUN #1 (Drop off Only)	Snack Shack	7:40 am				
	Community Centre	7:45 am				
	Health Centre	7:50 am				
	Bus Stop	7:55 am				
	Band Office	8:00 am				
	Arrive at Lambton	8:15 am				
AM RUN #2	Snack Shack	9:40 am				
	Community Centre	9:45 am				
	Health Centre	9:50 am				
	Bus stop	9:55 am				
	Band Office	10:00 am				
	Arrive at Lambton	10:15 am				
	Depart Lambton	10:35 am				
	Arrive at Aamjiwnaang	10:50 am				
MID-DAY RUN (Drop off Only)	Snack Shack	11:40 am				
	Community Centre	11:45 am				
	Health Centre	11:50 am				
	Bus stop	11:55 am				
	Band Office	12:00 pm				
	Arrive at Lambton	12:15 pm				
PM RETURN #1	Depart Lambton	2:05 pm				
	Arrive at Aamjiwnaang	2:15 pm				
PM RETURN #2	Depart Lambton	4:35 pm				
	Arrive at Aamjiwnaang	5:00 pm				



COMMUNICATION IS KEY
Drug, Alcohol & Fragrance Free Program
THANK YOU FROM THE EDUCATION DEPARTMENT

Revised September 4, 2018



AAMJIWNAANG ALTERNATIVE & CONTINUING EDUCATION

The Aamjiwnaang Alternative & Continuing Education Program will work together to take care of the whole person.

We will work in groups and one on one with you as you choose your goal path!

- Cultural pride and independence
- Secondary School Credit
- Postsecondary
- Employment
- Apprenticeship

We will then work with you to help meet your goals through learning that will be relevant to you.

The AACE Program works closely with our onsite Credit Granting Program. Helping community members achieve their OSSD!



FOR MORE INFORMATION CONTACT: EMILY WILLIAMS AT THE RESOURCE BUILDING
MONDAY-FRIDAY 8:30AM-4:30PM (519) 336-8410 EXT. 285

Do you need to improve your computer skills for
the workplace?



If you do, and you are 19 years of age or older, then come and join our free

6 weeks

Computer Job Readiness Workshop at the Resource Centre

Every Monday from 9 am - 12 pm noon

Starting January 21 until March 4, 2019



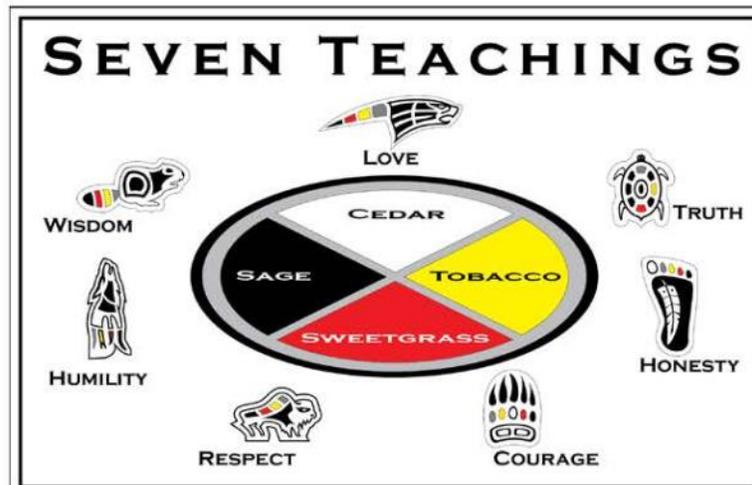
Daycare reimbursement and/or Transportation available

To register contact Emily Williams or Terry Plain at 519- 336-8410 x 285 Limited Spaces!
Pre-registration required.



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

Are you interested in learning about the 7 Grandfather Teachings?



The Aamjiwnaang Alternative and Continuing Education Program would like to present to you a 6-week program instructed by elder Mike Plain assisted by Charlene Akiwenzie

If you are 19 years of age or older, come join our Anishinaabe teachings at the Resource Centre!

*Every Friday Starting January 25 ending March 1, 2019
Time: 9:00am-2:00pm*

Light Lunch will be included



If needed child care reimbursement and/or Transportation is available

To register contact Emily Williams or Terry Plain at 519- 336-8410 x 285 Limited Spaces!
Pre-registration required.



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

Community Cultural Resource List

The Aamjiwnaang Education Department is creating a Cultural Resource List for interested members who may specialize, but not limited to:

- Aamjiwnaang History
- Anishinaabemowin/Ojibwe Language
- Crafting, Beading, Sewing
- Outdoor Teachings: Hunting, Sugar Bush, Tracking & Trapping, Plants & Medicines
- Traditional Teachings: Men's/Women's Roles, Fasting, etc.

This list is for our community partners who are actively seeking knowledge and understanding for Aamjiwnaang, our people and culture.

Please note:

- *Placing your name on this list, you will be considered a self-contractor. You may be required to speak/facilitate small to large groups, may require purchasing and preparation of supplies, patience and understanding, providing quotes/invoices for services etc.*
- *The Education Department is not responsible for covering any costs, fees, supplies, honorariums, lost, stolen, replacement of items etc.*



If you are interested, please contact Education Coordinator – Vicki Ware
519 336 8410 ext. 247 or vware@aamjiwnaang.ca

Language Development through Storytelling

A WORKSHOP ON EARLY LITERACY

Friday January 18, 2019 | 8:30am - 4:30pm
Community Centre

Did you know... The interactions that young children have with materials such as books, paper, and crayons, and with the adults in their lives, are crucial building blocks for language, reading and writing development.

This workshop will teach you:
 - The benefits of reading to children for language development
 - How to affectively read to children
 - Common Ojibwe phrases you could use while reading
 - Create your own props to make reading fun

Supplies & lunch provided
Register with Rachael
519.344-4132



Family Literacy Day at Coles Lambton Mall

Sunday, January 27, 2019

1:00 p.m.-3:00 p.m.

Colouring, games, and reading fun!



www.FamilyLiteracyDay.ca

Featuring hands-on learning with
Bricks 4 Kidz!



Mention OLL when you check out,
and a portion of eligible purchases will help
OLL to purchase new books for children
through the Give-a-Book campaign!



JORDAN'S PRINCIPLE

Funding that is available to all First Nations children in Canada.

Available for children under the age of 18 years old no matter where they live in Canada.

Services from Elders

Traditional Healing Services

Services for Children in Care

Medical Supplies and Equipment

Assessments and Screenings



Respite Care

PSW

Land-based Activities

Specialized Summer Camps

Transportation to Appointments

Jordan's Principle Call Centre: 1-855-572-4453; open 24 hours a day, 7 days a week

Or Elizabeth Cronk, CHR at Aamjiwnaang Health Centre 519-332-6770

Aamjiwnaang & Twin Bridges

NURSE PRACTITIONER CLINIC

EXPANDING HOURS & ACCEPTING NEW PATIENTS

Aamjiwnaang Health Centre hours:

Monday – all day

***NEW* Wednesday – afternoon**

Thursday - afternoon

This is for registered patients of Twin Bridges.
To register or book an appointment, please call
the Health Centre at 519-332-6770.

Patients are also able to book appointments at
their main office on Christina St. in Sarnia.

Urgent appointments are available for existing
patients.



Twin Bridges

Nurse Practitioner-Led Clinic

WHAT DO NURSE PRACTITIONERS DO?

Health
promotion/disease
prevention

Treatment of
minor injuries

Maintenance &
monitoring of
chronic diseases

Immunizations

Prescriptions

Well baby care

Well women/men
care

Laboratory
services

Wound care
services

Smoking cessation

Management of
pain

Monitoring of
blood pressure

Referrals to other
health care
specialists

Suture removal

WALK IN CLINICS

Good Doctors Walk—in

889 Exmouth St. Unit 3,
Sarnia, ON N7T 5R3
Phone: 226-778-4811

Hours

Monday: 9am-6pm
Tuesday—9am-6pm
Wednesday—9am-6pm
Thursday—9am-6pm
Friday—9am—6pm
Saturday—9am-3pm

Good Doctor’s Walk—in

5299 Nauvoo Rd.
Watford, ON NOM 2S0
Phone: 226-799-3184

Hours

Monday: closed
Tuesday: 9am—3 pm
Wednesday: closed
Thursday: 9am—3pm
Friday: 9am—3pm
Saturday and Sunday : closed

Good Doctor’s Walk-in

112-704 Mara St.
Point Edward, ON N7V 1X4
Phone: 226-400-4010

MD Connected Walk-in

500 Exmouth St. Unit #2
Sarnia, ON N7T 5P4
Phone 1-877-406-9362

Wiltshire Pharmacy & Walk—in

940 Murphy Rd.
Sarnia, ON N7S 5C4
Phone: 519-491-1922

Hours

Monday-Friday: 9 am—7 pm
Saturday: 9 am—3 pm
Sunday: 10 am—4pm

Hours

Monday-Friday: 9am—8 pm
Saturday: 9 am—5pm
Sunday : 10 am—5pm



SAVE THE DATE FEBRUARY 12TH - 6PM COMMUNITY MEETING

Sarnia Area Environmental Health Initiative

The new Minister of the Environment, Conservation and Parks has announced they are committed to this project. With feedback from our community meeting on March 20, 2018, the Ministry has drafted an Exposure Assessment for Aamjiwnaang and surrounding area. The Ministry will be here on February 12th to present this project and get community input before moving on to the next step.

We need you to help guide this initiative to make sure it meets the needs of OUR community.

MORE DETAILS IN THE NEXT TRIBE-UNE



What are we being exposed to?

What are the health risks related to our exposures?

How are we impacted by noise, light and vibration?

**MAAWN DOOSH GUMIG
COMMUNITY & YOUTH
CENTRE**

1972 Virgil Ave



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



MENTAL HEALTH FIRST AID

Feb 5—6, 2019

8:30am—4:30pm

Maawn Doosh Gumig Community Centre

Learn steps to encourage someone to access help

- **Gain awareness & understanding of mental health concerns**
 - **Promote good mental health**
 - **Provide comfort to a person experiencing a mental health concern**

Facilitated by:

Community Wellness Development Team

Brenda Johnson

Lunch will be provided

**Call Dorothy to sign up
Contact Tracey for more info**

519-332-6770

Boosting Balance & Bone Health Program



TUESDAYS 1:30 PM — 3:30 PM
STARTING FEBRUARY 26th (5 WEEK PROGRAM)

This 5 week program, run by a registered occupational therapist, is designed to gradually improve balance and strength to avoid falls and maintain independence, as well as educate individuals on keeping bones healthy.

- ◆ One hour is designated for group exercise, and one hour is designated for education on bone health and falls prevention.
- ◆ Education sessions include an overview of bone health, dietary and medication practice to maintain strong bones, and home safety tips.
- ◆ Individuals who are able to safely take part in a supervised exercise program are invited to register.



**KEEP BONES
HEALTHY**

**MAINTAIN
HEALTHY
LIVING**

**IMPROVE
BALANCE**

LOCATION

Maawn Doosh Gumig
Community Centre
1972 Virgil Ave.



**CALL TO
REGISTER:**

519-332-6770

***SPOTS ARE LIMITED**



Aamjiwnaang Caring Connections Nurturing Program

For Women with Substance Misuse Issues
who are Pregnant or Parenting Children

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

12 week program to be held weekly on Wednesdays
January 16, 2019 10am – 12pm
Transportation will be provided
Lunch will be included

Location:
Aamjiwnaang FN

To Register please Contact:
Sarah Vanroboys @ 519.328.1683 OR
Tracey George @ 519.332.6770



“FATHERS IN RECOVERY”



An evidence based program offered to Fathers with Substance Misuse who are Parenting Children

“Fathers in Recovery” assists:

- Fathers who want to learn to balance their recovery from substance use with being the best parent they can be for their children
 - Fathers who want to improve and strengthen their relationship with their children.
- Fathers who want to learn and grow through sharing life experiences, challenges and successes of being a father in recovery

Groups are led by male and female facilitators.

13 week program

Start date: January 16, 2019

1:00 – 3:00pm

To register call Tracey or Alphonse **519.332.6770** or Sarah **519.328.1683**

Aamjiwnaang Health Centre in collaboration with the House of Sophrosyne



MEN'S WELLNESS

14
JAN

DINNER, CONVERSATION & CRAFTS
COMMUNITY CENTRE | 6:00 PM

28
JAN

DINNER, CONVERSATION & CRAFTS
COMMUNITY CENTRE | 6:00 PM

11
FEB

DINNER, CONVERSATION & CRAFTS
COMMUNITY CENTRE | 6:00 PM

25
FEB

DINNER, CONVERSATION & CRAFTS
COMMUNITY CENTRE | 6:00 PM

11
MAR

DINNER, CONVERSATION & CRAFTS
COMMUNITY CENTRE | 6:00 PM

25
MAR

DINNER, CONVERSATION & CRAFTS
COMMUNITY CENTRE | 6:00 PM



Beginner

Line Dancing Class

Is Returning!

Starting Wed. January 23, 2019

6:00 pm to 7 pm

With Instructor, Diane Aiken

Classes will be held at the Community Centre.

Men & women adults 18+ are welcome!

Call Natalie at the Health Centre at (519) 332-6770
for more info.



Pam Kelly

Ontario Disability Support Program
Caseworker. Will be at the Aamjiwnaang
Ontario Works Office Every 2nd Wednesday
of each month from 1-4pm

Schedule an appointment or you can drop
into 978 Tashmoo Ave. Aamjiwnaang, ON

Please call a head of time at
519-337-3735 ext. 2280

PARENT SUPPORT GROUP



Tuesday 5-7pm
January 29, February 26,
March 26

Please JOIN US FOR
An evening for parents of children with
special needs to be supported and share
their experience with other parents

* Dinner and childcare provided *

Registration Encouraged:

Contact Rachael Simon
@ (519)344-4132

Low Cost Spay/Neuter Clinic

Maawn Doosh Gumig Community & Youth Center

Location: 1972 Virgil Ave.

Dates:

**February 21st &
22nd, 2019**



Appointments will not be given until payment is made.

Dogs must be on leashes and cats must be in carriers

Dog spay/neuter	\$150.00
Cat spay/neuter	\$90.00
Wellness	\$25.00

Pets who are coming in to be spayed/neutered will be vaccinated at no additional charge.

Contact Roberta @ 332-6770 to sign up.

PosterMyWall.com

DRIVERS NEEDED



We are currently looking for safe, responsible drivers to provide transportation for children and/or families. Transportation would be required for days, evenings, and/or weekends for Aamjiwnaang, Sarnia, and the surrounding area. A driving extract and criminal records check/ vulnerable person check is required.

If interested, please inquire by calling Patty Gilbert ext. 295, Vicki Jacobs ext. 292, or Crystal George ext. 223 at Aamjiwnaang Social Services at 519 336-8410.



Diabetes Support Group

- An open monthly support group that meets every third Monday at the Health Centre. (unless otherwise notified). Group is from 9:30 am until noon.
- Anyone who is diabetic, newly diabetic, pre-diabetic or is caring for a diabetic are welcome to attend.
- A Registered Dietitian teaches the group about valuable diabetes-related education as well as healthy eating with an interactive cooking session.
- We start with some fun warm up chair exercises!
- Our Community Health Nurse is also available to check Blood sugar levels as well as Blood pressure.
- Transportation is provided, please call Health Centre (519) 332-6770, if a ride is needed.



Influenza Vaccine available at the Health Centre now!

For more information, call (519) 332-6770.



Tai Chi Classes will be Starting!

Monday, January 21, 2019
at the Community Centre!

This program will run for 8 weeks.

Time: 6:30 pm to 7:30 pm

If interested, please contact Natalie at the Health Centre at (519) 332-6770 or leave a message with Reception.



ATTENTION!

Joanne Cheechoo Massage Therapy

Due to an overwhelming demand we are booking for Dec 6-2018, January 10-2019, Feb 7-2019 and Mar 7-2019

Please contact the Health Centre at 519-332-6770 if you are interested in scheduling an appointment for the above dates.

We are also taking names for a wait list for September 13th, October 11th, and Nov 8th.

NEW 24-hour Crisis Response Team



1-866-289-0201

WALKING HEALTHY!



Introducing a new 'Walking Group'

For anyone in the community who wants to stay healthy or get healthy!

When: Starting Monday, September 17, 2018 and then every Monday from 2:00 pm to 3:00 pm

Where: Meeting at the community centre parking lot.

When the weather is good, we will walk around the Chippewa Cres. Circle or anywhere we want! When the weather is bad, we will walk inside the community centre.

All you need is a good pair of walking shoes and a positive attitude!

For more information, call Natalie at the Health Centre at (519) 332-6770.



Healthy Eating

Physical Activity



Healthier Weight and a Healthier You

Energy Balanced Meal

Healthy Eating and You

Tuesday Evenings 6 PM-8 PM at the Health Centre

January 8, 2019

January 15, 2019

January 22, 2019

January 29, 2019

Set your own goals and learn how to make plans for achieving them. This program will help you make permanent lifestyle changes; it is not a "diet" program.

Please contact Liz at the Health Centre to register 519-332-6770

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.



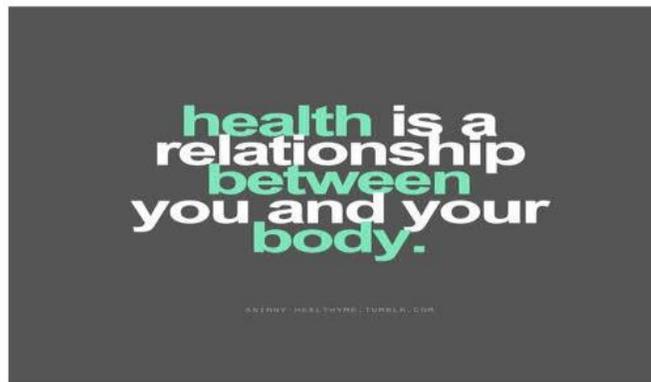


'HEALTHY NEW YOU' PROGRAM! 2019

ANYONE WHO SUFFERS FROM A CHRONIC DISEASE SUCH AS ARTHRITIS, DIABETES, COPD, HIGH CHOLESTEROL, HISTORY OF HEART DISEASE (ATTACKS OR STROKES) OR YOU WANT TO PREVENT FURTHER COMPLICATIONS:

(WITH YOUR DOCTOR'S APPROVAL)

COULD BENEFIT FROM A PERSONALIZED EXERCISE PROGRAM WITH THE ASSISTANCE FROM PERSONAL TRAINER, DIANE TUCKEY!



WHERE? MAAWN DOOSH GUMIG COMMUNITY CENTRE

WHEN? TUESDAY & THURSDAY MORNINGS

TIME? 10:30 AM – 11:30 AM

THIS PROGRAM IS FOR ALL AGES.

PLEASE CONTACT HEALTH CENTRE @ (519) 332-6770 FOR MORE INFO.





Canadian Mental
Health Association
Lambton Kent
Mental health for all

Association canadienne
pour la santé mentale
Filiale de Lambton Kent
La santé mentale pour tous

Mental Health Support

With Indigenous Clinical Case Manager Jessica Joseph, RPN

Monday, Tuesday & Wednesday

8:30 am – 4:30 pm

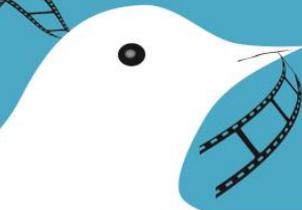
Aamjiwnaang Health Centre

Drop-In or Appointments are Available

For more information or to schedule an appointment, please call the Health Center at 519-332-6770



sarnia



**justice
film
festival**
2018-2019



What Walaa Wants

Saturday, January 19, 2019 7 p.m.

Raised in a refugee camp while her mother was in prison, Walaa is determined to survive bootcamp to become one of the few women on the Palestinian Security Forces – a big challenge for a girl who breaks all the rules.



Recovery Boys

Saturday, February 16, 2019 7 p.m.

In a region ravaged by opioid abuse, four young men in a farming-based rehab forge a bond as they try to reinvent their lives after years of addiction.

*Seniors of Aamjiwnaang
News & Updates...*

**55 & over: Program updates
will be posted here!**

23-Tentative - Jan Cancelled	CANCELLED	CANCELLED	CANCELLED	CANCELLED
30- Jan Assorted Wraps	Soup			
		Mixed		
06- Feb Chicken	Fried Rice	Veggies	Bread	Carrot Cake
13- Feb Stuffed Meatballs	Perogies	Salad		Lemon Squares
20- Feb Indian Tacos	Asst Pickles			Cherry Cheesecake
27- Feb Soup	Asst Sandwiches			Cake

CONGREGATE DINING

“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
CANCELLED
Wednesday January 23, 2019**

**No Dinner
Tonight**

Thank you for understanding
Next scheduled date will be
Wednesday January 30, 2019

Ottawa—Presentation

Thursday February 21, 2019
Banquet Room—5-8pm
Community Centre
Seniors 55+



Come on out to listen to shared experiences and stories

You must sign up for this evening event

Dinner will be supplied

Contact Becky Adams @ 519-3332-6770

Blanket Making with

Marion Waters

Limited to 10 participants for Seniors 55+

Cutting material

February 11
from 8:30—1

February 12 *from*
8:30—4:30

Please bring the following items:

- Sewing machine
- Flannel 44/45 inches
- 2 3/4 yards of Fabric A
- 1 1/2 yards of Fabric B
- 1 1/2 yards of Fabric C
- 1/4 yards each color of choice

Blanket size 45 x 60

****FLANNEL WORKS THE BEST****

Participants MUST have the ability to complete both sessions

Community Centre—Banquet Room

Seniors Coffee Drop-In

SENIORS COMPLEX

2-4pm

Come on out have a coffee and snack

Scheduled for

Jan 24, Feb 7 and March 21. 2019



Friendly Visiting Program



Do you feel you would like some company?

Need someone to come to your home and talk to over a cup of tea or coffee. Maybe like to play a game or do a craft? Or do you need some help with filling out forms or other tasks.

Please call Liz at the Health Centre

519-332-6770

A SFNS REGIONAL EVENT

ALL MY RELATIONS 2019

First Nations Arts, Language & Cultural Gathering

JANUARY 24 & 25



Day One

9:00 AM - 4:00PM
Language & Cultural Workshops
*Registration Required
6:00 PM - 10:00PM
Drum Social

Day Two

9:00 AM - 4:00PM
Arts & Culture DemoFest
*Registration Not Required
6:00 PM - 10:00PM
Concert

MAAWN DOOSH GUMIG COMMUNITY CENTRE

1972 Virgil Avenue, Sarnia, ONN7T 8E5 (Aamjiwnaang First Nation)

REGISTRATION IS OPEN!

Limited spots available for Day One Registration, register online at <https://sfns.eventbrite.com> or, contact the Event Coordinator

Detailed Day One agenda TBA

Concert lineup TBA

<http://www.sfns.on.ca>
 <https://bit.ly/2FfnXkO>
 <https://twitter.com/SFNS1992>



Hosted by:
Southern First Nations Secretariat (SFNS)

Funded by:



FOR MORE INFORMATION CONTACT:
Portia Shipman, Event Coordinator
events@sfns.on.ca • 1-800-668-2609



Aamjiwnaang First Nation - Instructional Hockey Program

5 to 9-year-olds

Learn the basics of skating, stopping, puck handling and shooting.

Session One: 6 sessions

The basics of skating will be at Mooretown Arena starting Friday November 9, 7:30 to 8:30

Session Two: 6 sessions

Basics of hockey, exhibition games and practices

January 21 to March 8, 2019

Applications Available
at the Community Centre

EQUIPMENT REQUIREMENTS

Helmet with mask or shield is a must (No bike helmets)

Hockey stick, Hockey gloves, Elbow pads, Shin pads, Hockey pants, Shoulder pads

Optional for session one: \$20.00

Instructional Skating and Hockey Program Schedule For 2018/19

Nov 9	7:30 -8:30	Instructional
Nov 30	7:30 -8:30	Instructional
Dec 7	7:30 -8:30	Open Skate
Dec 21	7:30 -8:30	Open Skate
Dec28	7:30 -8:30	Instructional
Jan 11	7:30 -8:30	Instructional
Jan25	7:30 -8:30	Instructional
Feb1	7:30 -8:30	Instructional
Feb 8	7:30 -8:30	Instructional
Feb 15	7:30 -8:30	Instructional
Mar 1	7:30 -8:30	Instructional
Mar 8	7:30 -8:30	Instructional

Bird House Workshop

We will be making Eastern Blue Bird Boxes!



At the Community Centre in the Arts & Crafts Room
 Saturday, January 26th. Starting at 10 AM

To register, contact Kyle Williams @ 519 336 8410 EXT. 287



**Southwest Ontario
 Aboriginal Health
 Access Centre**

**Traditional Healing Service
 January 2019
 Teyakohúhtya'ks**
 (Someone's Ears are freezing)

To Schedule appointments please contact:
 Chippewa and Outreach Kelly D. or Bev E. at 519-289-0352.
 London - Chanda D. 519-672-4079
 Delaware / Moraviantown - Lacey G. at 226-494-1787
 Windsor - Lacey G. at 519-916-1755
 Owen Sound - Charmaine J. at 519-376-5508

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 Farley Eagle Speaker, Chippewa Site. Miiigwetch/Yaw*ko/Thank you

Sun Yawatato-	Mon Yautatá:u	Tue Teknihatuht	Wed Asháhatuht	Thu Kayelihatuht	Fri Wiskatuht	Sat Atákta'
		1 <i>HOYAN</i> New years Day! Closed	2 <i>Singing & Drumming</i> 10am-3pm- Chippewa Drum Group 6-Spm -Chippewa	3	4	5
6	7 <i>Joanne Cheechoo</i> London	8 <i>Joanne Cheechoo</i> London <i>Elva Jamieson</i> Chippewa	9 <i>Elva Jamieson</i> London	10 <i>Richard Assinewai</i> Owen Sound	11 <i>Richard Assinewai</i> Owen Sound	12
13	14	15 <i>Joanne Cheechoo</i> Chippewa <i>Mocc Making- Windsor</i>	16 <i>Singing & Drumming</i> 10am-3pm- Chippewa Drum Group 6-Spm -Chippewa <i>Mocc making- Windsor</i>	17 <i>Sonny Hill</i> Chippewa <i>Mocc making-Windsor</i>	18 <i>Sonny Hill</i> London	19 <i>Sonny Hill</i> Windsor
20	21 <i>Richard Assinewai</i> Chippewa	22 <i>Richard Assinewai</i> <i>Aamjiwacang</i>	23 <i>Richard Assinewai</i> Kettle Point	24 <i>Richard Assinewai</i> London	25	26
27	28 <i>Sweat Lodge -Chippewa</i> 10am-3pm <i>Story telling- Windsor</i>	29	30 <i>Singing & Drumming</i> 10am-3pm- Chipp Drum Group 6-Spm, Ch	31		Please note Calendars are subject to change with Short notice

Spirit Names & Clan systems

With Richard Assinewai



Tuesday, January 22nd
9AM - 12PM
Aamjiwnaang Health Center
1300 Tashmoo Ave

Following the workshop Richard will be available for one on one sessions. To sign up for the workshop or book and appointment please call the Health Center at 332-6770.

KETTLE BELL WEIGHT EXERCISE CLASS



WHEN: Tuesday, January 8, 2019
 Tuesday, January 15, 2019
 Tuesday, January 22, 2019
 Tuesday, January 29, 2019

6:00 PM TO 7:00 PM

WHERE: AAMJIWNAANG COMMUNITY CENTRE
***OPEN TO ANYONE – MEN OR WOMEN 18**
THIS WEIGHT EXERCISE IS GREAT FOR STRENGTH BUILDING AS WELL AS AN OVERALL BODY EXERCISE!

For more information, please call Natalie or Gail N. at the Health Centre at (519) 332-6770.



MOORETOWN SPORTS COMPLEX

FAMILY SKATE N SWIM

SUNDAY'S

SWIM 4PM - 5PM
 DATES:
 JANUARY 20TH
 FEBRUARY 3RD, 17TH

SKATE 10:45AM - 12PM
 DATES:
 FEBRUARY 10TH

FOR MORE INFORMATION PLEASE CONTACT ROBERTA BRESSETTE @ 332-6770



Thank You

Thank-you Emma Plain!
 For the donation of venison
 in December!

Very much appreciated from
 "The Seniors of Aamjiwnaang."



Aamjiwnaang Notification System
Noondan Gezhawebaa
(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.

It is important to acknowledge the notifications if you are already signed up!!

If you hear a siren go inside and listen to the radio!

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



Corn husk Doll Making Workshop

With Samantha Doxtator



AT The Aamjiwnaang Health Center

Wednesday, January 30th
9:00AM - 4:00PM



*15 participants maximum.
Call today to sign up.*

Corn husk doll making with teaching
Lunch provided.

To sign up please call the Health Center @
332-6770.



Sweat Lodge (Co-ed)

Jordan Williams-Whiteye
Conducting Ceremony

January 19th, 2018
5:30PM Start time, Please arrive early!
Maawn Doosh Gumig Community Centre

Women bring skirts
Bring your sema (tobacco)
Feast after Ceremony

Everyone Welcome, Rides Available call: 519-332-6770
Please call Alphonse Aquash for more information:
519-490-5956

Food Banks

Aamjiwnaang First Nation
Health Centre
Food Bank: Mondays: 9am- 12 noon
Thursdays: 1pm- 4pm

St Vincent de Paul Help Centre 519 338-1058
228 Davis. St., Sarnia
Food Bank: Monday & Wednesday 11am- 3pm
Friday 1pm- 4pm

Salvation Army 519 344-1142
970 Confederation. St., Sarnia
Food Bank: Tuesday to Friday 1pm- 3:30pm

Inn of the good Shephard 519 344-1746
115 John St., Sarnia
Food Bank: Monday to Friday 9:30- 11:15am

Wiikwemkoong Chase the Ace



Next Draw: Wednesday at 6:45pm

Tickets are \$5.00 each

Sales close at Sundays 9pm

EMT: n_d_n00@hotmail.com

Proceeds will be going towards Darrius' Hockey registration with Draftday Canada that will be travelling to the European Summer Series in Finland & Sweden July 2019

Numbers left to pick

1	2	3	4	5	6	7	8	9	10
11	12	✗	14	15	16	17			
18	19	20	21	22	23	24			
✗	26	27	28	29	30	31			
32	33	34	35	36	37	38			
39	40	41	42	43	44	45			
46	47	48	49	50	51	52			

Creative Native is back!!!

Here are a list of the following dates:

Moccasins February 8, 2019
 February 15, 2019
~~February 22, 2019~~ **No class**
 March 1, 2019
 March 8, 2019
~~March 15, 2019~~ **No class**
 March 29, 2019

Held at the Health Centre from 10-noon

Please call Amy to sign up at 519.332.6770

'Healthy'

Hot Soups

Class

When: Thursday, Jan. 24, 2019
 11:00 am – 1:00 pm

Where: Health Centre
 Open to anyone 18+!

Come on out and learn a new healthy soup recipe for those cold, snowy days!

Call Natalie or Reception at the Health Centre at (519) 332-6770 if interested in attending.



Dago Maajiigoog Binoojinyag

“Little Spirits Growing Together”

January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Friendly Reminder: Sign up must be done in drop in room (no calls or fb) </div>	
13	14	15	16	17		
20	21	22	23	24	25	26
27	28	29	30	31		

Call Paula for Transportation 226-349-2427

THE HUB EVENTS CALENDAR

DECEMBER 2018



The HUB is open from Monday – Saturday from 3– 8pm. For more information call 519-491-5579

The HUB is located at 350 Indian Road South in Sarnia, within St.Lukes Church. The HUB is operated by Sarnia Lambton Rebound.

Saturday

1

Decorating our Christmas Tree! @6pm



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
closed	3 Hair w/Natasha @6pm Concurrent support 3-4:30 NP Beth @ 3	4 Therapeutic Dream Catchers w/Tyson @6pm Housing w/Sue 3:00pm	5 WDM w/Josh @6pm ON-SITE Intakes w/ Goodwill Career Centre 4-6pm	6 Expressive Arts Therapy w/Barb @6pm	7 Team building and gingerbread houses w/ Molly @6pm	8 Smoothie Night @6pm
	10 Knitting w/the UCW @6pm Concurrent support 3-4:30 NP Beth @ 3	11 Baking w/Judy @6pm Housing w/Sue 3:00pm	12 DIY Christmas crafts w/Sheila @6pm 3-4 CMHA Support	13 Let's talk about Payday Loans & the law! W/Margaret @6pm	14 LGBTQ+ w/ Julie @6pm 	15 Bingo Night @6pm
	17 Christmas trivia w/Steph @6pm Concurrent support 3-4:30 NP Beth @ 3	18 Take home Christmas jewelry gifts w/ Cheryl @6pm Housing w/Sue 3:00pm	19 Making Christmas bulbs w/Jaylene ON-SITE Intakes w/ Goodwill Career Centre 4-6pm	20 CLOSED for staff Christmas	21 Native Friendship Centre Christmas gifts w/Dylan @6pm	22 Our Christmas Dinner & Santa is coming! @6pm
	24 Open 3-6pm	25 CLOSED for Christmas	26 CLOSED for Christmas	27 Karaoke Night @6pm	28 Bring a friend Friday for games night and receive a gift! @6pm	29 Pizza & a movie @6pm
	31 Open 3-6pm	<p>The HUB is a safe open space for youth ages 16-24 to:</p> <ul style="list-style-type: none"> access community services to meet other youth hang out get a hot meal take a hot shower do laundry and much, much more 				



WILLARD WILLIE WILLIAMS



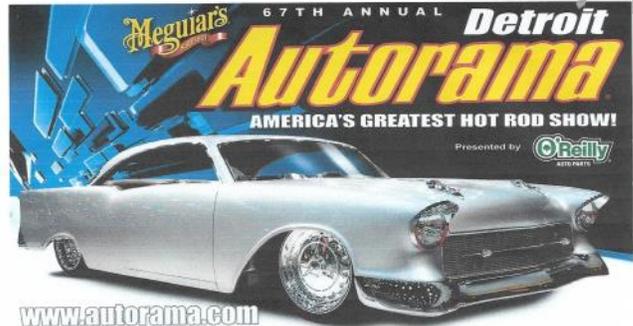
Contact Maureen (Mo) Young on Facebook or Willie at 519-332-6771 or 519-384-1957 willie@cogeco.ca

Little Native Hockey League hosted by Aamjiwnaang



March 10 - 14, 2019

Badder Coach Bus, 4 Nights at Hilton Garden Inn Matheson Blvd, Mississauga with 2 - Queen Beds in Room. Free Wi-Fi and 25% Off Breakfast
 2 in a Room is \$650 per Person
 3 in a Room is \$470 per Person
 4 in a Room is \$400 per Person
 \$100 Deposit secures your spot. Contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca



www.autorama.com
MARCH 1-3, 2019 • COBO CENTER

\$75 CDN Per Person
Saturday March 2nd, 2019

Includes: Ticket, Preferred Coach Bus, and Goodie Bag, Stopping at Walsh's Party Store, Soft-Sided Coolers Allowed. Also we will be stopping at Anita's in Marine City for Supper. Bus leaves Bad Dog Corunna at 8:00am SHARP and Food Basics at 8:30 am SHARP. Contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca

WEEKEND OF NLL LACROSSE

with



SARNIA'S KYLE JACKSON

March 15-17, 2019

Georgia Swarm vs Knighthawks - March 15th in Rochester, NY
 Toronto Rock vs Knighthawks - March 16th in Toronto
 Includes; Limo Bus, Hotel Rooms at Rochester Riverside & Novotel, Toronto. And ticket's to both Games Lower Level at Blue Cross Arena, NY & Air Canada Center, Toronto
 4 in a Room - \$400 Per Person
 3 in a Room - \$440 Per Person
 2 in a Room - \$520 Per Person
 Single is \$770
 All Prices are in Canadian Funds
 Bus leaves Maawn Doosh Gumig at 8:30am SHARP & Clearwater Arena at 9:00 am SHARP.
 Contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca

DAYS OF WINE & CHOCOLATE

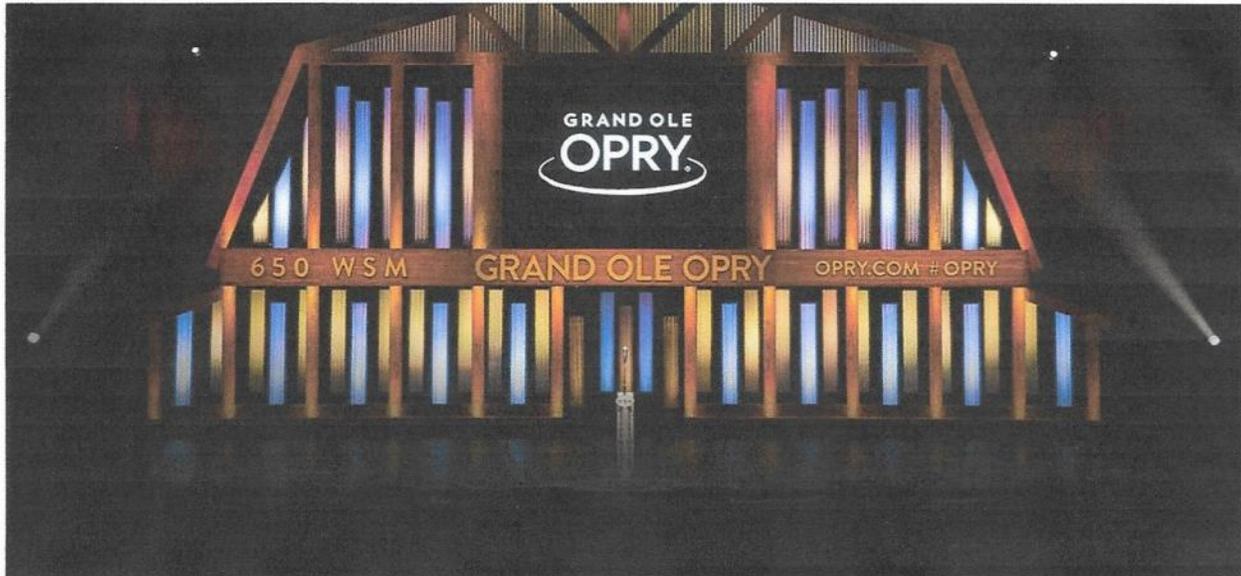
February 22-24

Includes: Limo Bus, Two Nights at the Comfort Inn in St. Catherines, Wine Tasting and Instruction at 13th Street Winery in St. Catherines, Friday, Ticket for Days of Wine & Chocolate at Niagara on the Lake Winery's, Dinner on way home on Sunday.
We will be visiting the following Winery's:
 Coyote's Run, Inniskillin, Jackson-Triggs, Joseph's, Konzelmann, Peller, Rief, Small Talk, Wayne Gretzky's, 13th Street.
 4 in a Room - \$350 Per Person
 3 in a Room - \$370 Per Person
 2 in a Room - \$420 Per Person
 \$470 for a Single
 Bus leaves Bad Dog Corunna at 8:30 am and Food Basics Sarnia at 9:00 am. Contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca

WINE & CHOCOLATE TASTING WITH TICKET AT NIAGARA WINERY'S

WILLARD WILLIE WILLIAMS**ROAD TRIP!**

Contact Maureen (Mo) Young on Facebook or Willie at 519-332-6771 or 519-384-1957 willie@cogeco.ca

**Nashville - Sept. 29th - Oct. 3rd 2019**

Coach Bus, 4 Nights Accommodation at "Embassy Suites Vanderbilt" Nashville with Breakfast and 2 Hour Managers Party including Appetizers and FREE Adult Beverages each day, 2 Queen Beds, and Sofa Bed in each Room. Ticket's to Grand Ole Opry, Nashville Predators Hockey Game and Dinner at Blake Shelton's Restaurant "Ole Red", Nashville and Lunch going to and from Nashville at the Golden Corral, Dayton Ohio. 4 in a room \$755 US, 3 in a Room \$825 US per Person and 2 in a Room \$965 US per Person. Bus leaves Bad Dog, Corunna at 5:00 am SHARP, Maawn Doosh Gumig at 5:30 am SHARP and Food Basics at 6:00 am SHARP. Contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca A \$300 US Deposit secures your spot. :) With remainder due August 6th, 2019.

WILLARD WILLIE WILLIAMS



Contact Maureen (Mo) Young on Facebook or Willie at 519-332-6771 or 519-384-1957 willie@cogeco.ca

RAFTING THE GRAND-RIVER



Sunday, August 4th

\$130 CDN

Coach Bus, Turbo Raft tube, life jacket, floating dry bag and shuttle ride. Food at Legends Sports Bar, and Shirt. Small Soft Sided Coolers allowed on Bus. Bus leaves Bad Dog Corunna at 7:30 am SHARP and Village Gardens at **8:00 am SHARP**

Contact Willie at 519-332-6771 or 519-384-1957.
E-Transfer to willie@cogeco.ca



@ Comerica Park, Detroit

DETROIT vs TORONTO
TIGERS BLUE JAYS

Sun. July 21st, 2019 @ 1:10pm

\$170.00 CDN

Includes: Coach Bus, Ticket's (Pavilion & Sec. 148)
The Chevrolet Pavilion is the only all-inclusive party area located on the lower level (behind section 148 under the scoreboard).

The Chevrolet Pavilion hosts 50-65 guests.
Chevrolet Pavilion Parties include game tickets in the exclusive Pavilion Patio and an all-star buffet.

Buffet includes: Hot Dogs, Boneless Chicken Wings, Little Caesars Pizza (served in the 5th inning), Vegetable Spring Rolls, Lay's Potato Chips, Pepsi Products/Aquafina, Domestic Beer and House Wine. Food is served rain or shine. Food service starts when gates open and runs until the 7th inning or 2 hours after the regularly scheduled start time. Bus Leaves Bad Dog Corunna at 9:00 am Sharp and Food Basics at 9:30 am Sharp. For tickets contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca



Taco Sale!

Friday, January 18th, 2019
From 11 until sold out!

Tacos = \$7.00
Pop/Water = \$1.00
Jackie Joseph
1206 Tashmoo Ave. Unit #4

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J	O	H	N	N	Y	C	A	S	H		S	P	A	Y		
E	L	I	C	I	T			H	A	N		L	M	N		
C	A	L	I	X		A	D	A	N	O		I	M	Y		
T	H	E	N			S	T	A	T		N	I	C	E	R	
					N	A	T	T	Y		R	O	N	A	L	D
					G	A	R	Y	U	S	B	O	N	D	S	
G	A	S	T	A	X			I	S	T	O	O				
A	S	T	I	R		G	N	M	A		O	L	E	S		
L	T	R			A	M	I	N	T		D	R	O	I	T	
L	A	I			T	E	L				C	O	P	U	L	A
E	I	N	E			E	D	D	I	E	M	O	N	E	Y	
O	R	G	S			S	E	I	K	O		O	G	E	E	
N	E	S	S			E	D	G	E	S		L	E	N	D	



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

If anyone is wishing to be baptized, please call Pastor Brenda at 519-336-6216

Sunday School will begin again at 10 am.

NEEDED - PIANIST

Musician to play the piano or organ, each Sunday and on special occasions. Payment provided. Please inquire.

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 984 Tashmoo Ave.,
 Sarnia, ON N7T 7H5



Rev. Brenda Mac Main
 Church Phone: 519.344.6119
 Home Phone: 519.336.6216
 stclairunited@rogers.com

ATTENTION:
AAMJIWNAANG HUNTERS:



Are there any hunters that can donate Venison to the Seniors program?

**If so, please contact Peggy Rogers at 519-332-6770, ext. 312
 Miigwetch! Greatly appreciated!**

Verse of the Day

James 3:1-12

Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check. When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison.

With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring? My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

It's been estimated that the average person speaks around 16,000 words per day. Working on the basis that we sleep for approximately 8 hours, that means the average person will speak 1000 words per hour which equates to about 16.5 words every minute. I wonder how many of the 16,000 words I utter today I will be pleased with and how many I will wish I hadn't said? I wonder how many of those 16,000 words I would say again and how many I would delete from the script?

The average size of the human tongue is 10cm. The passage we are considering today seeks to show us how much potential there is in something so small. It has an ability beyond its size to both tear down and build up.

I listen to North Korea and America both firing words at each other and I'm reminded how those words are able to bring about global unrest. Then I remember the words of Martin Luther King in his famous speech, 'I have a dream,' which brought about incredible change for the betterment of humanity, and how those words are still in the minds of many today. I consider the serpent's words in the garden of Eden, 'Did God really say...?' which initiated our separation from God. And then I read those incredible words of Jesus on the cross, 'It is finished,' announcing the greatest moment in history: Jesus taking the punishment for the whole world. Our tongue really does have incredible potential.

I remember a wise older man once saying to me, 'Mark, it's better to keep your mouth shut and have people think you a fool than open it and remove all shadow of doubt.' That makes me smile and also challenges me. I want my words to match what people think about me – but in a good way!

So many of the thousands of words we use are in the moment and unplanned, but wouldn't it be amazing if we could think more before we speak? It would be good today, and through this week, to make a proactive decision to only speak what builds up and encourages. What if we could believe that with God's help we would speak only words that value people and honour God?

Today's blog was written by Mark Greenwood

The Lighthouse Church
Prophectic
 Ministry Service



Bart De Vries *Carmen De Vries*

Saturday January 19th 2019
 United Church - 978 Tashmoo Ave
 Aamjiwnaang Reservation
 7pm

"Continuing to Serve Faithfully"
 Matthew 25:23

For more information contact Crystal Dowling 226 886 3812

What's in Your Water?



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

Water is tested for turbulence and free chlorine and then sent away to lab to test for E.Coli and other testing. These tests are done weekly please call Liz at Health Centre if you would like her to come to your home and test your water.

The Lighthouse Church

TUESDAYS
6:30 PM

Worship * Praise * Testomonies * Childcare * Fellowship

Matthew 28:19-20
 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

978 Tashmoo Ave | United Church | Aamjiwnaang Rez

Visiting Pastor Jenny George | Crystal Dowling | 226 886 3812

Womans STUDY

Thursdays at 7pm

123 Maness Court
 Sarnia Reservation
 Crystal Dowling 226 886 3812

Group of ladies that gather together in prayer and study. Topics may include but are not limited to Family, Marriage, Divorce, Children and The Home. Our study is looked at from a biblical point as we relate with one another and support eachother though lives mountains and valleys.

Mino Dbishkaayin-Happy Birthday

Byron	Bird	Jan.	18	Danielle	Bird	Jan.	26
Betty	Gray	Jan.	18	Jocelyn	Hajas	Jan.	26
Brady	Medeiros	Jan.	18	Christen	Hignett	Jan.	26
Natalie	Nahmabin	Jan.	18	Victoria	Maydwell	Jan.	26
Mazl	Ohayon	Jan.	18	Taylor A	Plain	Jan.	26
Sienna	Pego	Jan.	18	Silas	Sanderson-Gray	Jan.	26
Audrey	Williams	Jan.	18	Lacey	Williams	Jan.	26
Raven	Williams	Jan.	18	Sebastian	Adams	Jan.	27
Roger	Bourque	Jan.	19	Patricia	Glauner	Jan.	27
Sadie	Buchanan	Jan.	19	Jessica Anne	Gray	Jan.	27
Sharren	Fisher	Jan.	19	James	Plain	Jan.	27
Malysa	Williams	Jan.	19	Trenton	Rogers	Jan.	27
Maverick	Alvert	Jan.	20	Mary Lee	Schmidt	Jan.	27
Holly	Foster	Jan.	20	Anthony	Williams	Jan.	27
Tiffany	Gilbert	Jan.	20	Sydney	Bird-Little	Jan.	28
Noal	Grondin	Jan.	20	Lance	Rising	Jan.	28
Alexander	Maness	Jan.	20	Shaylee	Doxtator	Jan.	29
Brandon	Nahmabin	Jan.	20	Phyllis	Fisher	Jan.	29
Ernest	Plain	Jan.	20	Courtney	Hubert	Jan.	29
Joshua	Plain	Jan.	20	Norma	Maness	Jan.	29
Heather	Robertson	Jan.	20	Michael	Meza	Jan.	29
Anikka	Witting	Jan.	20	Alan Dale	Plain	Jan.	29
Christopher Lloyd	Flegg	Jan.	21	Melissa	Ramsay	Jan.	29
James	Gray	Jan.	21	Carole	Rose	Jan.	29
Tirah	Oliver	Jan.	21	Tannis	White	Jan.	29
Bertram	Partin	Jan.	21	Julie	Plain	Jan.	30
Carrie	Plain	Jan.	21	Wilson	Plain Jr.	Jan.	30
Corrie	Plain	Jan.	21	Jaiden	Aviles	Jan.	31
Barry	Bird	Jan.	22	Tanisha	Cottrelle	Jan.	31
Sylvia	Kearse	Jan.	22	Lorna	Hubert	Jan.	31
Corina	Lawrence	Jan.	22	Skye	Lawrence	Jan.	31
Cassidy	Nahmabin	Jan.	22	Lynda	Rogers	Jan.	31
Deon	Wrightman	Jan.	22	Theodore	White Jr.	Jan.	31
John Darren	Adams	Jan.	23	Zoey	Wilson	Jan.	31
Donald	Gray	Jan.	23				
Lynda	Hajas	Jan.	23				
Dawn	Carter (was Kulanda)	Jan.	23				
Rachel	Jones	Jan.	23				
Sandra	Lacroix	Jan.	23				
Sandy	Waring	Jan.	23				
Harold	Zee	Jan.	23				
Randy	Bourdreau	Jan.	24				
Lillian	Bressette	Jan.	24				
Alaric	Campbell	Jan.	24				
Chance	Maness	Jan.	24				
Kyle	Maness	Jan.	24				
Midajah	Rogers	Jan.	24				
Denay	Shaw	Jan.	24				
Donovan	Fisher-Cristovao	Jan.	25				
David	Nahmabin	Jan.	25				
Janice	Nelles	Jan.	25				
Marcellus	Plain	Jan.	25				
Connie	Rogers	Jan.	25				
Anthony	Williams	Jan.	25				
Malikia	Williams	Jan.	25				
Raisa	Williams	Jan.	25				



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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>
- A. N'Amerind Friendship Centre (London), <http://www.namerind.on.ca/>
- B. **Anishnawbe Health Toronto**,
<http://www.aht.ca/>
- A. **SOAHAC** London, Chippewas of the Thames, Owen Sound, <http://www.soahac.on.ca/>
- B. **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/>



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Brian Bois (alternate)
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Phone: 519-491-2160 or Fax: 519-491-0912
E-mail: editor@aamjiwnaang.ca

The next issue is due out on
Friday, February 1st, 2019
The deadline for submissions is
Tuesday, January 29th, 2019 at 4:30 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
If you have stories that you would like to share, please submit them
to the Editor at : editor@aamjiwnaang.ca



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