



The Aamjiwnaang First Nation

CHIPPEWA TRIBE-UNE

Issue No. 19:8

Date: April 26, 2019

Editor: Shawnacey Fay

*Mother's
Day*
BRUNCH
& CRAFT

FRIDAY, MAY 10TH
10:00AM-12:00PM

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

Space is limited.

MAAWN DOOSH GUMIG
1972 VIRGIL AVE.
AAMJIWNAANG



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, May 20, 2019 by 5 PM

Your information is due by:

Tuesday, May 14th, 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.



AAMJIWNAANG FIRST NATION
CHIPPEWAS OF SARNIA
Band Council

978 Tashmoo Avenue
Sarnia, Ontario
N7T 7H5
Phone: (519) 336-8410
Fax: (519) 336-0382

April 9, 2019

NOTICE

TO MEMBERS OF AAMJIWNAANG WHO ATTENDED INDIAN DAY SCHOOLS

RE: Indian Day School Class Action

Dear Members:

Chief Christopher Plain has been in contact with Gowling WLG (Canada) LLP. They are lawyers handling the class action suit with respect to the Indian Day School. "McLean v Canada is a Class Action lawsuit against the Canadian government for the abuses suffered by students who were forced to attend "Indian Day Schools" across Canada after 1920. This is the first national Class Action seeking compensation for Indian Day School students and their families."

Gowling WLG has agreed to visit Aamjiwnaang for an information meeting. Chief Plain will be providing more information on this meeting as soon as it is available.

If you wish to register for this Class Action database, THE INDIAN DAY SCHOOL CLASS ACTION REGISTRATION FORM must be completed. **The representatives from Gowling WLG, will be able to assist you in filling out the form.**

Watch for updates on this important matter.

Aamjiwnaang Chief and Council

NOTICE: Aamjiwnaang Community

We are looking for people interested in helping to organize our 58th annual Pow wow.

Anyone interested please leave your name and contact number at the Maawn Doosh Gumig Community and Youth Centre.

We can be reached at: 519-491-2160

V O L N T E E R

All that's missing is U!

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

Celebration of Marriage



Chief, Council and Aamjiwnaang are Celebrating couples that have been Married for 25 years, or more. If you know of, or a part of one of these awesome couples let us know! Call the Community Centre to sign up for this evening of entertainment.

Date: May 30th, 2019

When you call to sign up, we would like your anniversary date, and any photos you have of the happy couple.

Front Desk 519-491-2160



CHIPPEWA INDUSTRIAL DEVELOPMENTS LIMITED

TELEPHONE
(519) 336-9053
FAX (519) 339-9079
www.cidl.net

4-1000 Degurse Dr

Sarnia, Ontario

N7T 7H5

Aamjiwnaang Community,

April 17, 2019

The gas bar at the CIDL Park is planning a construction project of replacing the underground storage tanks. The scheduled start date is **May 21, 2019**. During this period all thru traffic will be prohibited. All Traffic must go through Williams drive to exit and enter the industrial Park. The project is scheduled to last approximately 3 ½ weeks. The attachment is the ONE direction flow of traffic planned during construction period. The attached is the map of the traffic flow plan. Please follow the flow chart to avoid congestion as much as possible. With that said, the gas bar shop **WILL** be open for business, however, will **NOT** be selling gasoline. Any questions at all, stop in or please call our office.

Thank you

Ed Gilbert

Corporate Manager

Chippewa Industrial Developments Limited

519-336-9053 (office)



AAMJIWNAANG FIRST NATION

EMERGENCY PLANNING

Office – (519) 336-8410



TORNADO

Did you know Ontario has an average 12 tornadoes a year? Most tornadoes occur between the months of May and September. Tracking where they will hit is more difficult to calculate. From the extreme southwest of the province to the farthest northern tip, a tornado can strike anywhere. Think about that when you are building your family emergency plan and discuss these safety tips with your entire household to ensure everybody knows what to do in a tornado.

What is a tornado?

A tornado is a powerful column of winds spiraling around a centre of low atmospheric pressure. Also known as twisters, tornadoes often appear behind a shroud of heavy rain or hail in a sky that is green, yellow or black. A tornado can form quickly. They descend as roaring funnel clouds that can move at speeds of up to 90 km/h. Very large thunderstorms can spawn multiple tornadoes or a single tornado with a number of smaller but destructive vortices within it. Tornadoes typically snake erratically from southwest to northeast. They can last for a few minutes or a few hours, and usually leave a path of destruction in their wake. The strongest tornadoes, which rank as an F5 on the Fujita scale, boast winds of just over 500 km/h.

General Tips

If you are indoors:

- The safest place to be is an underground shelter, basement or safe room.
- If there is no basement, go to the centre of an interior room on the lowest level away from corners, windows, doors and outside walls. Put as many walls as possible between you and the outside.
- Get under a sturdy table and use your arms to protect your head and neck.
- Do not open windows.

If you are outdoors:

- Do not wait until you see the tornado to get inside.
- If you are caught outdoors, lay flat in a nearby ditch or depression and cover your head with your hands.
- Do not get under an overpass or bridge. You are safer in a low, flat location.
- Watch out for flying debris.

If you are in a mobile home:

- Go to the nearest sturdy building or shelter immediately. Mobile homes, even when tied down, offer little protection from tornadoes.

To sign up for the **Aamjiwnaang Notification System**, visit to the Aamjiwnaang website, www.aamjiwnaang.ca and follow the links to the Emergency Planning page. Click on the sign up link. You can also sign up from the 'Aamjiwnaang First Nation Emergency Planning' page on Facebook.



AAMJIWNAANG
NOTIFICATION SYSTEM
 NOONDAN GEZHAWEBAG
 (to hear what will happen)





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 – OR –

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**

Aamjiwnaang Health Centre

**Naloxone Kits +
Safe Supplies**

**FREE
OFFER**

Location: Health Centre

Time of Operation: 8:30 — 4:30

No appointment needed. No questions asked.

If you or someone you know is affected by opioid addiction, come and pick up TWO FREE DOSES OF NASAL NALOXONE from the Health Centre today. Our team can teach you how to recognize an overdose, how to react if someone is overdosing, and where to find substance abuse help afterwards. Appointments are not needed; walk ins welcomed. Our health team will not question your drug use or the use of other individuals. We also provide clean supplies, sharp containers, and safe use tips.

For any more questions or concerns,
please contact Rhona Stewart or Kayla Joseph
at the Health Centre.



P. 519-332-6770

Email:

**kjosephaamjiwnaang.ca
Or
rstewart@aamjiwnaang.ca**

FYI – Lambton Elderly Outreach: Announcement

RESPITE SERVICES* New Pricing*

Effective February 1st, we can offer reduced rates for Respite Services. New decreased rates: \$10.00 per hour for up to 30 hours per month. Additional hours are available at our Personal Support Services rate of \$20.00 per hour. If you are needing help with Respite Services, please feel free to contact us at:

Lambton Elderly Outreach

Monday to Friday 8 – 4:30 pm

1-519-845-1353

2019-2020 Seniors New Horizon Project Truth & Reconciliation – Moving Forward Thursday April 25th, 2019 Community Center Room B/C

The goal of this project is Healing of the past trauma from colonization and residential schools.

The Senior led program will incorporate traditional beliefs and values to provide wellness and healing. Activities and Events will include and be open to all community members.

We need senior ideas to share and promote, culture, ceremonies, teachings, and culture-based activities.

I will be writing down your ideas that you the seniors create. Your ideas matter so please come on out and share, we will be having a working dinner. (Roast Beef)

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!**

NOTICE - SPRING CLEAN-UP NOTICE!

**SPRING CLEAN-UP WILL BE HELD:
April 29, 2019 - May 3rd, 2019.**

Please have all your unwanted items piled by the road to ensure that the maintenance crew can easily remove it.
(Please note: this may go for two weeks if needed)



NOTICE - Band Members

Home and Community Care would like for people to return any items borrowed from the loan cupboard that are not needed. Items like walkers, slider boards, commode chairs, etc. Also to ensure reception or Home care program team know when items are brought back.

If items need to be picked up call Ashley or Robin at 5193326770 ext. 314.

Greatly appreciated thank you!

AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA

EMPLOYMENT OPPORTUNITY

Position Title: Registered Early Childhood Educator

Location: Sarnia, ON

Duration: 1 Year Contract

Posting Closes/Deadline: May 3, 2019

Position Summary:

The Early Childhood Educator will provide a quality caring and supportive child care program to members of the Aamjiwnaang community. You will be responsible for the academic, social-emotional growth and development of all children in your care, which may include infant/toddlers and/or preschool age children; develops partnerships with parents and caregivers, in accordance with the goals and curriculum plans of the centre and the philosophy and policies of the Centre and in compliance with the Child Care and Early Years Act. This position reports to the Child Care Centre Supervisor.

Responsibilities:

1. Plan, carry out, and assess developmentally appropriate activities and experiences in harmony with the centre's philosophy
 - Provide a daily balance of active/quiet, indoor/outdoor, and individual/group activities
 - Establish and carry out a daily activity schedule that incorporates child directed activity, care routines and transition times
 - Organize space, equipment and materials before activities
 - Assist children in expressing themselves by listening and responding with questions or comments that extend conversations
 - Use a variety of teaching techniques including modelling, observing, questioning, demonstrating, and reinforcing
 - Encourage and assist children to practice self help daily
 - Plan and carry out experiences that foster an understanding of a variety of cultures and value systems
 - Provide opportunity for child directed play experience
 - Plan and carry out activities that encourage problem solving
 - Provide experiences and play materials that actively promote diversity and acceptance in interactions and attitudes
 - Participate in short and long term planning and evaluation and staff program reviews
 - Learn and use the activities and skills provided to assist children in developing the necessary coping skills for addressing unique life issues
2. Individualize the curriculum
 - Set Observe how children use materials and interact with each other and adults
 - Use observations to expand play and plan activities that recognize individual difference
 - Initiate referrals or additional services for parents and children
3. Ensure guidance of children's behaviour that encourages positive self-concept
 - Set reasonable behaviour expectations consistent with center's philosophy and policies
 - Provide positive guidelines such as redirecting, positive language, and positive reinforcement
 - Immediately address problem behaviour without labelling the child
 - Follow behaviour guidance and policies established by the centre and consistent with accepted practice in the field
4. Ensure the child's environment is healthy and safe
 - Follow the centre's procedures for administering medications and maintaining health records
 - Report all accidents, injuries and illnesses to the supervisor or delegate and record such incidents in the daily log book and as a serious occurrence if necessary
 - Monitor the environment for hazards
 - Update self daily on children's allergies and other special conditions
 - Establish daily eating routines that are fun for children
 - Attend to children's physical needs for toileting, diapering, eating and sleeping as promptly as possible

5. Ensure positive communication with parents
 - Plan for parent conferences
 - Discuss the programs daily events and the child's daily progress with parents
 - Accommodate the parent's instructions for daily routines when possible within group routines
 - Encourage parents to participate whenever possible

6. Contribute to the ongoing operations of the centre
 - Follow licensing requirements
 - Carry out the responsibilities assigned to you
 - Attend regular staff meetings
 - Maintain confidentiality of all information related to the centre's children, their parents, and staff
 - Plan and carry out annual personal development
 - Keep up to date with early childhood advocacy developments
 - Maintain regular attendance and punctuality

7. Promote the centre within the community
 - Actively participate in Aamjiwnaang staff activities whenever possible
 - Maintain a positive working relationship with other Aamjiwnaang staff and others who work within the building

Knowledge, Skills and Abilities:

- Believes in and practices the mission, goals of the program
- Ability to build trust and positive relationships with families in the program
- Act as a role model of appropriate behaviour
- Ability to work cooperatively as a member of the childcare team, facilitating a team environment through personal behaviour, work contributions and the sharing of expertise and knowledge
- Participates in the developing of new ideas and methods for program enhancement and has the ability to adjust and adapt to changes
- Ability to be energetic, resilient and maintains a sense of humour when personal resources challenged
- Achieves results with positive outcomes for children in the program
- Effective interpersonal skills under all types of conditions, exhibiting a supportive, positive approach
- A high degree of personal initiative with good planning and organizational skills
- Maintains timely and accurate files
- Continuing personal and professional development in related areas
- Ability to lift (up to 25 kg)

Requirements:

- Post Secondary Diploma in Early Childhood Education
- Current ON Registration (College of ECE)
- Sensitivity to Native issues

APPLICATION PROCESS ON PAGE 12

AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA

EMPLOYMENT OPPORTUNITY

Position Title: Personal Support Worker (PSW)

Location: Sarnia, ON

Duration: Contract up to 18 Months

Posting Closes/Deadline: April 29, 2019

Position Summary:

To deliver homecare to the Aamjiwnaang First Nation community members. Homecare services include: Respite care, housekeeping services, meal preparation, personal care, assistance with routine activities of daily living, simple non-nursing bedside care, and childcare for children whose regular care taker is absent or recovering as a result of illness or accident. Reports to and works under the direction of the Home and Community Care Program Manager

Responsibilities:

- Experience and knowledge in meeting the needs of clients and /or families.
- Following the care plan, observing and reporting any substantial findings and/or changes in the client's behavior to the appropriate member of the healthcare team.
- Working under the supervision of a Registered Healthcare Professional such as a Registered Nurse (RN) or a Registered Practical Nurse (RPN).
- Performing delegated tasks (only if they are trained to perform the delegated task).
- Assisting with ambulation, positioning and transferring using mechanical lifts.
- Assisting or providing total personal care such as toileting, bathing and perineal care.
- Assisting with eating, dressing and grooming.
- Documentation of Activities of Daily Living (ADL's) and other findings.
- Reporting behavioral and clinical changes to a Registered Nurse, Registered Practical Nurse, Resource Nurse or Manager.
- Self-actualization by helping client reach maximum potential.
- Sensitive to the well-being of children, families, and those who are elderly, handicapped, disabled, ill or convalescent.
- Ability to teach basic homemaking skills through instruction and demonstration.
- Ability to use their homemaking skills in a simple, practical manner.
- Ability to maintain therapeutic relationships.
- Overall competency in working under pressure.
- Experience in providing general care and support.
- Knowledge of home care services.
- Proficient in written and oral communication.

Knowledge, Skills and Abilities:

- Ability to work independently and as part of a team
- Ability to work with diverse and high-risk populations
- Strong interpersonal skills
- Ability to follow oral and written directions well
- Ability to adapt to changing needs of clients

Requirements:

- Personal Support Worker (PSW) Certification from a recognized educational institution
- Grade 12 or equivalent
- Police record check (CPIC) current, within 2 years
- Immunizations current

- CPR and First Aid certificate
- WHMIS training
- Safe Food Handler's certificate
- Gentle Persuasive Approach certificate
- High level of appreciation and sensitivity to Indigenous issues, beliefs, and values
- Must have reliable transportation
- Available to work flexible hours, including evenings and weekends

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
HumanResource@aamjiwnaang.ca
Or
519-336-0382 fax

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

FOR MORE INFORMATION CONTACT
BARB AT: 519-336-8410 EXT 227

LOOKING TO START, SUSTAIN OR GROW A BUSINESS?
APPLY FOR FUNDING THROUGH THE:
**AAMJIWNAANG FIRST NATION 2019
ENTREPRENEURIAL FUND**

believe
SUCCEED

yes, you
CAN!

APPLICATIONS
ACCEPTED TILL JUNE
28, 2019

NOTICE

Anyone interested in helping to plan the Solidarity Day activities, we are having a planning meeting on Thursday May 2nd, at 6 pm at the Community Centre.

Everyone Welcome!

If you can't attend this meeting and still interested in helping, leave your name and number at the Community Centre – 519 491-2160





FINEART SCAPE DESIGNS

Aaron Plain
O w n e r

CONTACT

PHONE:
519-330 -0400

WEBSITE:
www.fineartscapedesigns.com

EMAIL:
fineartscapedesigns@gmail.com

Landscape Design and Build Training Program.

On-site, Hands on Training!

May 20th, 2019 is the First addition of FineArtscape Designs on-site Training and information Sessions.

All candidates will be given the opportunity to participate in a full \$15,000 landscape installation. All participants will be involved in the full installation process. We will be exploring the design and basic installation practices of a full residential landscape installation.

This Project touches on all major aspects of a full landscape Design and Installation of:

- Retaining walls
- Patio - Pavers
- Firepit
- Natural stone edging
- Accenting Stone and Boulders
- Plant Selection and Planting
- Full Two-tiered Garden

We want everyone engaged in the Process and Procedures involved in a full landscape installation. We will be Covering:

- Health and safety
- PPE and personal gear
- Tools, machine operation and safety
- Materials ordering and timing
- Installation preparation and marking
- Plant Selection and Horticulture
- Process and design on the fly – working with a natural environment
- Wall stone and Paver Stone Installation
- Natural Stone Edging
- Tree and Shrub: Proper Planting/Pruning
- Accent stone – Boulder installation
- Mulching
- Process of completing a job

***Only Requirement: Steel toe boots and Drivers licence**

5-9 Positions available.

This will be a Four to Five-day Training Program.

Dead line For Submission is May 6th, 2019.

There will be Refreshments and Lunch provided each day as well as some FineArtscape Design Swag!!

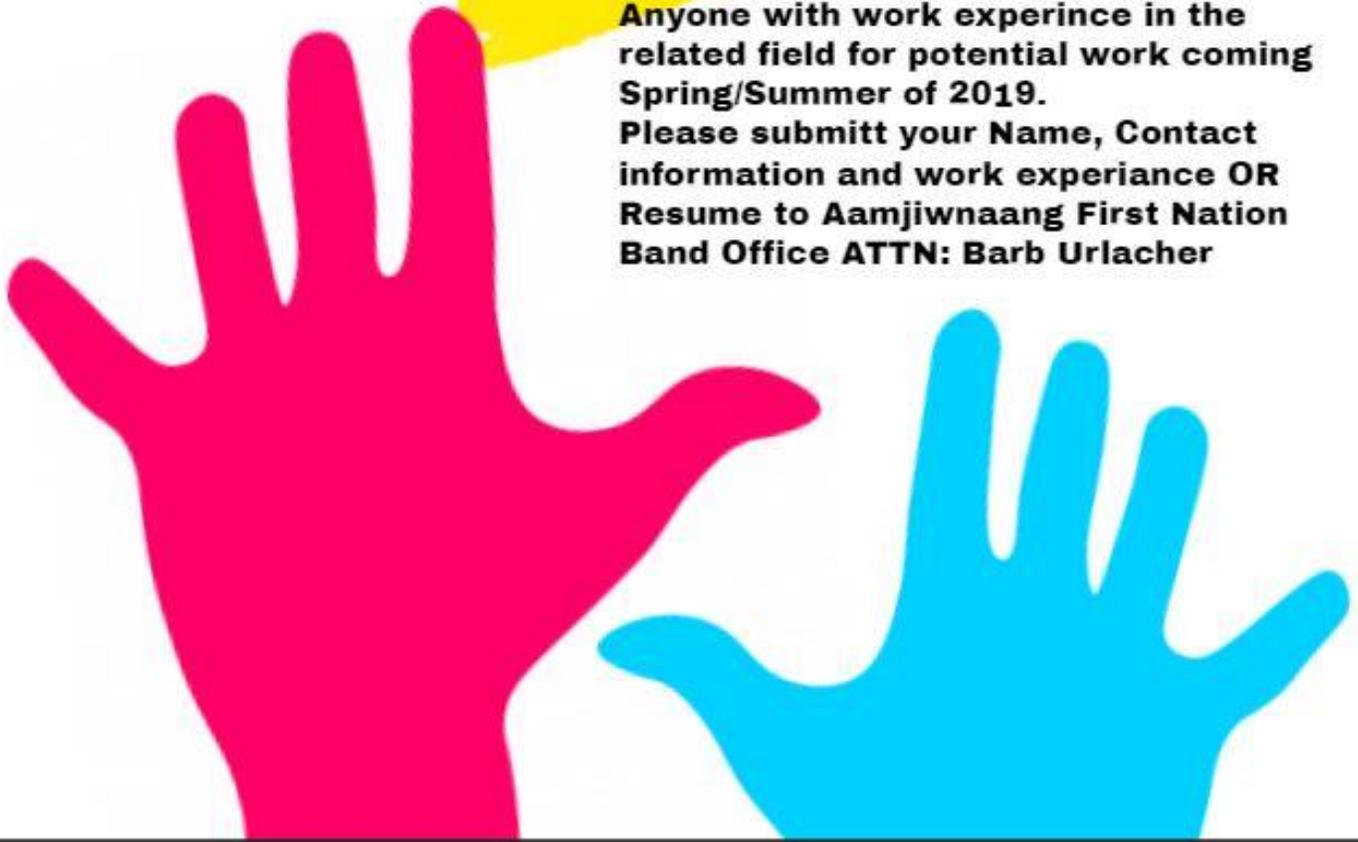
Possible Full or Part Time Employment opportunities available upon competition of the program.

Contact: Melissa Medeiros at 519-336-8410 Ext. 249 to apply. Resume and letter of interest are requested. There will be interviews for the training program the week of May 13th.

WE NEED YOUR HELP!

We are currently looking for Construction Labourers, Carpenter, Dry Wallers, Anyone with work experience in the related field for potential work coming Spring/Summer of 2019.

Please submit your Name, Contact information and work experience OR Resume to Aamjiwnaang First Nation Band Office ATTN: Barb Urlacher



**FOR MORE INFORMATION CALL BARB, TANYA OR JAMES
@ 519-336-8410**

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)	C: 519-402-5535
Sheila Firth	C: 519-383-1073
Mary Lou Williams	H: 519-337-9342
Carol Miller	C: 226-932-2419
Christine Plain	C: 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
Stephanie Rogers	C: 226-349-2858
James Gray	C: 519-466-0462
Ron Simon	H: 519-332-4433

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.

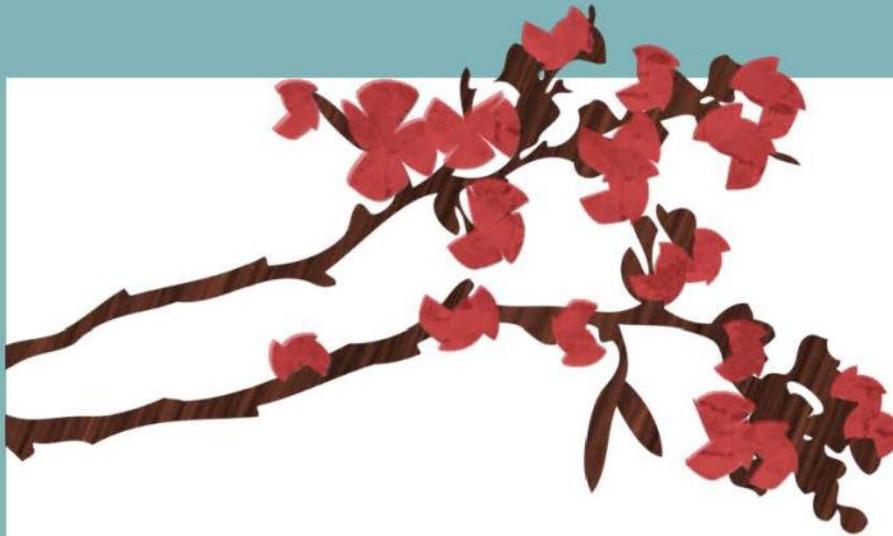
**UPCOMING POST
SECONDARY
STUDENTS!!!
APPLICATION
DEADLINE
MAY 1**

**IF YOU STILL
NEED TO
COMPLETE AN
APPLICATION
FOR FUNDING
COME TO
MAAWN DOOSH
GUMIG ON
APRIL 27**

- > **SAT. APRIL 27
10 AM - 2 PM**
- > **LETS TALK SCHOOL!**

WWW.AAMJIWNAANG.CA/EDUCATION-2/

**CONTACT LAURA AT
(519) 336 8410**



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

Four Directions

Anishinaabe Self-Growth

6 Week Program

Hosted by the Aamjiwnaang Alternative & Continuing Education Program

Start date: April 26, 2019

Monday's 9am-3pm and Friday's 9am-12pm

at Aamjiwnaang Resource Centre – 978 Tashmoov Ave. Sarnia

Lunch and Snacks Provided



Regular attendance required – Limited Space – Register by April 25, 2019

Participants must be 19 years of age and a first-time participant of the program

Please be encouraged to register with Emily Williams or Terry Plain

Call us at 519-336-8410, ext 285

(leave a message, if necessary)



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.



**Standard First Aid
and CPR**

**Lunch Provided
Please contact
Melissa Medeiros
At 519-336-8410
Ext. 249 to
register**

**MAY 30-31, 2019
FIRST AID & CPR**

The Aamjiwnaang Employment & Training Department will be offering the Standard First Aid & CPR Level C Training Course on Thursday May 30 and Friday May 31, 2019.

**Applications must be complete and handed in prior
to training start date.**

**AAMJIWNAANG
FIRST NATION
Community Centre**

9:00am-4:00pm

Thursday May 30, 2019

Friday May 31, 2019



**Food Handlers
Course**

Lunch Provided

**Please contact
Melissa Medeiros
At 519-336-8410
to register**

MAY 29, 2019
FOOD HANDLERS

The Aamjiwnaang Employment & Training Department will be offering the Food Handlers Course on Wednesday, May 29, 2019.

**Applications must be complete and handed in prior
to training start date.**

**AAMJIWNAANG
FIRST NATION**

Community Centre

9:00am-5:00pm

Wednesday May 29, 2019

Social Insurance Number



Applying for your Social Insurance Number

Applying for a SIN with Service Canada

Service Canada has made it easy and secure for you to apply for a SIN, to request a confirmation of your SIN, or to amend your SIN record. When applying in-person, you do not have to complete an application form, nor do you have to mail your **original** proof-of-identity documents.

Documents required to apply for a SIN

You **must** provide **original** primary proof-of-identity documents to prove your identity and legal status in Canada. **Photocopies are not accepted.** You may also need to provide supporting proof-of-identity documents if the name indicated on your primary proof-of-identity document is different than the name you are currently using.

What is a primary proof-of-identity document?

A primary proof-of-identity document is an official document that proves your identity and status in Canada. We need to see an **original** of this primary proof-of-identity document.

Canadian citizens must submit following document:

a **certificate of birth** or **birth certificate** issued by the vital statistics agency in the province or territory where you were born.

If you have any questions, contact Melissa Medeiros: 519-336-8410 Ext. 249

Social Insurance Number Session

Please contact
Melissa Medeiros
 At 519-336-8410
 to register

**AAMJIWNAANG
 FIRST NATION**
 Community Centre

12:30pm-3:00pm

**Wednesday, May
 29, 2019**



A - Compressed Gas



B - Flammable and Combustible Material



C - Oxidizing Material



D1 - Materials Causing Immediate and Serious Toxic Effects



D2 - Materials Causing Other Toxic Effects



D3 - Biohazardous Infectious Material



E - Corrosive Material



F - Dangerously Reactive Material

WHMIS TRAINING

The Aamjiwnaang Employment & Training Department will be offering WHMIS Training on Friday, May 17, 2019 from 9:30 am to 11:30am. Light snacks will be provided.

Applications must be complete and handed in prior to training start date.

WHMIS TRAINING

Please contact
Melissa Medeiros
At 519-336-8410
to register

AAMJIWNAANG
FIRST NATION
Community Centre

9:30am-11:30am

Friday May 17, 2019

**FUNDING THAT IS AVAILABLE TO ALL
FIRST NATION CHILDREN IN CANADA.
AVAILABLE FOR CHILDREN UNDER THE
AGE OF 18 YEARS-OLD NO MATTER
WHERE THEY LIVE IN CANADA**



JORDAN'S PRINCIPLE

Services Provided are:

Services from elders, services for children in care, assessments and screenings, respite care, land-based activities, transportation to appointments, specialized summer camps, PSW, medical supplies and equipment, traditional healing services.

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

Aamjiwnaang Health Centre: 519-332-6770

PosterMyWall.com

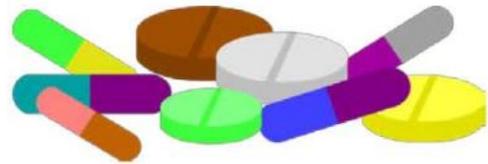
Pregnancy & Opioids

You're invited to talk about what happens when babies are exposed to opioids during pregnancy

(opioids are drugs such as codeine, methadone, oxycodone, heroin, and fentanyl)

Are you a:

- health care or social service provider
- teacher
- early childhood educator
- community leader or elder
- person with lived experience related to prenatal opioid exposure (e.g., a parent, grandparent, caregiver, friend, or family member)
- person who cares about maternal and child health



If so, we'd like to hear from you. This project involves:

- Sharing your thoughts in a focus group with other people in your community or in a private interview
- Approximately 2 hours of your time
- Helping children, families, and your community

Refreshments and a \$50 gift card will be provided.

This project is supported by Chief & Council.

For more information, please contact:

Rachael Simon
519-344-4132
rsimon@aamjiwnaang.ca

Aggie Mazzucco
Project Manager & Research Coordinator
437-221-5555
research@nhtc.ca

You must be 18 years or older to participate.

Project partners:



AAMJIWNAANG



WELLNESS CLINIC

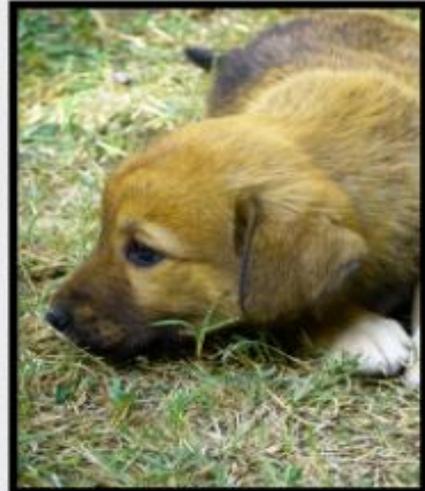


**\$25
INCLUDES**

RABIES & CORE
VACCINATIONS
MICROCHIPPING
HEARTWORM TESTING
DEWORMING



**DATE: SATURDAY
MAY 25TH, 2019
TIME: 9AM-3PM
PLACE:
MAAWN DOOSH GLIMIG
1972 VIRGIL AVE**



**TO BOOK AN APPOINTMENT CALL
ROBERTA @ 332-6770**

PARENT SUPPORT GROUP



Tuesday, April 26
5 -7 pm
Community Centre

An evening for parents of children with special needs to feel supported, destress and share their experience with other parents

Craft Night with Kim Water!

Join us for night of destressing through art. We will be making "Welcome" Signs and enjoying appetizers together as parents. 10 person limit.

*** Dinner and childcare provided ***
Registration Contact Rachael Simon @ 519-344-4132

Infant Massage

For New Parents
with Babies
Sign up Required with
MaLynda
519-332-6770 ext. 311
or
Text 519-330-7020
Rides and childcare
available

Location:
Community Centre

Wednesday
May 1, 8, 15, 22, 2019

11:30 a.m. to 12:30 p.m.



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 - Thursday

8:30 am – 4:30 pm

Aamjiwnaang Health Centre

Walk-In and Appointment's Available

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

Walking & Ageless Grace Chair Exercises



Every Monday from 2:00 pm to 3:00 pm
At the Community Centre

- Walking for about 20 – 30 min. in the gym
 - Short water break
- Ageless Grace Chair exercises for about 15- 20 min.
 - Anybody Welcome!

If interested, please contact Natalie at the Health Centre at (519) 332-6770, or, just show up!



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.



May is Hypertension Awareness Month

Blood Pressure Clinics

What's Your Number?

Door Prize
Come get your blood pressure checked during the month of May and be entered for a chance to win your own blood pressure machine.

Clinic Dates:
May 8: 830-12
May 16: 830-12
May 21: 1-430

AT Aamjiwnaang Health Center
1300 Tashmoo Ave, N7T8E5

FOR MORE DETAILS PLEASE
CALL Heather at
519-332-6770 ext 305

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.



FAMILY SUPPORT GROUP

Hope and support through addiction education for families dealing with an addicted loved one



Who: Anyone effected by a loved one's addiction

When: Tuesdays from 5 to 7 p.m.

Where: Aamjiwnaang Health Centre

DINNER TO BE PROVIDED.

Topics of discussion:

- What is Addiction
- Co-dependency -Support vs Enabling
- Generational Addiction
- Trauma and Addiction
- Self-care
- Suboxone & Methadone how do they work?
- Harm Reduction
- Addiction related illness

HOSTED BY COMMUNITY OUTREACH TEAM

Please call Dorothy at the Health Centre to sign up 519-332-6770 – to sign up

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.

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



Twin Bridges

Nurse Practitioner-Led Clinic

TUESDAY AFTER SCHOOL GROUP

- Are you between the ages of 9-11?
- Do you want to be part of a group?
- Are you hoping to improve your social skills, while having fun?

If you answered yes to these questions, come join us at the Health Centre Portable!

We will be meeting Tuesdays from 3:30 – 5 pm

START DATE: APRIL 23rd, 2019

If interested, call Max at the Health Centre to sign up! 519-336-6770

HOPE TO SEE YOU THERE!!!



KETTLE BELL WEIGHT EXERCISE CLASS



WHEN: Tuesday evenings

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 at the Health Centre at (519) 332-6770.





'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.





What's in Your Water?

Aamjiwnaang Health Centre Provides Tap Water Testing

- Water is tested for turbulence and free chlorine and then sent away to a lab to test for E.Coli and other tests.
- These tests are done on a weekly basis.

Please contact Natalie Nahmabin at the Health Centre (519) 332-6770 if you would like to have her come to your home and test your water.



Time to Get in Shape for Summer!



Kettle Bell & Circuit Training Class

Starting Tuesday, May 7, 2019 for 4 weeks



We will do Circuit Training for 45 min.

5:00 pm – 5:45 pm

15 min. Break

Then we will commence with 45 min. of Kettle Bell Exercises

6:00 pm – 6:45 pm

The class will be held at the pavilion behind the Comm. Centre – weather permitting!



**Seeking people interested
In attending a
Kairos
BLANKET EXERCISE**

What is it?

Reconciliation through Education & Understanding
The KAIROS Blanket Exercise program is a unique, participatory history lesson – developed in collaboration with Indigenous Elders, knowledge keepers and educators – that fosters truth, understanding, respect and reconciliation among Indigenous and non-indigenous peoples.

<https://www.kairosblanketexercise.org/>

Sign up with with : Marina Plain
mdplain@gmail.com
519-328-0942

Education
A TRC call
to action
DeColonize
HiStory



****New Date****

Community Soup Social

Thursday, May 16, 2019

Noon

At the Health Centre



Come on out for a warm bowl of soup!



**Seniors of Aamjiwnaang
News & Updates...**

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

May 1st	Chicken Carbonara	w Mushrooms, Peppers	Green Salad	Garlic Bread	Jello
May 8th	Meatloaf	Baked Potato	Green Beans	Rolls	Pineapple Delight
May 15th	Roasted Pork	Roasted Potatoes	Peas & Corn	Rolls	Pudding
May 22nd	Beef Stir Fry	Fried Rice		Bread/ Rolls	Fruit Cups
May 29th	Chicken /Taco Wraps	Beef Barley & Broccoli Soups		Crackers	Cake
June 5th	Indian Tacos	Corn Soup			Rhubarb Custard Bars
June 12th	Lasagna		Caesar Salad	Bread/ Garlic & Plain	Asst Squares/Tarts
June 19th	Chicken & Beef Meat Pies	Pasta Salad	Cucumbers & Tomatoes		Ice Cream with Strawberries
June 26th	Ribs	Potato Salad	Pickle mix	Bread	Cake



**SENIORS COFFEE DROP-IN
AT SENIORS COMPLEX
12-3 pm**

**Come on out have a coffee
and snack. Scheduled for:**

May 9, 2019



**Aamjiwnaang Health Centre
Friendly Visiting Program**



- Do you feel that you would like company sometimes?
- Need someone to come to your home and talk over a cup of coffee or tea?
- Maybe play a game of cards, etc. or do a craft?
- Do you need help with filling out forms or other tasks?

**Please contact Natalie Nahmabin
at the Health Centre at (519) 332-6770**

CROSSWORDS

Across

- 1. Baseball scores
- 5. Not straight
- 9. Bog
- 14. Upon
- 15. On a ship
- 16. Goodbye, in Paris
- 17. Hemingway's nickname
- 18. Outer covering
- 19. Devourer
- 20. Now and ____
- 21. Fine fabric
- 22. Intelligent
- 23. List entries
- 25. Amtrak stop (abbr.)
- 26. Souvenir
- 29. Sincere
- 33. Glorify
- 34. Add comments to
- 35. Gents
- 36. Cookstove
- 38. Golly!
- 39. Decoration
- 42. Massachusetts city
- 44. Majestic
- 45. Cap ornaments
- 47. Horse food
- 48. Leased again
- 49. Graven images
- 52. Dancer ____ Kelly
- 53. Isn't, slangily
- 57. ____ orange
- 58. Distant
- 59. March date
- 60. Mediterranean island
- 61. Fasting season
- 62. Gather crops
- 63. Rice and Frank
- 64. Humanities
- 65. Hearing organs

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
			23	24					25					
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				53	54	55	56	
57						58				59				
60						61				62				
63						64				65				

Down

- 1. Completely absorbed
- 2. Mormon State
- 3. Yep's opposite
- 4. Kind of dog
- 5. Small hound
- 6. Certain Alaskan
- 7. Diamond and Armstrong
- 8. Armored vehicle
- 9. Conductor's title
- 10. Uncompromising
- 11. Pinup ____ Hayworth
- 12. Psychic
- 13. Harm
- 24. Explosive (abbr.)
- 25. Of sound mind
- 26. Office notes
- 27. Put forth
- 28. Heavenly dish
- 29. Liverpool's country (abbr.)
- 30. U.S. symbol
- 31. Hard metal
- 32. Abounds
- 34. Picnic nuisance
- 36. Count (on)
- 37. Whichever one
- 40. Sports figure
- 41. Childhood disease
- 42. NNW's opposite
- 43. Dancer Fred ____
- 45. Lodger
- 46. Warns of danger
- 48. Recommend
- 49. Peruvian Indian
- 50. Mild oath
- 51. Bakery hot spot
- 52. Party
- 54. Bright thought
- 55. Close
- 56. Chef's measures (abbr.)

CROSSWORD SOLUTION FOUND WITHIN THE TRIBE-UNE NEWSLETTER

2019 Aamjiwnaang Golf League

Attention Aamjiwnaang golfers and friends:

That time of year is upon us once again! Come on out this golfing season and start your weekend off with a round of golf on Friday evenings. As always our league is open to everyone, golfers are welcome from all skill levels!

After your round, join in all the fun that follows with cold drinks, excellent food, great laughs and amazing company, in the clubhouse of our very hospitable host.

2019 Host Course:
Greystone Golf Course
2218 Confederation Line, Sarnia, ON N7T 7H3

Regular season league play:
Every Friday evening from May 10th through October 4th

Tee times:
4:30pm - 5:30pm (tentative to change)

Green fees:
9 holes walking \$17.00
9 holes with cart \$24.00
(Price includes weekly league dues)

League Fees:
\$10.00 (optional)



As always we will have weekly Skins, Longest drive (men's and women's categories) 3 Closest to the Pin, the return of last years hit Poker Golf!

New this year we will be having weekly 50/50 draws!

We are excited and looking forward to see everyone out this year, as always thanks and until next time keep em in the fairways!

Anyway question please contact me via Messenger or call/text (519) 466-3874

AAMJIWNAANG'S ANNUAL EARTH DAY & COMMUNITY CLEAN-UP CELEBRATION

SATURDAY, APRIL 27, 2019
9:30 AM – 2:00 PM
AAMJIWNAANG COMMUNITY CENTRE



●●●●

Environmental
Education
Booths
10 AM – 1:30
PM

●●●●

●●●●

CONTEST!

Recycling/
Garbage
Clean-up

●●●●

Fun Activities for
the Whole
Family!!

●●●●

Seed Planting &
Tree
Give-Away

●●●●

Community
Barbeque

●●●●

AGENDA

9:30 – 10:00	<u>Team Registration</u> (Pick up bags/colour coded tags)
10:00 – 10:15	<u>Opening Prayer & Drum</u>
10:15	<u>Start Community Clean-Up</u>
	<ul style="list-style-type: none"> ▪ Tashmoo, White Circle & Maness Court ▪ Chippewa Crescent & Virgil Avenue ▪ St. Clair Parkway ▪ DeGurse & Christopher Drive ▪ LaSalle Road ▪ Vidal Street, Wahboose & Beaver Circle
12:00 PM	<u>Barbeque @ the Community Centre</u> (Hamburgers & Hotdogs)
1:00	<u>Announce Winners</u> (Garbage and Recycling Collection)
1:30	<u>Hand out Trees & Door Prizes</u>
2:00	<u>Closing Prayer & Miigwech</u>

Community Clean-Up:

This is a contest to see who can do the most recycling and garbage clean-up in our Community.

T-shirt Design Contest (Theme 2020 – Protecting all Species):

Design next year's Earth Day t-shirt. Be creative. Have fun. Deadline for submission is April 26, 2019 by 4:00 pm. Drop off submissions to the Environment Department. Two Categories (Youth and Adults). Black & White design on 8 1/2 x 11 paper. Print name, age and phone number on back of page. Title your art work. All entries become the property of Aamjiwnaang Environment Department.

Volunteers Needed:

Set-up, registration, displays, bags & tags, photographing, tallying tags, cooking, serving (300 people), handing out trees, and clean-up. If you would like to volunteer in this year's Earth Day Event, please contact Courtney 519-336-8410 ext. 250.



This event is sponsored by multiple companies.

"Saving our Home and Native Land"

Teen Talk

April 30, 2019 5-7 pm
Mawn Doosh Gumig
1972 Virgil Ave.

come participate in creating a
vision board

You are invited if you are:

- ✓ 16 - 29 years old
- ✓ from Aamjiwnaang First Nation
- ✓ interested in painting or creating a vision board

Youth who participate will be compensated.

What is involved?

- Attend an information session on April 10, 2019. 5-7 pm
- Create a painting or vision board over 2-3 nights.
- Participate in an interview about your painting or vision board.
- Participate in a youth circle to share what you created.
- Decide if you want to be part of developing a youth mental wellness strategy for Aamjiwnaang First Nation.

What is this project about?

The Centre for Addiction and Mental Health (CAMH) is working with your community to develop a community wellness strategy addressing youth depression, stress, and anxiety. Your participation in this project will help lead to a better understanding of youth mental health and wellness - and inform an Aamjiwnaang First Nation youth wellness strategy by and for youth.

supper is provided



art supplies are included



share your work with others



To find out how to participate, contact Katie Pine.
226-378-5471 | katie.pine@camh.ca

Principal Investigator: Dr. Samantha Wells | 519.858.5000

REB #11/2018, Feb 27, 2019 Funded by Health Systems Research Fund, MOHLTC



camh
mental health is health

AAMJIWNAANG Niibin Gabeshiwin

FREE
Grades
SK - 6

Special Needs
Accommodation
Available



MONDAY to THURSDAY

9AM to 3PM

JULY 15 - AUGUST 23 at MAAWN DOOSH GUMIG

REGISTRATION DATES:

Thursday May 2
Monday May 6
at 3pm - 6pm
Maawn Doosh Gumig
*Must Register in Person

NEW THIS YEAR

Before & After Care Fee - \$6.00/day
Before hours: 8:30-9:00am
After hours: 3:00 - 4:30pm
Must bring own lunch 3 days a week

MAXIMUM 40 PARTICIPANTS

1st Annual
**Binoojiinyag
Breakfast & Bazaar**

When: Saturday, May 4th, 2019
Time: 9 am – Noon
Where: 1900 Virgil Ave
Aamjiwnaang Child Care Centre

The Child Care Centre will be selling:
**Breakfast Sandwiches, Muffins, Fruit Cups
Coffee\TealJuice**

Calling all Vendors! Tables are \$10 plus a donation to the *Child Care's raffle table*. Please book your table by Friday, April 26th by calling (519) 344-4132.

Child Care Raffle Table
All Proceeds will go towards Summer Activities!

Grief & Loss

With Richard Assinewai



Tuesday, May 21st
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.



For Seniors Only



Happy
Mother's
Day

Mother's Day Brunch

May 11, 2019

Banquet Room

Please sign up with Becky

519-332-6770 ext 312

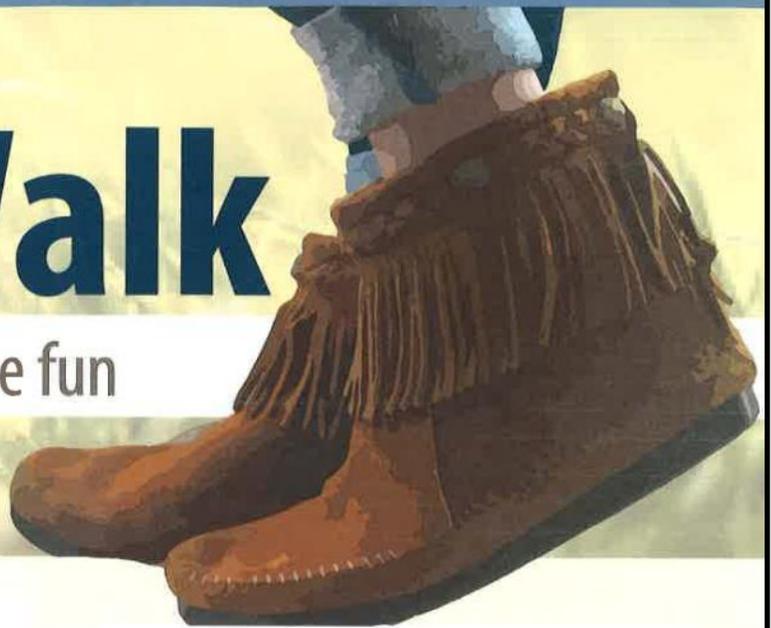
Limited seats – you must sign up
for this event

Thank you

HOW FAR CAN YOUR MOCCASIN'S WALK?

Mocc Walk

get active · get fit · have fun



WHO:

Everyone of all ages- women, men, youth, children, elders. Register as **Individuals** or gather your families, co-workers or friends and participate as in **Teams (4 per team)!**

WHEN:

Begins: May 1st

Ends: June 30th

Register Before: April 30th

WHERE:

All across Ontario. You can walk anywhere – on a treadmill, outside or at the mall.

REGISTRATION REQUIRED:

ENTER FOR A CHANCE TO WIN GREAT PRIZES!

To register, complete the registration form and e-mail, fax, or mail it to ONWA.

Available at: www.onwa.ca/mocwalk

The Ontario Native Women's Association's Aboriginal Diabetes Program is challenging you to a Mocc Walk!

Join this **FREE** walking challenge intended to increase awareness about diabetes and to promote physical activity among Indigenous people across Ontario.



For more information, please contact:

Robert Fenton

Toll Free: 1-800-667-0816 | Tel: 807-623-3442

E-mail: diabetes@onwa.ca



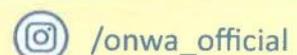
www.onwa.ca



@ONWA7



@_ONWA_



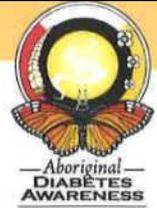
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Mocc Walk 2019

get active · get fit · have fun

May 1st - June 30th, 2019



Frequently Asked Questions & Answers

What is the Mocc Walk?

The Mocc Walk is a walking challenge that promotes awareness about diabetes and encourages everyone to “get active· get fit · have fun,” while taking part. Whether walking as an individual or as a team, participants are encouraged to walk and record the number of minutes spent walking. For every 10 minutes spent walking, 1 point is awarded. Points are tallied and submitted to ONWA for the chance at winning some cool prizes!

Who can participate in the Mocc Walk?

- The Mocc Walk is open to women, men, youth and children throughout the province of Ontario.
- Participants can enter as individuals or as teams of four (4). **Note: Teams do not have to walk together**

How long is the Mocc Walk?

Walking begins 12:00 am on Wednesday, May 1st and will end 11:59 pm on Sunday, June 30th, 2018

Where is the Mocc Walk?

- All across Ontario
- Participants can walk anywhere – a treadmill, outside, at the mall

What do participants have to do for the Mocc Walk?

- Complete the Registration form and e-mail, fax or mail to ONWA by May 1st, 2019.
- Start walking and record walking minutes on the calendars provided for May and June.
- **Note: Walking minutes cannot include working hours (breaks and lunch hour are acceptable).**
- Tally points monthly (10 minutes of walking= 1 point) and e-mail, fax or mail to ONWA.
- Participants may also submit photos and stories about their walking experiences to ONWA.
- Final tracking results need to be submitted by July 15, 2019.

Why should I participate in the Mocc Walk?

- Get Active ·Get Fit · Have Fun
- Raise awareness about Diabetes - a key public health concern for Aboriginal people
- Win cool prizes

How are the prizes awarded for the Mocc Walk?

- Prizes are awarded to the top three (3) individuals and the top three (3) teams for each region in Ontario (Northern, Southern, Eastern, Western)
- All individuals/teams are eligible for the 3 Grand Prizes, which will be randomly drawn.

** In order to be eligible for prizes, participants must track their results and submit them to ONWA*

How do I get more involved?

Contact the Aboriginal Diabetes Education Project at the Ontario Native Women’s Association:

380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807)623-3442

Toll Free: 1-800-667-0816 · Fax: 807-623-1104 · Email: diabetes@onwa.ca

www.onwa.ca

Head Office: 150 City Road · P.O. Box15-684 City Road · Fort William First Nation, ON P7J1J7 ·
Toll Free: 1-800-667-0816 · Phone: (807) 577-1492 · Fax: (807) 623-1104
Satellite Office: 380 Ray Blvd · Thunder Bay, ON P7B4E6 · Phone: (807)623-3442

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



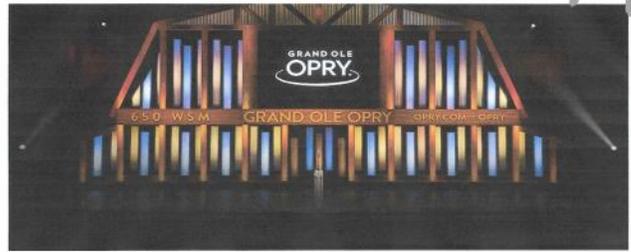
Sunday, August 4th

\$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



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.

The Lighthouse Church
Invites you to bring your instruments,
voices, enthusiasm and join us!!!

Wednesdays
7pm

Musical Sessions

United Church * Aamjiwnaang
978 Tashmoo Ave

OPEN TO ALL WHO ARE INTERESTED

Contact Crystal Dowling for more info 226 886 3812
or Derrick Bressette 416 270 3728



@ 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



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.

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



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

Verse of the Day

1 John 3:18- "Dear children, let us not love with words or
tongue but with actions and in truth."

True love is not something that can be fathomed by the
human mind. It cannot be sufficiently explained, and yet it
is the most important and vital human emotion.

Compassion, goodness, tenderness and many other
beautiful and highly emotive words cannot succeed in
describing the strength and power of love.

The foundation of true love is complete identification with
the one who is loved. The same joys, sorrows,
temptations and failures are experienced. True love
entails sacrifice and often includes sadness. The quality
of love transcends sympathy and comes to expression in
loyalty and faithfulness, even if the whole world should
turn against the beloved.

Love in action is more than just the performance of good
deeds. True love is unselfish and encompasses qualities
such as faithfulness, trust and noble principles that enrich
the mind and spirit. It cannot be bought, which is why love
is so precious.

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 each other
through lives mountains and valleys.

The Lighthouse Church

TUESDAYS
6:30 PM

Worship * Praise * Testomnies * 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

Mino Dbishkaayin-Happy Birthday

Edwin	Maness	Apr.	26	Alaina	Maness	May	4
Ember	Nahmabin	Apr.	26	Jada	Plain	May	4
Tiarra	Nahmabin	Apr.	26	Lennan	Plain	May	4
Telford Francis	Adams	Apr.	27	Sheree	Plain	May	4
Deborah	Cottrelle	Apr.	27	Jacob	Rogers	May	4
Gail	Lapp	Apr.	27	Gerald	Simon	May	4
Gordon	McKay	Apr.	27	Trevor	Smith	May	4
Jessie	Plain	Apr.	27	Jessica	Solomon	May	4
Brennan	Williams	Apr.	27	Tayah	Van Troost	May	4
White-Lightning Strikes	Clark	Apr.	28	Wendy	Verspagen	May	4
Rebecca	Coates	Apr.	28	Robert	Archer	May	5
Joshua	Coelho	Apr.	28	Ryan	Bressette	May	5
Ryan	Parkinson	Apr.	28	Brenda	Breier	May	5
Blair	Williams	Apr.	28	Valerie	Farrar	May	5
Brittany	Williams	Apr.	28	Madison	Jorgensen	May	5
Ravena	Williams	Apr.	28	Candy	McLaughlin	May	5
Shy-Ann	Williams	Apr.	28	Ashley	Maness	May	5
Tristan	Williams	Apr.	28	Richard	Maness	May	5
Tennie	Johnston	Apr.	29	Sonja	Meza	May	5
Nicholas	Olynyk	Apr.	29	Koma	Rogers	May	5
Wilfred	Plain	Apr.	29	Derrick	Rogers-Oliver	May	5
Caleb	Riley	Apr.	29	Benjaman	Baker	May	6
Adam	Williams	Apr.	29	Whitney	Brown	May	6
Leanne	Williams	Apr.	29	Phoenix Sky	Cottrelle-Albert	May	6
Jeremy	Fisher	Apr.	30	Rick	Gray	May	6
Caleb	Hallett-Plain	Apr.	30	virginia	Nahmabin-Shaw	May	6
Landen	Plain	Apr.	30	Ian	Simon	May	6
Lilyan	Plain	Apr.	30	Jan	Stewart	May	6
Kim	Rogers	Apr.	30	Michael	Stocum	May	6
Jasmyne	Westbrook	Apr.	30	Arnold	Yellowman	May	6
Niigaanii	Gray	May	1	Athena	Adams	May	7
Hailey	Daws	May	1	David	Adams	May	7
Lori	Jackson	May	1	Norman	Joseph	May	7
Dawn	Maness	May	1	Timothy	Maness	May	7
Carl	Oliver	May	1	Jordan	Partin	May	7
Debra	Plain-McGregor	May	1	Kadan	Sinopole	May	7
Nathanial	Rogers-Stonefish	May	1	Destiny	Zaluska	May	7
Crystal	Williams	May	1	Anita	Cloud	May	8
Alexis	Dick	May	2	Shirley	Gant	May	8
Cory	Gray	May	2	Adalia	Plain	May	8
Carol	Louis	May	2	Matthew	Williams	May	8
Logan	Williams	May	2	Cameron	Baker	May	9
Ellise	Cottrelle	May	3	Shauna	Eyre	May	9
Leslie	Hawkins	May	3	Cassidy	Fisher-Romphf	May	9
Felicia	Lockridge	May	3	Kirra	Hamelin	MAY	9
Jacklyn	Rogers	May	3	Cylis	Oliver-Williams	May	9
Lorelei	Wilde	May	3	Jayson	Verge	May	9
Lee	Johnson	May	4	Ryan	Verge	May	9
Ashlee Marie	Adams	May	4	Marcus	Courchesne	May	9

LOOKING FOR A ROOM

Looking for a room to rent, if possible. Price negotiable.

Also, looking for people who would like to get together, tell stories and play Contract Bridge!

For more information, please contact
 Tim Adams at:
289-925-7992

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

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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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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, May 10th, 2019
The deadline for submissions is
Tuesday, May 7th, 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

ANIMAL CONTROL OFFICER

Ron Simon
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

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Representatives from Legal Aid Ontario are offering free
"Advice Counsel Clinics" for Band Members. The clinics
will be held every Friday from 9AM—4PM at the Maawn
Doosh Gumig Community Centre. Lawyer, Matt Stone and
Legal Aid Worker, Ember Chapdelaine will be present to
assist you with legal questions.

Appointments are mandatory please call 519-344-4949