



The Aamjiwnaang First Nation

CHIPPEWA TRIBE-UNE

Issue No. 19:16

Date: August 16th, 2019

Editor: Shawnacey Fay

AAMJIWNAANG INVITES YOU TO OUR

OPEN

HOUSE

SEPTEMBER 12TH, 2019

Maawn Doosh Gumig Community and Youth Centre

**DOORS OPEN
4-7PM**

**ALL
AGES**

**DOOR
PRIZES**

FOOD PROVIDED INFO BOOTHS



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:

Tuesday, September 3rd, 2019 by 5 PM

Your information is due by:

Tuesday, August 27th, 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: pnahmabin@aamjiwnaang.ca providing your name and band number.

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

Thank you.
Patrick Nahmabin
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



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June 10, 2019

Aamjiwnaang Band Members

RE: Clench Defalcation Specific Claim – Update

In July 2015, the Government of Canada presented Aamjiwnaang and Kettle and Stony Point with a global settlement offer as a means to fully and finally settle the Clench Claim with both communities.

As a condition of the settlement with Canada, Aamjiwnaang and Kettle and Stony Point must agree how the settlement funds will be divided between the two communities, and this agreement must be ratified by both First Nations.

At the end of May, representatives from both communities met in London, Ontario to participate in a structured mediation process in an attempt to reach an agreement on the division of settlement funds.

We are pleased to announce that on Friday, May 31, 2019, Aamjiwnaang and Kettle and Stony Point reached an agreement on the division of settlement funds. Next steps will include developing a final settlement agreement with the Government of Canada, which will then be presented to the membership of both communities for a ratification vote.

We expect the final settlement agreement to be put to the community for approval in the coming months and will keep the community informed as to any further developments.

Miigwetch

Chief and Council



AWARDS & HONORS



NIIBIN GABESHIWIN



CHANTING DI-AN-A! DI-AN-A! DI-AN-A! (SO SHE WILL HOLD THE SNAKE!) SHE IN FACT DID NOT HOLD THE SNAKE.

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**



We would like to express our gratitude to our friends, family & community members for all of the food, songs, services & prayers. Thank you for sharing your memories, kindness & love during this time of great sadness.

Sincerely, the family of Muriel "Jo" Rogers



We would like to acknowledge Dreamcatcher Foundation with assisting Darius in his adventure to Finland & Sweden. Darius travelled with his brother this summer overseas to play hockey in an International Tournament, which they won Gold! We really appreciate the support that Dreamcatcher Foundation has shown with Darius and his dream of becoming a professional hockey player. Chi-miigwech!!!

Attention Community Members!

The deadline to apply for the 60's Scoop Settlement is

AUGUST 30, 2019

IN ORDER TO QUALIFY FOR THE SETTLEMENT YOU:

- Must be a registered First Nation or Inuit person, (or be eligible to be registered).
- Was either adopted or made a permanent ward and
- Was placed in the care of a non-indigenous foster parents OR adoptive parents, in Canada, between January 1, 1951-December 31, 1991.

For more information on the details of this class action settlement, please go to the website at

<https://www.sixtiesscoopsettlement.info/>

You can also contact the Mnaasged Child and Family Services office if you have any questions:

519-289-1117

We also have links posted on our website

www.mnaasged.ca

NOTICE – Aamjiwnaang Members

The Lighthouse Church of Aamjiwnaang would like to thank the Environmental Committee & Verda Maracle for their donations. Alyssa Plain for her assistance in the kitchen.

The musicians Ed, Patti, and Tiff Gilbert, Eric Kudaka, and Ashley Stone. Gwen and Winston Williams for helping out.

Also, the Community Members who made our event a great success! Which was greatly appreciated.

Pour mighty great blessings upon Aamjiwnaang Chief and council for funding towards 2019 lighthouse camp meeting, great decision towards healing, deliverance, new beginnings within our community. Thank-you.

God bless,

Pastor Crystal Dowling

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

FLARING AT SHELL – WHAT YOU SHOULD KNOW

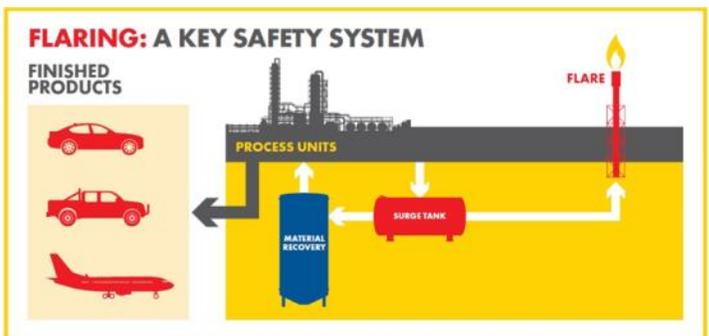
A flame burning at the top of a pipe stack can look alarming. Although the sight of flares and possible associated rumbling noise can cause concern, please remember that flaring is an important safety measure.

The flare stack is an integral part of the refinery; it is an important safety device and environmental control tool that keeps our facilities running safely. It is designed to safely burn flammable gases unable to be recovered for reuse within the refinery. Vapours are combined with steam and burned off, preventing them from being released directly to the atmosphere.

Additional flaring can occur during unit start-ups and shutdowns or during unplanned/

unanticipated events, such as an unexpected power outage.

See flaring at the Shell site and want to find out what is going on? Call the Community Awareness Emergency Response (CAER) line at 1-855-472-7642 Shell's Sarnia Manufacturing Centre hotline at 519-481-1245.



Request for Tenders
Aamjiwnaang Open House

Light Lunch
Finger sandwiches
2 large Veggie and 2 large fruit trays
Coffee, Tea, Juice, Water
Cookies

Responsible for paper products & set up and clean up
300 People

Date: September 12, 2019
Food ready for 4:00 pm. Event runs until 7:00 pm
Tenders in By August 26, 2019 by 12:00 (noon).

Band Office

978 Tashmoo Ave. Sarnia, ON N7T 7H5
Attn: Patrick Nahmabin





**Aamjiwnaang First Nation
Medical Transportation Program
SEEKING CONTRACT DRIVER FOR HANDICAP VAN**

Aamjiwnaang First Nation is seeking an enthusiastic individual to become Medical Transportation Contract Driver for the handicap van. The driver will be required to provide medical transportation services for all on-reserve, Aamjiwnaang First Nation members.

Responsibilities:

- Transportation to and from medical appointments for members.
- Maintaining accurate records of all trips.
- May require loading client onto handicap van using the ramp.
- May require helping client to and from appointments.

Qualifications:

- Must have a valid driver's license and clean driver's abstract.

Other Requirements:

- Demonstrated time management skills.
- Ability to maintain strict confidentiality.
- Willingness to work occasional early morning, evening and weekend hours.
- Experience in a related field. Past medical transportation experience would be considered an asset.
- Valid First Aid/CPR is considered an asset.
- A well-groomed, professional manner.

How to Apply:

Contact the Aamjiwnaang First Nation Health Centre, Sara Plain, Director of Health Services

Phone: 519-332-6700

Fax: 519-332-8925

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
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
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.



Elephant Thoughts

Educational Outreach

Gr. 4 - 8



wacky science SUMMER CAMP

Everyday filled with awesome science experiments and games including:

- Potions, slimes, and ooey, gooey, messy fun
- Computer programming and robotics
- Crazy experiments
- Engineering and building activities
- Outdoor science games



Full days of science fun (and learning)!!!



25 spots available

Register by August 22 2019

CAMP INFO:

Date & Time: August 26 - 30 9am - 3pm

Location: Maawn Doosh Gumig

Contact: Education Department - Michelinne
519 336 8410



Consent for the Sharing of Student Data & Information

For assistance completing and submitting your consent form, please contact your community representative.



AAMIJWNAANG FIRST NATION
Education Department
978 Tashmoo Avenue
Sarnia, ON N7T 7H5
519 336 8410

For more information on the AES Data & Information Sharing Agreement or PowerSchool, please contact:

Kinooaadziwin Education Body
100-132 Osprey Miikan
North Bay, ON P1B 8G5
705-845-3634
<http://aes-keb.com>



Anishinabek Education System

**Why is it important to provide consent?
What are the benefits?**

Who will have access to student data and information?

FIRST
NATION &
SCHOOL

LOCAL
SCHOOL
BOARD

KEB
&
ONTARIO

How will student data and information be used by the Anishinabek Education System and Ontario?

The Data and Information Sharing Agreement signed between the Kinooaadziwin Education Body (KEB) and Ontario indicates that student data and information will only be used to further the objectives of the Master Education Agreement (MEA). Under this agreement, AES student information may be used for the following purposes:

- to support Anishinabek student success and well-being;
- to support continuous improvement in education effectiveness;
- to inform ongoing system and school-level planning;
- to inform priorities for professional learning;
- to prepare public reports in accordance with the Master Education Agreement;
- to support research, as described in the Master Education Agreement;
- to support evaluation and monitoring activities;
- to inform the development of the Multi-Year Action Plan and the Transfer Payment Agreement, as described in the MEA;
- to meet multi-level reporting requirements under the MEA;
- to support activities under the Multi-Year Action Plan; and
- other purposes agreed to in writing by the Parties.

Benefit to Students

- Individual student records will be accessible through the KEB and Ontario.
- Inclusive statistical data will consistently reflect on-reserve and off-reserve students.
- Fluid transition of records for students moving between provincial and Anishinabek education systems.



Benefit to AES Schools and Communities

- Supports the continued development and delivery of quality education programs and services in AES schools.
- Allows communities and schools to capture accurate educational statistics for on and off-reserve students.
- Enables educators to customize professional development and learning.



Benefit to AES/KEB and Ontario

- Assists in identifying needs and priorities of off-reserve AES students in the provincial school system.
- Aides in the development of Education Services Agreements between AES First Nations and Ontario District School Boards.
- Promotes educational research to support student success and well-being.



**EDUCATION UPDATE for
ANISHINABEK EDUCATION SYSTEM (AES)
REGIONAL EDUCATION COUNCIL (REC) #4**

June 2019

Boozhoo, Aamjiwnaang Members,

We have recently completed the first year of implementation as a Participating First Nation (PFN) in the self-government agreement for the AES. The following information is presented to the community to keep you updated on the activities that are being worked on by AES/KEB staff. Feel free to meet with our staff to answer questions you may have.

Annual General Meeting (AGM) for KEB

The Kinoomaadziwin Education Body is the board of directors responsible for overseeing the AES. An Annual General Meeting was held on June 10, 2019, at the Quattro Hotel in Sault Ste. Marie, ON. The AGM provide annual updates, a review of the 2018-2019 financial statements, a review of the 2019-2020 budget, and elections for the KEB Board of Directors, among other items.

Participating First Nations for REC#4:

Beausoleil, Chippewas of Rama, Mississaugas of Scugog, Chippewas of Georgina Island, Munsee-Deleware, and Aamjiwnaang

BOARD OF DIRECTOR ELECTIONS

There are three (3) board members for each of the regions. One Director from each REC retired this year, and four directors will be elected to these positions. The current Directors may be re-elected, or new candidates may be elected to the four positions. This year REC#1, motioned to increase their board representation to 4 board members.

Board members for REC #4

Vicki Ware, Aamjiwnaang, Evelyn Ball, Chippewas of Rama, and Greer Atkinson, Chippewas of Georgina Island.

CONFIRMATION OF REC REPRESENTATIVES

The REC Coordinators have been contacting each PFN to confirm the PFN Representatives who sit at the Regional Education Council. Each community is responsible for appointing 1 or 2 community representatives who sit at the Regional Education Council.

Aamjiwnaang Reps for the REC#4 – Janet Steadman and Andrea Grondin

KEB STAFF UPDATES

The position for Information & Data Management Officer will be filled soon. Some of the core responsibilities of this position include implementing the Student Information Management System (PowerSchool), establishing the Aniish Naa Gegii data collection process, and managing all other KEB data and information needs.

Postings for the Niigaan Gdizhaami Fund Coordinator and the Aniish Naa Gegii Coordinator will be ready for distribution as soon as possible.

COMMITTEE UPDATES

Data Research and Evaluation Committee (DREC)

The DREC membership have been working to finalize the Research and Evaluation Logic Model.

This model identifies the progress of relationships over the course of the three-year Multi-Year Action Plan. A final visual is expected to be approved in summer 2019. Other initiatives the committee continues to work on include the New School Registrations, the distribution of OENs, the distribution of AES consent form to PFNs.

Special Education Committee (SEC)

The Special Education Committee meets regularly to continue working on special education priorities. The work plan is currently being reviewed by the JMEAC, and the committee's composition may undergo refinement, pending JMEAC approvals. The KEB special education scans are in the process of being analyzed and a full report of the AES special education landscape will be available soon.

Joint Master Education Agreement Committee (JMEAC)

JMEAC continues to meet every other month. Its focus is ensuring the ongoing implementation of the Multi-Year Action Plan and overseeing the work plans of the other committees. JMEAC is currently conducting its annual review of committee work plans and preparing a quarterly report for the period January 1-March 31, 2019.

POWERSCHOOL

Progress continues the implementation of PowerSchool. Three communities are in the final stages of transitioning to the new student information system (Pic Mobert, Georgina Island and Aamjiwnaang). The remaining schools (13) will complete their transition at the end of June, which will alleviate the difficulty of transitioning during the active school year.

LANGUAGE STRATEGY

The AES language strategy is in development. An eight-pronged approach to the strategy will be reviewed with each REC and feedback will be collected. The regional reviews and feedback will help guide the development of the draft language strategy.

In April 2019, the KEB had the opportunity to meet with Maori language experts from New Zealand. The meeting was very informative and allowed the KEB to identify strengths and opportunities for the AES language strategy.

EARLY DEVELOPMENT INSTRUMENT (EDI)

Eleven AES schools with Kindergarten programs are currently working with the KEB and the Offord Centre for Child Studies, to complete the EDI implementation. Early Development Instrument questionnaires have been sent to each school, and teachers are now in the process of completing the surveys for their SK students. The EDI questionnaires will allow schools and the AES to assess the development of kindergarten students in five different areas of development. The results could assist in identifying, developing, and providing programs and services that target key areas of need.

CONSENT FORMS

The AES student information consent forms have been distributed to each PFN. Final packages were sent in the mail between March 27 and April 12. Communities are now preparing the packages for distribution to PFN students/parents both on-reserve and off-reserve. Door prize is a Fitbit.

Vicki Ware, Education Coordinator

vware@aamjiwnaang.ca

519-336-8410 x 247

Aamjiwnaang First Nation

Education Department



DATE: July 26, 2019
TO: Parents/Guardians
FROM: Vicki Ware, Education Coordinator
RE: Survey for Childcare and Early Years Plan

Boozhoo Aamjiwnaang Families,

You are invited to participate in a joint venture with the County of Lambton, to create a 5-year plan to improve childcare and early years services in Lambton County.

Whether you access childcare and early years services in Lambton County or at Aamjiwnaang, our Education Committee believes this is a good opportunity to hear from Aamjiwnaang families about childcare and early years services within our community as well. It's important that we hear from you!

The County of Lambton will share the survey results completed by Aamjiwnaang members through a postal-code identification. The 5-year plan will describe how children 0-12 and their families will be supported, and it will identify potential opportunities for improvement.

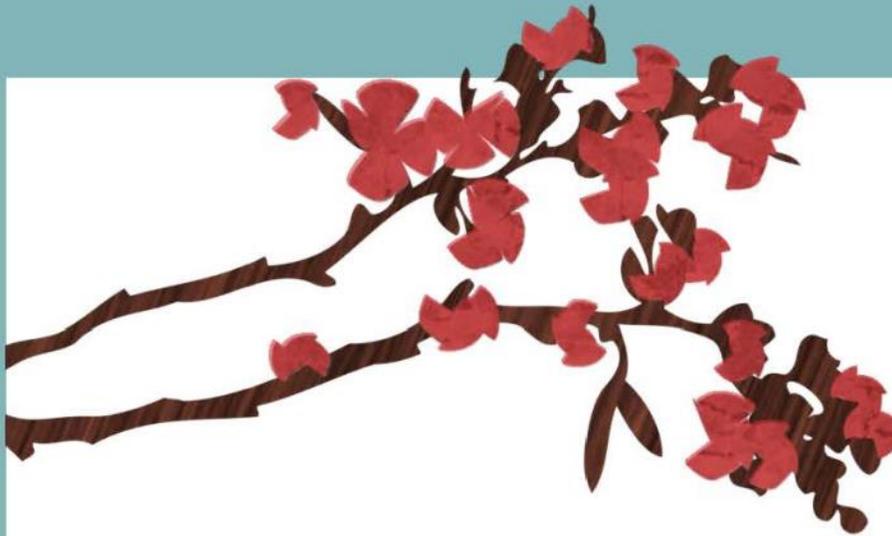
There are two options for you to complete the survey.

1. The online link to Survey Monkey

<https://www.surveymonkey.com/r/Childrens-Services-2019-English>

2. Pick up a copy of the survey at the Band Office, Daycare, or Maawn Doosh Gumig. Locked containers will be available to ensure confidentiality. Deadline date is August 30.

If you have any questions, please contact me at 519-336-8410 x246 or yware@aamjiwnaang.ca



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

WE ARE LOOKING FOR SOMEONE TO
UPGRADE FOR AN APPRENTICESHIP

COME UPGRADE IN GENERAL!

NEED YOUR GRADE 12 ENGLISH CREDIT?

JOIN US FOR A NEW
TEACHER INSTRUCTED CLASS!

Wednesday's Starting
October 2, 2019 for 12 weeks
11:30am - 2:30pm



Location: Aamjiwnaang Resource Centre
Contact: Emily Williams or Terry Plain at 519.336.8410 ext. 285
Office Hours: Monday - Friday 8:30 am - 4:30 pm

Nishnaabeman! - Speak Ojibwe!

Boozhoo kina wiiya! As part of a language and culture revitalization initiative we will be including new Ojibwe words every Tribe-une for you to practice on your own. Watch for our bi-weekly language to practice with your family and friends!

Datgaagmin Giizis – Blackberry Moon

- *Blackberry plants produce an abundance of fruit once every 3 years*
- *Blackberry plants were one of the first plants placed on Mother Earth*
 - *Blackberry Moon teaches us to recognize and understand the spirit world as well as protect the circle of life*

Gojiing Kidwinan – Outside Words

Shovel – Moon-hi-gan

Pail – Niim-baa-gan

Ball – Bkwaa-kood

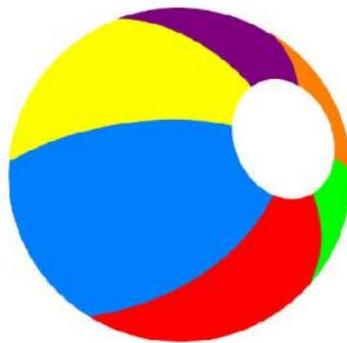
Grass – Miish-koons

Cloud – Aan-kwod

Bird – Bne-sh-iinh

Bee – Aamoo

Fly – Oojii





DRIVING HIGH IS STILL A DUI!

Cannabis use can impair driving, and the impairment is worse when used with alcohol.

CANNABIS + THE BRAIN

Brains develop until age 25, meaning younger users are at a higher risk. Cannabis impairs cognition and emotions. Psychotic symptoms that may be triggered include: paranoia, disorganized thoughts and speech, delusional thinking, hallucinations.

MENTAL HEALTH HISTORY

Know your family's mental health history as well as your own. You may have a genetic vulnerability to psychosis, or should consider abstaining if you have already experienced psychosis. The prognosis is not as good, and it can interfere with other medications.

THC vs. CBD

Know your THC to CBD ratio. Higher CBD may be protective for psychosis, but higher levels of THC increases the risk of psychosis.

SAFER METHODS

Abstaining from cannabis use is the least risky choice.

Otherwise:

- start low, go slow
- know your source & strain
- wait until age 25

IT'S LEGAL. IS IT HEALTHY?

For more resources, please visit:
mycannabisIQ.ca
 #mycannabisIQ

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Cannabis & Your Health

10 WAYS to Reduce Risks When Using

Cannabis use is now legal for adults, but it does have health risks. If you use non-medically, you can make informed choices for safer use.

Delay using cannabis as late as possible in life, ideally not before adulthood.



Avoid using if you're pregnant, or if you or family members have a history of psychosis or substance use problems.

Choose low-potency products — those with low THC and/or high CBD content.



Use cannabis in ways that don't involve smoking — choose less risky methods of using like vaping or ingesting.

Stay away from synthetic cannabis products, such as K2 or Spice.

If you do smoke, avoid deep inhalation or breath-holding.

Occasional use, such as one day per week or less, is better than regular use.



Your actions add up. The more risks you take, the more likely you are to harm your health.

Don't operate a vehicle or machinery while impaired by cannabis. Wait at least 6 hours after using. Remember that combining alcohol and cannabis makes you more impaired.

Not using cannabis at all is still the best way to protect your health (unless you use with a medical recommendation).

When using cannabis, be considerate of the health and safety concerns of those around you. Don't hesitate to seek support from a health professional if you need help controlling your cannabis use, if you have withdrawal symptoms or if your use is affecting your life.

CANNABIS FACT SHEET

Cannabis (also called marijuana, weed and pot) is a drug that comes from a plant. There are different ways to use cannabis, which include, but are not limited to:

- Smoking as a cigarette (sometimes called a 'joint' or 'blunt'), or through a bong or pipe
- Vaping (through an e-cigarette or vaporizer)
- Mixed in with food and/or drink (effects may take up to 2 hours)
- Heated and ingested as oil, wax, or shatter, which is made from cannabis resin or hash

Cannabis contains THC, a chemical that causes psychoactive effects, a feeling of being "high". It also contains CBD, which does not produce a high.

	Recreational Cannabis	Medical Cannabis
What is it?	It is for personal use. Consumption is legal in Canada for adults with some restrictions.	Authorized by a health care professional for use in treating and managing illness. Access is regulated by the federal government.
What is the main difference if you use them?	Generally has higher THC content, which produces a "high".	Generally has higher CBD content and lower THC content, used for therapeutic purposes.
Where can you get it?	Cannabis and seeds for private growing can only be purchased <u>legally</u> online at the Ontario Cannabis Store and starting April 1, 2019, through licensed private retailers. Cannabis sold through illegal dispensaries is not regulated.	Can only be obtained through a federally licensed retailer, upon authorization by a healthcare professional. Can be grown by authorized users, or their official designate, who are licensed by Health Canada.

LONG TERM HEALTH EFFECTS

Long Term Health Effects – associated with prolonged and regular use:

Risks to brain development if you start using before the age of 25, especially if THC content is high.

- increased risk to mental health for long-term heavy consumers
- possible lung damage and infections associated with deep inhalation
- possible addiction (Health Canada estimates a 9% addiction rate)
- coughing and throat irritation from inhaling cannabis
- exposure to harmful second-hand smoke
- risk of harm to concentration, decision making ability, intelligence and memory



For more information visit: www.ontario.ca/page/cannabis-legalization



Jordan's Principle

Do you know a child with a need who cannot access a publicly funded service or program that is available to other children?

What is it?

Jordan's Principle is a child first and needs-based principle used to ensure that First Nations children, living on and off reserve, have equal access to all public services, devices, and/or programs when they need them

Social services

Meal programs
Meals and preparation for special dietary needs
Specialized summer camp
Personal support worker

Education

Assistive technologies and electronics
Psycho-educational assessments
Specialized school transportation
Tutoring services
School supplies

Who to Contact

Rachael Simon
Children's Support Worker
519.344.4132
rsimon@aamjiwnaang.ca
Jordan's Principle Call Centre:
1-855-JP-CHILD (1-855-572-4453),
open 24 hours a day, 7 days a week

Health Services

Home support and personal care
In-home nursing/respite
All rehabilitation therapy
Nutritional supplements
Medical supplies and equipment
Medical testing
Addiction services
Assessment and screenings

What you need to apply

Child's or Parent's Status Card
Child's address
Child's DOB
Services required and cost
Letter of supports for service from professional (e.g., counsellor, doctor, teacher, dietician)
Any supporting documentation (e.g., assessments, IEP, prescriptions)

Aamjiwnaang Health Centre Weekly Services



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30 AM – All Day – Jessica Joseph, Mental Health	8:30 AM – All Day - Jessica Joseph, Mental Health	8:30 AM – All Day – Jessica Joseph, Mental Health	8:30 AM – All Day – Jessica Joseph, Mental Health
8:30 AM – All Day – Amy, Nurse Practitioner	10:30 AM – Christy Primmer, Counsellor	10:00 AM – Tina Hunter, Counsellor	8:30 AM – All Day – Diana, Nurse Practitioner
		1:00 PM – Amy, Nurse Practitioner	

Adult Stress Relief Class

TUES. AUG 20 /19
2-4 PM

Button Jewellery Making
Class



To be held at the
Health Centre

OPEN TO ADULTS IN THE
COMMUNITY.



Buttons!

Adult Stress Relief Class

Rock Painting

(Rocks provided!)

Thurs. Aug 29/19
2 – 4 pm

To sign up, call
Health Centre at
(519) 332-6770

Health Centre

Aamjiwnaang & Twin Bridges

NURSE PRACTITIONER CLINIC

**DO YOU NEED A FAMILY
DOCTOR? ARE YOU LOOKING
FOR A CHANGE?**

Aamjiwnaang Health Centre hours:

Monday all day
Wednesday afternoon
Thursday all day

Accepting new patients from Aamjiwnaang,
including community members and families.

To register or book an appointment, please call
the Health Centre at 519-332-6770.



Twin Bridges

Nurse Practitioner-Led Clinic

NURSE PRACTITIONERS PROVIDE PRIMARY CARE:

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

TOBACCO

Cessation

information session

If you're looking for help kicking the habit, please plan on attending. Interest will determine if a 6 week smoking cessation program will be offered in the fall.

**AUGUST 19TH
1PM-2PM
AAMJIWNAANG HEALTH CENTRE**




Made with PosterMyWall.com

Lunch & Learn

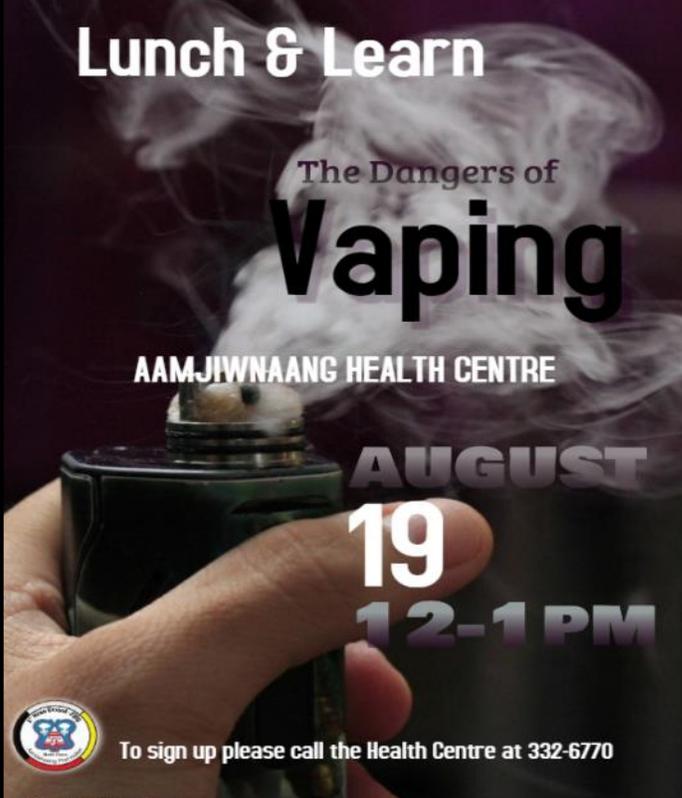
The Dangers of

Vaping

AAMJIWNAANG HEALTH CENTRE

**AUGUST
19
12-1PM**

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



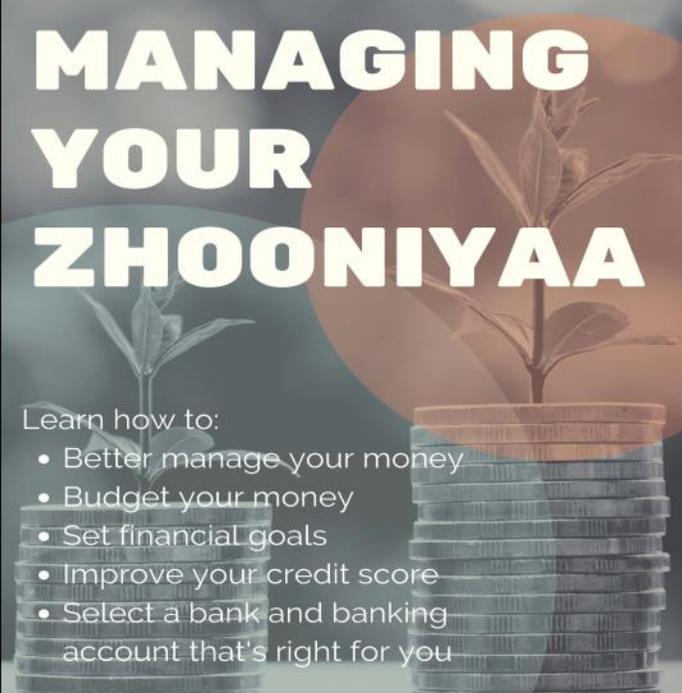

Made with PosterMyWall.com

MANAGING YOUR ZHOONIYAA

Learn how to:

- Better manage your money
- Budget your money
- Set financial goals
- Improve your credit score
- Select a bank and banking account that's right for you

For more information please contact:
BARB URLACHER
Special Projects Liaison Worker,
Economic Development Department
(519) 336-8410 ext. 227



HEALTHY COOKING CLASS & AGELESS GRACE CHAIR EXERCISES



WEDNESDAY, AUG. 21, 2019 – 11 AM – 1 PM
AAMJIWNAANG HEALTH CENTRE

ALL ARE WELCOME TO ATTEND!
Come on out and try some tasty new healthy recipes and fun chair exercises!
Call Natalie at (519) 332-6770 if a ride is needed.



MOBILE MARKET



The Inn of the Good Shepherd's Mobile Market has started coming to Aamjiwnaang on Mondays – 12:30 pm – 1:30 pm.

The Health Centre will be offering transportation to those unable to get to this free market. Please call (519) 332-6770 if you need a ride. *Starting Monday, Aug 22!

Don't forget your bags!

Every Monday until November (except holidays)

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

Aamjiwnaang Food Bank Help Needed!



If anyone in the community would like to volunteer for our Food Bank on:

Mondays – 9 am – 12 pm

Thursdays - 1 pm – 4 pm

Please let me know! This would be a great way to get your community hours, or students can get their 40 hrs needed to graduate!

Please call Natalie at the Health Centre if interested at (519) 332-6770.



Fall 2019 Kettle Bell & Circuit Training Class Starting Tuesday, Sept. 10, 2019 for 6 weeks



We will start with Circuit Training for 45 min.

5:00 pm – 5:45 pm

Then we will commence with 45 min. of Kettle Bell Weight Exercises – 5:45 pm – 6:30 pm inside the Community Centre

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



Shine Through the Rain
Foundation

Supporting families through life threatening illnesses.

That goal is to help those who are affected by life threatening illnesses. Whether it's through services or funds we seek to provide guidance, support, and financial aid to those in need.

<https://www.shinethroughtherain.ca/>

OUR PROGRAMS

Rainy Day Fund

The Rainy Day Fund provides emergency payments directly to the utility companies and landlords.

Camp Scholarships

Illness often isolates children from their friends and the activities they love. The Camp Scholarship Program allows children in remission to reconnect with those friends and activities. The program is offered for free, and provides funding for a camp of their choice; sports, music, art, science, horseback riding, water skiing or other activities they missed most during treatment.

Rainy Day Gifts

Our staff carefully hand pack each gift bundle for a child recipient, and it is our hope that this gift will offer some small comfort and relief from the struggles that child is facing.

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

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!



PRIMARY CARE

with the Nurse Practitioners

NOW AVAILABLE 2.5 DAYS PER WEEK!

Call Aamjiwnaang Health Centre to book your appointment or register as a new patient.

Assessment

Diagnosis

Treatment

Made with PosterMyWall.com



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.



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

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



Congregate Dining will be starting back up on September 4, 2019

Come on out have a great meal and mingle amongst friends

Remember if you have any ideas for Jacky on MENU please let us know.



**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**



**Seniors Coffee drop in at
SENIORS COMPLEX
12-3pm**

Come on out have a coffee and snack scheduled for:

**September 5th, October 3rd, &
November 7th & December 5th 2019**

**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

Senior Game Night Begins



Senior Game Nights are as followed:

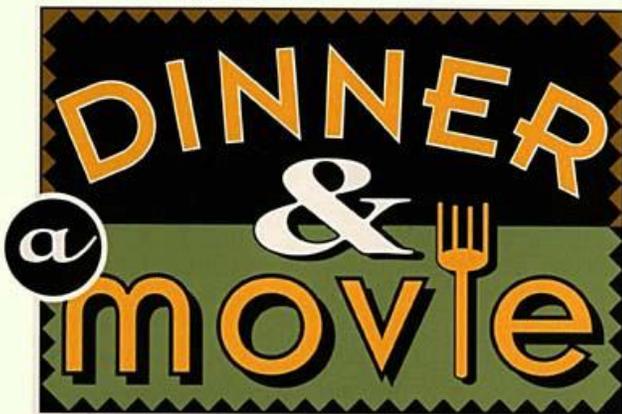
Every Mondays

September 2nd, 9th, 16th, 23rd, 2019

Where you ask? - Seniors Building

What time you ask? 6 - 8 pm

Come on out for socialization with some cool peeps and have coffee and snack



Seniors +55
September 19th, 2019
Dinner @ 5 pm
Stokes Inland
Movie will be of your
choice that evening
You must sign for each
thing item...

Limited space - must contact Becky Adams

519-332-6770 ext#312

Attention Seniors

Language & Culture

55+



September 10th, 2019

Banquet Room

5– 7 pm

**Jessie Plain will be in attendance for a session of
HOW IMPORTANT OUR LANGUAGE AND CULTURE ARE**

**Please come on out for a wonderful dinner and social
gathering, and learning a few new things**

**Please contact Becky @ 519-332-6770
To Sign up—please leave message if I am not available**

Aamjiwnaang Health Centre

Seniors & Diabetes Support Group Picnic

Thursday, August 22, 2019—Noon

Canatara Park, Sarnia, Ontario

Please call the Health Centre to sign up at (519) 332-6770.

Limited transportation will be provided.

*Diabetes Support Group members please note: This picnic will replace the August Support Group.

If you require further information, please contact Becky Adams or Natalie Nahmabin at the Health Centre.



CROSSWORDS

Across

- 1. Long (for)
- 5. Borders on
- 10. Skim over
- 14. Laundry appliance
- 15. Theme
- 16. Warsaw native
- 17. Rounded roof
- 18. Friendly toward guests
- 20. Lamb's mom
- 21. Copenhagen natives
- 22. Miscalculated
- 23. Jupiter, e.g.
- 25. School compositions
- 26. Away from the coast
- 28. Shopping bag
- 29. Penn and Connery
- 30. Anguish
- 32. Place
- 35. Overdue
- 36. Night twinklers
- 37. Whittle down
- 38. Poet's "before"
- 39. Selected
- 40. Highway sign
- 41. Soak through
- 42. Samples food
- 43. Actress ____ Anderson
- 46. Shudder
- 48. Coral island
- 49. Finnish bath
- 50. Wedding vow (2 wds.)
- 53. Forgivable
- 55. Smell
- 56. Plus
- 57. Narrow channel
- 58. Bogeyman
- 59. Look
- 60. Malt brews
- 61. Skirt edges

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												55				
56													58			
59																

Down

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> 1. Staff member 2. Cawing bird 3. Five-sided base (2 wds.) 4. Compass direction (abbr.) 5. Close by (2 wds.) 6. Pioneer Daniel ____ 7. Distressed 8. Pointers 9. Biol., e.g. 10. Thinly scattered 11. Venomous snake 12. Back street 13. Requires 19. Grouchy | <ul style="list-style-type: none"> 21. Aykroyd and Rather 24. Highway section 25. Long periods 26. Emerald ____ 27. Adjacent 28. Shredded 30. On 31. Car fuel 32. Quail's kin 33. Impel 34. Driving aids 36. Citi Field predecessor 37. Mexican coin 39. Viola's kin | <ul style="list-style-type: none"> 40. Papa's mate 41. Not often 42. Articles of faith 43. Fathers 44. Start of a Dickens title (2 wds.) 45. Telegraph inventor 46. Dinette piece 47. King, e.g. 49. Of sound mind 51. College residence 52. Metallic deposits 54. Pen point 55. Impressed utterance |
|--|--|---|

CROSSWORD SOLUTION FOUND WITHIN THE TRIBE-UNE NEWSLETTER



Anishinabek Nation Governance Agreement



Information Session &
Community Engagement
With Aamjiwnaang Anishinabek

When: Thursday, August 29, 2019

Where: Maawn Doosh Gumig - Banquet Room

Time: 6:00 - 8:00 PM

For More Information Please Visit:

<https://www.governancevote.ca>



JOIN US!



ACKNOWLEDGING BKEJWANONG TERRITORY



Erie St. Clair
Regional Cancer Program
in partnership with Cancer Care Ontario



South West
Regional Cancer Program
in partnership with Cancer Care Ontario

TRANSITION THROUGH THE CANCER JOURNEY

UNITY WITH THE COMMUNITY THE 2019 CANCER CONFERENCE

FRIDAY SEPTEMBER 27TH, 2019 | 9AM - 3:30PM | THE ARENA, WALPOLE ISLAND

770 TECUMSEH ROAD, WALLACEBURG ON N8A 4K9

9AM - 9:30AM REGISTRATION & CONTINENTAL BREAKFAST | 12 PM: LUNCH IS PROVIDED | 3:30PM: WRAP UP

Anyone interested in going we have limited transportation. Call the Health Centre at (519) 332-6770.



RESILIENCY THROUGH OPTIMAL STRESS, RESOURCEFULNESS AND GOAL SETTING: Making It Work For You!



Dr. Robyne Hanley-Dafoe



Do you leave a keynote wanting more? Do you want tangible tips and techniques you can implement right away to help you do your job better, and generally BE better? We hear you!

Workplace Wellness has organized an informative, engaging Keynote + Workshop that will help people in any profession or industry, delivered by a renowned, engaging presenter.

Dr. Robyne Hanley-Dafoe is a multi-award winning psychology instructor who specializes in resiliency, navigating stress and change, and personal wellness in the workplace.

THE WORKSHOP:
How To Work with Challenging/Difficult People in Stressful Situations

When we can understand our triggers and our value system, we are more capable of making better decisions, and are more effective and productive. Learn the art of being authentic and navigating difficult conversations.

Friday, September 20, 2019
7:30 a.m. - 10:30 a.m.
Lambton College Event Centre, Grand Ballroom
1485 London Road, Sarnia

TICKETS \$40
Full Breakfast, Keynote & Workshop
Online NOW at: Eventbrite.ca
(Resiliency Sarnia)
Limited seating available

Contributing Sponsors:



Organizing Committee:



Info?

Call
519-337-1716
or email
lgeneral@iecpartnership.com



Dago Maajiigoog Binoojiinyag
 Datagaagomin Giizis- Blackberry Moon
 August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sage and Playdough 9:00 -1:00	2	3
4	5 Closed Civic Holiday	6 Ojibwe Colours Make and Take 9:00 -1:00	7 Hand drum Songs 12:00 -4:00 4:30- 7:30	8 Sara Kidd 9:00-1:00	9	10
11	12 Sensory Play 12:00 -4:00 4:30- 7:30	13 Hot dogs & smores Outdoor play 9:00-1:00	14 Walk to the park 12:00 -4:00 Walk to the park 4:30- 7:30	15 Outdoor Play 9:00 -1:00	16 Greenview Aviaries 845-4:30 Sign up	17 Greenview is in place of our Saturday program
18	19 Beaded Wire Maze Sculptures 12:00 -4:00 4:30- 7:30	20 Ojibwe Labels For the Home 9:00-1:00	21 Point Edward Splash pad 12:00 -4:00 Pj & Movie Night 4:30-7:30	22 Touring Little Friends -Early On 9:00 -1:00	23	24
25	26 Kids in the kitchen 12:00-4:00 Kids in the kitchen 4:30-7:30	27 Dental Screening 9:00-1:00	28 Literacy Activity 12:00 -4:00 Literacy with Diane 4:30-7:30	29 Back to school Bingo 9:00-1:00	30	31

Call Paula For Transportation 226-349-2427

Aamjiwnaang Health Centre
Clothes & Small Household Items
GIVEAWAY II

Community members are invited to bring in seasonal summer/fall clothes in reasonably good shape and clean to give away! You may also bring in small household items to give away as well! We ask that you put out your items on tables setup. Any leftover items will be donated to the Inn of the Good Shepherd.

Saturday, August 17, 2019 - 9 am-12 pm in the Community Centre gym.

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

Please bring bags to bag up clothes to give away.
NO PICKUPS.

CALLING ALL BOWLERS!

We are looking for bowlers for the *Sarnia Reserve Friday Night League* At Marcin Bowl in Point Edward Regular League bowling begins:

SEPTEMBER 6TH, 2018
 Bowling is from 6:15pm to 9:00pm

If you are interested in bowling;
 Contact Zeebee at 519-332-1799

Tis The Season

Make & Take



Dill Pickles

Wednesday, August 21st

10am - 2pm

Aamjiwnaang Health Centre



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

Creative Native is back!

Do you have unfinished projects?
Let's get creative and finish them.

Please join us every **EVERY FRIDAY.**

Held at the Health Centre from 10-noon

Please call Amy to sign up at 519.332.6770 ext. 301

Biindigan / All Welcome

CULTURE & Heritage

E' MAAWIZIDIJIG

The Heritage and Culture Club invites you to participate in planning club (Community) activities.

#2019 #Unity #Bimaadziwin

Contact any member or Marina Plain @519-519-0942

Fb: Aamjiwnaang Culture and Heritage

Home and Community Care Soup and Banana Split Sale

Date: August 17 / 2019

Location: Aamjiwnaang Community Center

Time: 11am till sold out



\$4 per bowl:

- Potato and wild rice
- Taco Soup
- Navy Bean soup
- Corn Soup
- Butterbean
- Beef Barley



- \$ 5 Banana Splits
- \$1 Cornbread / Fry bread
- \$1 Pop and Water

◆◆◆◆ **COMPETITION POWWOW** ◆◆◆◆

47th Annual Eelūnaapéewi Lahkéewiit **POWOW**

► DELAWARE NATION AT MORAVIANTOWN ◀

August 31 & September 1, 2019

Labour Day Weekend

►►► GRAND ENTRY ◀◀◀

Saturday 12 pm
Saturday 7 pm
Sunday 12 pm

►►► ADMISSION ◀◀◀

Adults \$8.00
Seniors/Child U12 \$5.00
Children Under 3 Free

►►► HEAD STAFF ◀◀◀

Master of Ceremonies

Gary Parker

Head Veteran

Garry Noah

Jr. Head Female

Sienna Stonefish

Savana Smith

Arena Director

Geoff Stonefish

Head Female Dancer

Katelyn Peters

Smoke Dance

Lotunt Hongust

Fire Keeper

Mike Hopkins

Head Dance Judge

Amos Key Jr.

Head Male Dancer

Talon Whiteeye Williams

Jr. Head Male

Scott Snake

Andrew Snake

Chiefs' Flag Carrier

Kaden Smith

HOST DRUM
NAAHII SINGERS



► Baby Contest ◀

Registration Sun 1:00pm

Contest Sun 2:00pm

Every Child Takes Home a Gift

Switch Dance Contest

Rush Contest

Spot Dances

Hand Drum Contest

Tiny Tot Daily Honourarium

First Nations Arts & Crafts

Food Vendors

Rough Camping & Showers

Email Michele to Confirm spot

DIVISIONS	PRIZE BOARD	CATEGORIES
Children Age 5-13yrs	\$400/\$200/\$100	Children Age
Srs 18+ - 34yrs	\$400/\$200/\$100	Fancy/Trad/Grass/Smoker/Jingle
Jrs 13+ - 17yrs	\$300/\$200/\$100	Fancy/Trad/Grass/Smoker/Jingle
Boys/Girls 8+ - 12yrs	\$150/\$100/\$50	Fancy/Trad/Grass/Jingle
New Totz U-6yrs	\$5.00	Per Day

Dance Competition and Honourariums for Drums

Michele Altman • Pow Wow Event Coordinator • 519-692-3936

powwowcoordinator2019@gmail.com

Moravian Delaware Nation • 14811 Schoolhouse Line • East Kent • ON • N0P 2K0

NO DRUGS, ALCOHOL OR CANNABIS ALLOWED

Task Force is Not Responsible for Thefts, Accidents or Short-Funded Travellers



WILLARD WILLIE WILLIAMS



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



TORONTO MAPLE LEAFS vs CHICAGO BLACKHAWKS
 @ UNITED CENTER, CHICAGO
SAT. NOVEMBER 9TH TO MON. 11TH
GAME IS SUNDAY NOVEMBER 10th at 6:00 PM
 **Includes - Coach Bus, 2 Nights at the Embassy Suites, State St. - 2 Double Beds, 2 Hr Managers Party and Breakfast - Downtown Chicago, Ticket to Game **
 2 in a Room Per Person \$510, 3 in a Room Per Person \$430, and 4 in a Room Per Person \$390 all in U.S. Funds. \$100 U.S. secures your spot. Remainder to be PAID by September 30th. Bus leaves Bad Dog Corunna at 8:00 am Sharp and Food Basics at 8:30 am. Contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca



We Will Rock You - Queen
Windsor Casino
 Saturday November 30th at 8:00 pm Show
\$170 CDN per person
 Limo Bus, Ticket to Show (Sec. F5) and \$15 Slot Play
ONLY 30 SEATS
 Bus leaves Boulevard Bar & Grill at 4:00 pm Sharp and Bad Dog Corunna at 4:20 pm. Leave 30 min. after the show. Contact Willie at 519-332-6771, 519-384-1957 and willie@cogeco.ca.



Sunday - October 20th - 1:00 PM
Minnesota Vikings vs Detroit Lions
\$160 US or \$225 CDN
Thursday (THANKSGIVING) - November 28th - 12:30 PM
Chicago Bears vs Detroit Lions
\$200 US or \$280 CDN
 Bus leaves Bad Dog Corunna 8:00 am SHARP and the Moose Lodge, Sarnia 8:30 am SHARP. We will be stopping at Walsh's Party Store Soft Sided Coolers Allowed. NO STRYFOAM COOLERS. Contact Willie at 519-332-6771, 519-384-1957 or at willie@cogeco.ca Ticket's also can be purchased at Preferred Charters 1-810-982-7433




Saturday - October 12th at 7:00 pm
\$180 US and \$250 CDN - Lower Bowl
Wednesday - November 27th at 7:00 pm
\$180 US and \$250 CDN - Lower Bowl
 Coach Bus leaves Bad Dog Corunna at 2:00 pm and Food Basics Sarnia at 2:30 pm Sharp. Small soft sided coolers allowed. \$100 CDN deposit secures seat with the rest due 5 weeks before game that your attending. Contact Willie at 519-332-6771, 519-384-1957 or willie@cogeco.ca

JESUS IGNITE
Your Fire IN ME

Tuesday
Fellowship, Worship & Praise



Potluck dinner 5pm Service 7pm

United Church 978 Tashmoo Ave

The Lighthouse Church
With Pastor
Crystal Dowling
226 886 3812

Made with PosterMyWall.com



Special Service with
Pastors Bart & Carmen DeVries
Fellowship to follow

Saturday August 24th 2019
7pm
United Church Aamjiwnaang
978 Tashmoo Ave

Pastor Crystal Dowling
226 886 3812

The Lighthouse Church

Made with PosterMyWall.com

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

PosterMyWall.com



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.

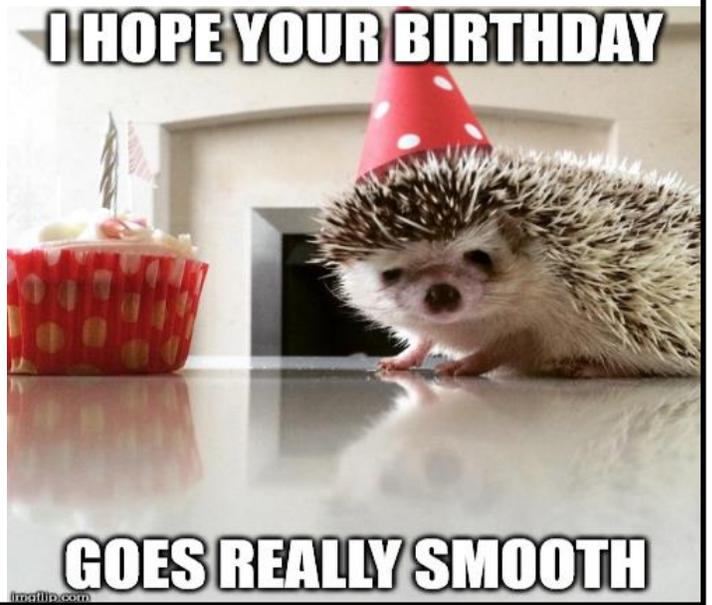
Apply to: St. Clair United Church,
984 Tashmoo Ave.,
Sarnia, ON N7T 7H5



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

Mino Dbishkaayin-Happy Birthday

Brieanne	Adams	Aug.	16	Richard	Lucas	Aug.	25
Payton	Chalcraft	Aug.	16	Chase	Adams	Aug.	26
Veyanna	Froats	Aug.	16	Giizhik	Bressette	Aug.	26
Hunter	Goulet	Aug.	16	David Edward	Jacobs	Aug.	26
Darren	Henry	Aug.	16	Tehya	Johnston	Aug.	26
Muriel	Joseph-Plain	Aug.	16	Gary	McNickle	Aug.	26
Roseanne	MacGregor	Aug.	16	Jason	Monk	Aug.	26
Chelsee-Marie	Pettit	Aug.	16	Charles Edward	Nahmabin Jr.	Aug.	26
Kobi	Waters-Hopkins	Aug.	16	Jaicene	Oliver	Aug.	26
Daylynne	Williams	Aug.	16	Knute	Oliver	Aug.	26
Harriett	Adams	Aug.	17	Sally	Parkinson	Aug.	26
John	Annen	Aug.	17	Billie Joe	Rogers	Aug.	26
Nathaniel	Isaac	Aug.	17	Joanne	Smith	Aug.	26
Paul	Jacobs	Aug.	17	Heather	Angelo	Aug.	27
Holly	Petten	Aug.	17	Niaomi Marie	Durston	Aug.	27
Chloe	Prevost	Aug.	17	Andrea	Grondin	Aug.	27
Myeengun	Bressette	Aug.	18	Paula	Hall	Aug.	27
Lyman	Cottrelle	Aug.	18	Kirsten	Mouland	Aug.	27
James	Farris	Aug.	18	Patricia	Oliver	Aug.	27
Warren	Joseph	Aug.	18	Ty	Robertson	Aug.	27
Teresa	Lacroix	Aug.	18	Tamara	Rogers	Aug.	27
Robert	Rogers	Aug.	18	Tammy	Simon	Aug.	27
Nancy	Gallagher	Aug.	19	Donna	Wiley	Aug.	27
Dion	Gray	Aug.	19	Cheryl	Williams	Aug.	27
Dawn	Lisi	Aug.	19	Avery	Fearns	Aug.	28
Jasmine	MacGregor	Aug.	19	Angela	Jacobs	Aug.	28
Paige	Clarke	Aug.	20	Jeffrey	Joseph	Aug.	28
Lindsey	Noble	Aug.	20	Gail	Reid	Aug.	28
Jonathan	Rising	Aug.	20	Laura	Rogers	Aug.	28
Mark	Siefker	Aug.	20	Nimkii-Waasmokwe	Walker	Aug.	28
Cody	White	Aug.	20	Melanie	Williams	Aug.	28
Niiskaade	Altiman	Aug.	21	Silas	Hanna-Miller	Aug.	29
Elizabeth	Cronk	Aug.	21	Christian	Page	Aug.	29
Quinson	Mejia-Smith	Aug.	21	Barry	Plain	Aug.	29
Allen C	Plain	Aug.	21				
David K	Jackson	Aug.	22				
Kailey	Maness	Aug.	22				
William	Robertson	Aug.	22				
Cheryl	Rogers	Aug.	22				
Lloyd	Durston Jr.	Aug.	23				
Jayla	Giorgi	Aug.	23				
Jessica Taylor	Gray	Aug.	23				
Jillian	Sandy	Aug.	23				
Robert Carlyle	Adams	Aug.	24				
Malani	Brandon	Aug.	24				
Alayna	Disel	Aug.	24				
David	Frazier	Aug.	24				
Duffy	Simon	Aug.	24				
Leander	Viscount	Aug.	24				
Waasay-Aabin	Whiteye	Aug.	24				
Linda D	Williams	Aug.	24				
Barbara	Gray	Aug.	25				



RIVERSIDE LUNCH

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Sausage (hot & mild)	\$6.00	or (combo)	\$8.75
Hamburg	\$4.50	or (combo)	\$7.25
Cheeseburg	\$5.00	or (combo)	\$7.75
Bacon Cheeseburg	\$5.75	or (combo)	\$8.25
Chicken Burg	\$5.00	or (combo)	\$7.75
Hot Dog (jumbo)	\$4.50	or (combo)	\$7.00
Coney Dog	\$5.50	or (combo)	\$8.00
Nish Moosh	\$6.00	or (combo)	\$8.75

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

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

	<u>Sm</u>	<u>Med</u>	<u>Lrg(fam)</u>
Fresh Cut Fries	\$3.00	\$4.00	\$7.50
Poutine	\$4.50	\$5.50	\$9.50
Chili Chz Fry	\$4.50	\$5.50	\$9.50
Fry Supreme	\$5.25	\$6.25	\$10.50
Gravy	\$1.00		
Jumbo Pickle	\$2.00		
Chili, Fried Onions, Melt'd Chz, or Chz slice			\$1.00 ea.

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

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

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E	W	E		D	A	N	E	S		E	R	R	E	D		
				P	L	A	N	E	T		E	S	S	A	Y	S
I	N	L	A	N	D				T	O	T	E				
S	E	A	N	S		A	G	O	N	Y		P	U	T		
L	A	T	E		S	T	A	R	S		P	A	R	E		
E	R	E		C	H	O	S	E		M	E	R	G	E		
				S	E	E	P			T	A	S	T	E	S	
P	A	M	E	L	A			T	R	E	M	O	R			
A	T	O	L	L		S	A	U	N	A		I	D	O		
P	A	R	D	O	N	A	B	L	E			O	D	O	R	
A	L	S	O		I	N	L	E	T			O	G	R	E	
S	E	E	M		B	E	E	R	S			H	E	M	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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The next issue is due out on
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Tuesday, August 27th, 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
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If you have stories that you would like to share, please submit them
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