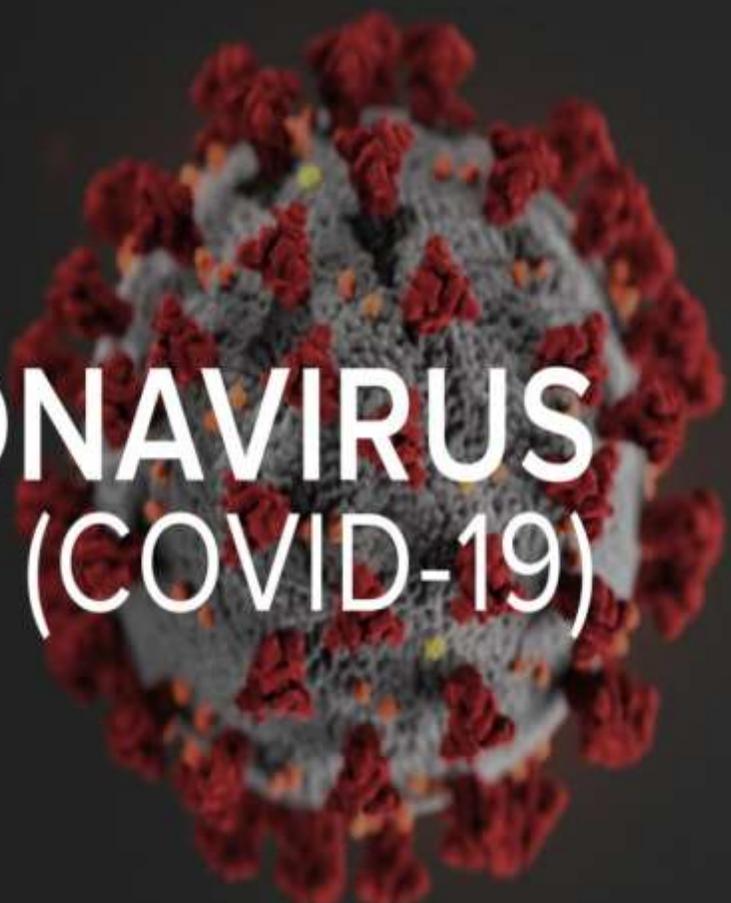




*The Aamjiwnaang First Nation*

# CHIPPEWA TRIBE-UNE

Issue No. 20:6  
April 17th, 2020  
Editor: Todd Williams



# CORONAVIRUS (COVID-19)

In this issue:

Message from the Chief,  
Latest notices from Chief and Council,  
And updates from departments on operations.



## **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:

**TBD**

Your information is due by:

**TBD**

Miigwech, for your co-operation and  
understanding.

Ashley Jackson, Aamjiwnaang Council Clerk

[ajackson@aamjiwnaang.ca](mailto:ajackson@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](mailto: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.

## Medical Travel Drivers

Terry Plain (Monis)	C: 519-402-5535
Sheila Firth	C: 519-383-1073
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
Marion Waters	C: 519-312-5283
Stephanie Rogers	C: 226-349-2858

## Wheelchair Accessible Van Driver

Brenda Maness 519-490-8444

## 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

## 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**

# Message From Chief Plain

Boozhoo Aamjiwnaang,

We find ourselves in very challenging times today dealing with the Covid-19 virus, and within Aamjiwnaang staff and council are working very diligently to ensure we are prepared to provide essential services, and do our part to stop the spread of this virus and keep our community safe.

Today you will be provided some key updates from departments on how they are adapting to the changes while focusing on providing services to the community.

I along with key staff participate on daily calls as part of the Primary Control Group with the City, as well as Lambton County and First Nation organizations receiving the ever-changing information related to Covid-19. Patrick Nahmabin has been sharing all the information on our website and Facebook page.

Due to the State of Emergency, council has been meeting regularly by conference call to receive updates from staff and make decisions on community issues. We will continue to monitor these decisions and update as required, and those decisions are shared through updates by Patrick.

Aamjiwnaang reviewed the list of essential services provided by the Province and generally accepted those recommendations as being vital to stop the spread of the Covid-19 virus. In addition to the initial list Aamjiwnaang closed our Daycare Centre, which was followed soon after by the Province. Aamjiwnaang also listed tobacco and cannabis related shops non-essential, which was soon followed by the Province and since reversed. Aamjiwnaang still considers these businesses non-essential during this time. To ensure compliance, Council provided notice of a road closure to restrict the amount of non-essential traffic coming to the community.

Council has also directed the closure of our public buildings and has requested all staff work from home when possible. Construction projects are currently on hold, and the Health Centre expansion is being halted and in the process of being left in a safe condition. We request gatherings be limited to your households only, and no large fires. Community members are asked not to invite any guests to fish and anyone who does fish is asked to do so in a manner that respects all the precautions on social distancing.

Council is in the process of establishing community supports, and that has begun with a food security program for households. Additional supports are currently being planned by various departments.

I want to thank the entire community for your patience and understanding at this time. I am very pleased with the strength which I have seen our community respond. The outpouring level of support community members are offering each other currently is tremendous. I very much appreciate the dedication of the staff and the support from the Council to work cooperatively in the best interest of our community and finally, I would like to acknowledge those past and present who have worked on our pandemic plan keeping it updated and ready for implementation.

Please remember your responsibility to your family and your community. Please stay home at all possible times and let's work together to flatten this curve and save lives together!

Miigwetch,  
Chief Plain



**AAMJIWNAANG  
FIRST NATION  
Band Council**

978 TASHMOO AVENUE  
SARNIA, ONTARIO  
N7T 7H5  
Phone: 519-336-8410  
Fax: 519-336-0382

January 14, 2020

**NOTICE RE :**

**Federal Indian Day School Class Action Settlement**

The Indian Day School Settlement Claims Process is now open for Survivors who attended Federal Indian Day School's and Federal Day Schools. Survivor's can now submit a claim for compensation.

Survivors can complete the Claim Form at <https://indiandayschools.com/en/> or call 1 (888) 221-2898. Class Members will have two and a half years to submit their claims for compensation. **The last day to submit a claim will be July 13, 2022.**

The completed Claim Forms can be submitted to the Claims Administrator in the following ways:

**To: Indian Day Schools Class Action Claims Administrator, c/o Deloitte**

**By Mail:** PO Box 1775, Toronto, ON, Canada, M5C 0A2, or

**By Fax:** 416-366-1102, or

**By Email:** [indiandayschools@deloitte.ca](mailto:indiandayschools@deloitte.ca)

Matt Stone of Legal Aid Ontario will be available to sign, as a guarantor, and to answer any questions or assist people completing the form on Mondays from 10:00am – 3:00pm at Maawn Doosh Gumig for Aamjiwnaang First Nation Members. Health Centre staff are also available to assist, please call them to schedule an appointment. Any other questions, please contact the firm handling the claim at 1 (888) 221-2898.

Miigwetch



April 14, 2020

**AAMJIWNAANG  
FIRST NATION  
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Fax: 519-336-0382

## **UPDATE NOTICE**

### **Attention Aamjiwnaang Band Members :**

**ALL Aamjiwnaang First Nation public building closures will be extended until APRIL 27th, 2020.**

All community programming and events will be cancelled until further notice as well. We are advising against gatherings of more than five people. Please visit our website for essential service contact information that is available during the closure.

Our primary concern is the health and welfare of the community, so we will continue to evaluate the situation and make decisions that are in the best interest of Aamjiwnaang. We encourage you to review information available to make decisions for yourself and your family.

During this time we also encourage you to check in on loved ones and community members, whether it's a phone call, text, or facetime. It is important to keep in touch and be there for one another during times like this.

**As always, we advise everyone to follow best practices in terms of preventative actions (i.e. wash hands frequently, use hand sanitizer, cover your mouth/nose with tissue if you are coughing/sneezing, and if tissue is unavailable, cough/sneeze into your sleeve/elbow).**

As this situation develops, we will continue to meet regularly and provide updates. During this time we encourage you to read and stay educated through information posted by the World Health Organization and Health Canada.

If you develop symptoms, visit <https://www.ontario.ca/page/2019-novel-coronavirus> to take the self assesment or conact your primary care provider for screening and further instruction. If your symptoms are extremely severe, call 911.

Miigwetch,

Chief, Council, and Staff of Aamjiwnaang



April 15, 2020

## AAMJIWNAANG FIRST NATION Band Council

978 TASHMOO AVENUE  
SARNIA, ONTARIO  
N7T 7H5  
Phone: 519-336-8410  
Fax: 519-336-0382

### **CARE PLANS AND HEALTH SUPPORTS**

We encourage everyone to come up with a household plan in case someone becomes ill. Things to consider:

- Choose a room in your home that can be used to separate sick household members from those who are healthy
- If you are a caregiver for children or a senior, come up with a back-up plan in case you become sick
- If you are vulnerable (senior, health issues, immunocompromised), come up with a plan to avoid contact with other household members who may become sick. This may mean isolating yourself within your home and relying on a family member to help care for the sick person.
- Supplies:
  - Refill your prescriptions ahead of time
  - Fever reducing medications (acetaminophen, ibuprofen)
  - Soap
  - Facial tissues (Kleenex)
  - Household cleaners (disinfectant wipes or bleach 1 tsp per cup of water)
  - Paper towels
  - Garbage bags
  - Hand sanitizer is handy, but not necessary

Individuals who become sick, can call our Community Health Nurse for support. This includes anyone who:

- Has symptoms, has been instructed to isolate and is not being tested
- Has symptoms, waiting on test results

- Has been tested and confirmed

Our Community Health Nurse, Gail Nahmabin can be reached at (519) 330-7184 once you have received instruction from your primary care provider, the hospital or Lambton Public Health. The following supports can be provided:

- Daily phone check-in with a nurse
- Patient package with information, masks and gloves
- Help to pick up groceries/medications if needed

Miigwetch

Chief, Council and Staff of Aamjiwnaang



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N7T 7H5  
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Fax: 519-336-0382

March 27 ,2020

**Re: Aamjiwnaang Mortgages, Housing Rentals, and  
Renovation Loan Agreements**

Due to the current State of Emergency, Council has stated that no payments will be collected for the month of April. These payments will be deferred to the end of your agreement without penalty.

If you have any questions, please contact Rose John Finance Coordinator, at 519 336 8410 ext. 225 or email [rjohn@aamjiwnaang.ca](mailto:rjohn@aamjiwnaang.ca).

Chief and Council



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**FIRST NATION**  
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N7T 7H5  
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Fax: 519-336-0382

**ESSENTIAL SERVICES DURING BAND CLOSURE**

The following services will be provided by Administration and Senior Staff to help support community members during this health crisis. Please limit contact to regular business hours. Remember to check in on your loved ones and other members who may be isolated or in need. Cell Numbers are listed below.

- Chief Chris Plain (519) 464-8410
- Band Manager-June Simon (519) 328-6720
- Communication Officer-Patrick Nahmabin (519) 330-2950
- Finance Coordinator- Rosa John (519) 350-0687
- Public Works Coordinator-Brian Bois (519) 330-7375
- Ontario Works Administrator-Lana Forestell (226) 349-4360
- Ontario Works Case Worker -Candida Sinopole (226) 349-4362
- Social Services/Prevention Workers
  - Tanya Aviles (519) 330-2061
  - Vicki Jacobs (519) 328-2229
  - Patty Gilbert (519) 330-3554
- Housing Coordinator-Tracy Williams (519) 490-5996
- Emergency Planner-Wilson Plain Jr. (519) 330-8749
- Education Coordinator -Vicki Ware (519) 330-3384



## ESSENTIAL SERVICES DURING BAND CLOSURE

The following services will be provided by Health Centre staff and partners to help support community members during this health crisis. Please limit contact to regular business hours. Remember to check in on your loved ones and other members who may be isolated or in need.

**Dago Maajiigoog Binoonjiinyag** – assistance with breastfeeding, advice for parents

Supervisor Malynda Maness-Henry (519) 330-7020

Nurse Joanne Culley (519) 330-6243

**Jordan's Principle** – assistance with existing or urgent Jordan's Principle applications

Supervisor Rachael Simon (519) 918-1204

**Wheelchair Accessible Van** - scheduling

Clerk Kim Waters (226) 349-5859

**Home and Community Care** – hospital discharge

Administrator Marcella Kudaka (519) 384-4473

Nurse Elizabeth Cronk (226) 349-4222

**Senior's Outreach age 65+** – urgent grocery/medication pick up for those with no other means

Senior's Worker Becky Adams (519) 331-5717

Staff will be making weekly phone call check-ins for seniors age 65+ on-reserve.

**Medical Supplies** – limited masks/sanitizer kits available for patients diagnosed with Covid-19 to help prevent spread to others in their household

Nurse Gail Nahmabin (519) 330-7184

**Nurse Practitioner**

Call Twin Bridges for an appointment/screening (226) 776-9030

**Food Bank** – alternate arrangements are underway

**Mental Wellness** – please call or text for support services

Supervisor Tracey George (226) 349-5712 (call or text)

Addictions Outreach Team (519) 333-8787 (call or text)

New supplies will be handed out by appointment only.

Alphonse Aquash – court, addictions (519) 490-5956 (call or text)

Max Cryderman – secondary students (519) 330-1140 (call or text)

Gabby Macdonald – elementary students (519) 330-1140 (call or text)



March 24, 2020

**AAMJIWNAANG  
FIRST NATION  
Band Council**

978 TASHMOO AVENUE  
SARNIA, ONTARIO  
N7T 7H5  
Phone: 519-336-8410  
Fax: 519-336-0382

**NOTICE**

March 23, 2020, Aamjiwnaang Council held a Special Council Meeting via teleconference to declare a state of emergency. Below is the motion that was passed.

**Motion # 01-2020**

**That Aamjiwnaang has declared a State of Emergency due to Covid - 19, and further;**

**This Council supports Ontario's shutdown of all non-essential business's as a measure to avoid the spread, and lastly;**

**Be it resolved:**

**This Council declares that all non-essential business's in Aamjiwnaang shutdown to be consistent with the direction by the Province.**

While declaring a state of emergency may seem like a serious measure, Aamjiwnaang is doing so as a precautionary measure and to assist in our preparedness rather than having to do it when it may be too late.

Miigwetch,

Chief and Council



March 30, 2020

**AAMJIWNAANG  
FIRST NATION  
Band Council**

978 TASHMOO AVENUE  
SARNIA, ONTARIO  
N7T 7H5  
Phone: 519-336-8410  
Fax: 519-336-0382

## **NOTICE**

### **Re: Traffic Restrictions**

On March 24, 2020, Ontario announced a list of business's considered essential services that could remain open during the shutdown period. That list included business's that currently operate in Aamjiwnaang.

Due to the rapid spread of the COVID -19 virus, Chief and Council are directing that the following measures are put in place to restrict the amount of traffic within Aamjiwnaang:

- All Band Operations will remain limited to the essential services outlined to the community on our website
- Staff will continue to work from home where possible
- Chippewa Industrial Development Limited will continue to operate under the essential list provided by Ontario
- Gas and Take Out Food will be permitted to operate
- Convenience stores will be permitted to remain open to provide essential supplies to community residents
- No cannabis or tobacco related retail shops are permitted to operate

**Any affected business's will be expected to close by Tuesday, March 31, 2020, by 11:59 pm.** We are asking for compliance from all the entrepreneurs in the community to do your part to in restricting the amount of traffic in our community during this time. We all have a responsibility to keep our community safe.

We will continue to monitor the situation and address these measures accordingly.

Thank you for your cooperation.

Chief and Council



## CHIPPEWA INDUSTRIAL DEVELOPMENTS LIMITED

4-1000 Degurse Drive Sarnia, Ontario N7T 7H5

519-336-9053

To the members of Aamjiwnaang FN

Hello,

The staff at Chippewa Industrial Developments Ltd. (CIDL) hope that everyone is staying safe and healthy.

Currently CIDL is running at about 90% capacity in the industrial park. The Leaky Tank restaurant is closed for the time being, but the rest of the tenants are close to or near full staffing. Most are deemed "essential services" which allows them to keep operating.

Please feel free to contact us if you have any questions or concerns that we can help you with.

You can call the office @ 519-336-9053 or by email: Ed Gilbert, Corporate Manager @ [egilbert@aamjiwnaang.ca](mailto:egilbert@aamjiwnaang.ca), Randy Racher, Corporate Financial Officer @ [rracher@aamjiwnaang.ca](mailto:rracher@aamjiwnaang.ca), or Sylvia Kearse, Corporate Administrative Assistant @ [skearse@aamjiwnaang.ca](mailto:skearse@aamjiwnaang.ca)

Stay Safe, Happy, and Healthyl

## **Environment Coordinator's Update April 13, 2020**

I hope all is well and you are healthy and safe during this COVID-19 pandemic. During this time of social distancing, and the closure of the Band operations, I have been involved in several meetings that are now being conducted by teleconference. I continue to keep updated on the ongoing Air Standards and have biweekly calls with the Ministry of the Environment regarding the Sarnia Air Exposure Health Study.

Over the past two weeks, I worked alongside Brian and the roads department crew to address a fuel oil spill affecting a community member's home and to assist with determining the impacts of a small ethylene glycol spill due to a vehicle antifreeze line rupture. Both issues are being resolved and continue to be addressed.

I am also continuing to work with the Federal Government, on a grant to have a Wheelchair accessible ramp installed along the river near the new pier installation. Chief and Council approved the agreement at the last council meeting. I am also continuing to work on the Clean Harbors Annual landfill peer review and on the St. Clair Area of Concern initiative for delisting BUI's, as well as working with Shell and Suncor on Community benefits for the upcoming year.

Stay safe Aamjiwnaang and keep practicing social distancing.

## **Emergency Planning Update**

I hope you are all healthy and safe during this COVID-19 and continue to practice social distancing. I have been busy during this time being involved in a number of meetings that are now being conducted by teleconference due to the ongoing pandemic we are all facing.

I participate in the City of Sarnia's Primary Control Group that meets daily to provide updates to a large number of participants, including Aamjiwnaang. These meetings provide information to all involved regarding the current numbers of COVID-19 cases, pending cases, deaths, number of tests numbers of positive/negative cases and total number of tests in Lambton County. Lambton Public Health and Bluewater health are providing those numbers. The group also has the opportunity off each participant to provide updates from their own communities on various civic issues that may come up due to the current situation.

The County of Lambton also conducts daily meetings in the same fashion and I am also involved in this meeting. The health information is also provided to these participants on a daily basis. Again, similar to the Sarnia group, the individual cities, townships and communities are provided the information from the two medical offices. The topics of the further discussion are similar but again each of the representatives have to provide input on concerns regarding any of the subjects.

I continue to monitor the CVECO information that has been issued from local industry. There have been a few instances that require notifications to be sent out to users of the Aamjiwnaang Notification System. I have also been involved in teleconferences with those representatives from local industry.

The CAER/CVECO group, of which I am Aamjiwnaang's representative, still meets to discuss any industry issues that may arise and allows for questions or concerns from local municipalities or communities.

I continue to maintain and update the Aamjiwnaang Notification System in order for it to be ready to be utilized by and for the Aamjiwnaang community. Information is sent out via the system, when required.

If you have yet to sign up for our notification system, please visit the Aamjiwnaang website and go to the Emergency Planner tab and you can sign up there to be kept up to date.

Stay safe Aamjiwnaang!!

Wilson Plain Jr.  
Emergency Management Planner  
Aamjiwnaang First Nation

# HEALTH CENTRE UPDATE

## *E'Mino Bmaad-Zijig Gamig*



### **Covid-19 Preparation and Response**

We are in daily communication with many agencies monitoring updates and recommendations, sharing information and updating our response. We continue to stock personal protective equipment (PPE) to help protect our frontline healthcare workers. We appreciate the community's understanding of the worldwide PPE shortage, which prevents us from distributing supplies throughout the community for day-to-day use.

Staff have prepared packages for homes in case anyone becomes sick with covid-19. Our nurses are prepared to provide support through daily phone check-ins, helping to monitor symptoms and offer supports. They will also help with tracing and notifying contacts.

### **Home and Community Care**

Our Personal Support Workers and Home Support Workers continue to provide essential services for clients, including personal care and medication reminders.

### **Senior's Outreach**

Our weekly check-in calls to seniors and grocery/medication pick up have been going really well.

### **Mental Wellness**

The team is available to support all ages by phone/text. Grief and trauma counseling are also available by phone. The Outreach Team has access to harm reduction supplies.

### **Medical Transportation**

Drivers continue to provide rides to essential appointments and the wheelchair van is available for booking. We also have taxi as a back up in case someone is not able to find a ride. There is help available for prior approvals if needed.

### **Jordan's Principle and Non-Insured Health Services**

We are helping with applications to Jordan's Principle and processing requests for the Non-Insured Health Services fund. Some supports for children with special needs have continued.

### **Dago Maajiigoog Binoojiinyag**

Staff continue to provide help with breastfeeding and client support.

### **Nurse Practitioner**

Appointments are available by calling the main office at (226) 776-9030. Please see the notice from Twin Bridges Nurse Practitioner Led Clinic in this issue of the Tribe-Une.

### **Foot Care – SUSPENDED**

Appointments with chiropractors and podiatrists are not allowed in Ontario at this time, unless it is a health emergency. If you have a foot health emergency, please contact our Community Health Nurse Gail Nahmabin at (519) 330-7184.

*As the period of physical distancing increases, we are now planning ways to provide the services the community needs, from a distance. If you have any questions, please feel free to reach out.*

**Miigwech to all frontline staff and volunteers who put themselves at risk every day to help our community members.**





## Aamjiwnaang First Nation Economic Development Department

During the Covid-19 pandemic, the economic development staff are continuing to work on the following initiatives:

- 1. Aamjiwnaang Food Security Relief**  
The membership staff have been updating membership data and assembled a team to receive band member information to access assistance. Further information is posted on the AFN website.
- 2. 6-Plex Housing**  
The reconciliation of the financial budget.
- 3. The Cultural Centre/Multi-purpose building**  
The project team has been working with an architect consultant and we are currently in the design phase of the project. We had planned to have a presentation by hosting a community open house, due to social distancing we are considering other creative ways for community engagement. We'll keep you posted.
- 4. Aamjiwnaang Business License Program**  
The staff has been working with the Band's lawyer and the development committee in developing a business licensing program that consists of a draft by-law, draft license application, checklist and flowchart. This project is a work in progress, we anticipate using surveys to obtain community input with seniors, youth, community, entrepreneurs and Aamjiwnaang business owners.
- 5. Aamjiwnaang Maajigin Gumig Greenhouse Business Plan**  
This project is a work in progress that will involve the economic staff along with environment department working together to engage a consultant to develop a business plan with a goal to establish a residual revenue generating stream and to provide employment to bandmembers.
- 6. Business Partnership Development**  
The staff continue to follow-up with a few business partnerships that are in the earlier stages of development.

## **Aamjiwnanng First Nation Ontario Works Department – COVID-19 Community Update**

Ontario Works has been working to meet the immediate needs of the First Nations most vulnerable population. In order to assist OW Clients and other vulnerable community members, following have put into place:

- Emergency Assistance- in order to assist any residents who may need short-term assistance while Employment Insurance benefit is being processed - OW can provide temporary assistance.

The funding can be used at the discretion of the OW Administrator to support vulnerable people within the community, including low-income individuals and those without jobs or homes, in the context of COVID-19. This can include:

- Direct purchase of goods or services (food, shelter, transportation)
- Providing funds to other service delivery partners
- Providing funds directly to individuals and families

Ontario Works also has limited foods cards to assist community members who may be experiencing a food shortage while children are home from school due to current situation.

The Ontario Works Department is currently taking these and regular applications for assistance over the phone. Any additional documentation maybe provided verbally or electronically dependent on individual circumstance. Ontario Works may do a follow up in order to get correct documentation regarding applications upon return to regular working hours.

### **Ontario Works Department Contact Information:**

**Lana Forestell 226-349-4360**

**Melanie Williams 226-349-4361**

**Candida Sinopole 226-349-4362**

## Community Services Update

Boozhoo! The Chippewa Tribe-Une is running again! Look for useful information on how to stay safe during these trying times.

Right To Play – Carrie Plain is engaging the youth from the program on Facebook. She has a weekly Contest and daily activities that the youth can follow along with. Check out the Facebook group at Aamjiwnaang's Right To Play Youth Leadership Program.

The Community Centre staff are taking this time to do some Spring Cleaning.

Community Services held an Easter Contest, we had 9 submissions and they were amazing, all will be receiving a gift card. I will try to upload the submissions to our Facebook page.

### **Winners:**

Ravena Williams, Diana Williams, Sophie Solares, Breanne Maness, Bev Rogers, Leanne Williams, Amanda Hopkins and Ashley Jackson (2).

There will be more contests upcoming

Miigwetch,

Jamie Maness, Community Services Coordinator

I am the Band Representative and Coordinator of social services. I continue to be actively communicating via emails, texts and other means of conference calling from various Children's Aid Societies, Judge's, court staff and lawyers. There is a new court process in place during this pandemic wherein only urgent court applications will be heard at this time. Other court matters have been adjourned into June 2020.

In addition, my team (Tanya Aviles, Vicki Jacobs, Patty Gilbert) and I continue to touch base with the families we are working with via telephone or video conference.

We have had to get creative in how to reach out to community members given the physical distancing measures in place and we have been dropping items off when needed.

My department continues to meet weekly via video conference. We also continue to be on conference calls with the CAS workers and the families we are working with.

This is a very difficult time. If you need assistance, please contact us and we will help you as best we can.

Miigwech

Crystal George

## GOVERNANCE OFFICER



Boozhoo N'indiwaymaagooniidoog,  
Ishkode-AanakwadoKwe  
N'dizhnikaaz, Makwa N'doodem,  
Aamjiwnaang N'doonjibaa, Nizo  
Mideo....

Greetings all my Relations, I am called Fire in the Clouds Woman and I am Bear Clan as was my Father, My heart sounds from where the waters flow at the spawning stream, I am second degree Midewiwin....

As you are aware I accepted the position as the Governance Officer and began my new venture at the end of February 2020. This is a brief update of what I have been working on while we are on a work from home order due to the COVID-19 Pandemic.

- \* Summary reports were completed for meetings, training and conference attendance.
- \* Continued development of the Aamjiwnaang Inaakonigewin - Dawaabmaang Waa Niigaanzijig (Aamjiwnaang Law for Selecting Leaders).
- \* Review of submitted Cannabis Law and conducting research for continued development.
- \* Working on Basic Site Disposition Agreement for ancestral remains.
- \* Continued monitoring of email and responding to any requests for information.
- \* Assisting with the COVID-19 food security relief effort.

I'd like to take this opportunity to say Miigwech to Chief and Council and Administration for allowing staff to practice social distancing and work from home. It's not the same but I do feel safe and secure in this time of uncertainty. Many blessing to all, stay safe and be well!!

Miigwech/Thank You

Lynn M. Rosales  
Governance Officer



## Finance Update

I hope all are staying safe. During the closure of our offices Finance staff have been rotating coming into the office as we can not do cheques etc. at home.

Payroll has been done  
Medical Travel and other  
accounts payable checks as  
well.

As Finance Coordinator I  
have been working with the  
Auditors re: the Corporation  
audits and preparing for our  
2019-2020 First Nation  
Audit.

Stay Safe,

Rose John, Finance Coordinator



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## ADMINISTRATION

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Aanii,

I am pleased to provide you with an update following the closure of Band buildings, and the direction to work from home due to Covid-19 pandemic. The direction was put in place on Tuesday, March 17, 2020 to help in social distancing and to limit the chances for exposure to this virus. Most recently, the closure of the band building is till April 27<sup>th</sup>, 2020, to be update if necessary.

While working from home I have been included on conference calls with the primary control group with the City. The staff also continues to have calls to keep each department updated through Team Meetings. This is also the method Council is using to hold their meetings as well. We can connect via voice and video and it has been great to keep that personal engagement with our co-workers.

Patrick Nahmabin, our Communication Officer and Ashley Jackson, Council Clerk, also participate on most of these calls in order to continue to be informed. Patrick has been providing information to our members through facebook and our Aamjiwnnang website. Some essential staff continue to periodically come in the office in order to perform certain duties but continue to social distance while in the office.

While the band office was temporarily closed, it allowed time to complete the flooring renovation that was scheduled to take place in the hallways, and band council chambers.

We have also changed our IT provider to Next Dimension. This process was scheduled to take place for April 1<sup>st</sup>, and it required staff to come in to ensure that all workstations were ready to connect without interruption. We look forward to the new service moving forward.

Please stay safe and keep practicing social distancing.

*June Simon*  
*Band Manager*



## Public Works Update

Boozhoo,

The Public Works department has still been doing work throughout the community. The works crew has been working along side the new Project Manager, Steve Degurse, in the construction of the addition onto the Aamjiwnaang Health Center. The crew has also been other things such as, garbage collection, setting up road closure, building maintenance as well as other minor items.

The Works crew will soon be cutting grass for our members that are on our list. Please take this time to clean your yards and pick up any debris. We will have minimal staff and want to keep our workers safe.

Please stay safe and practice social distancing.

Miigwetch,

Brian Bois  
Public Works Coordinator  
Aamjiwnaang First Nation

## Enbridge Line 5 St. Clair River Crossing Project Notice of Road Closure

Enbridge Pipelines Inc. construction work on the Line 5 St. Clair River Crossing Project along LaSalle Line is progressing well.

Please be advised that **LaSalle Line** will be closed to traffic for a period of seven days to allow for the new pipe segment to be pulled back to the U.S. from the Canadian shoreline.

LaSalle Line will be closed to through traffic from **Virgil Ave to the CN rail tracks from 8 a.m. Monday, April 27 until 7 p.m. Sunday, May 2.**

We apologize for any inconvenience and thank you for your patience and understanding as we work to ensure the ongoing safe delivery of energy that we all depend on every day.

For regular project updates, please watch for future information in the Tribe-Una or visit [enbridge.com/line5stclair](https://enbridge.com/line5stclair).

Chi-Miigwetch for your patience as we work to build this critical piece of replacement infrastructure.

For questions or concerns related to the project, please contact:

**Matthew Jackson**  
Manager, Community and Indigenous Engagement  
226-989-2019  
[matt.jackson@enbridge.com](mailto:matt.jackson@enbridge.com)



## Lands Department Update

Aanii from the Lands Department,

During the closure of our office, Danielle and I are both still available to assist with providing the membership with information on lands, assisting members with land transactions as requested, tracking and documenting land transactions in the Indian Lands Registry System (ILRS). Such as transfers, leases, assignments and addendums. The Lands Department also registers documents such as mortgages, permits and estate transactions in ILRS.

The Land Manager will also provide administrative support to the Chief & Council and Administration on lands management issues. The Lands Manager is the direct contact person internally and externally for access and other lands related documents for implementation and compliance.

I can be reached at [cjames@aamjiwnaang.ca](mailto:cjames@aamjiwnaang.ca)

Danielle can be reached at [landclerk@aamjiwnaang.ca](mailto:landclerk@aamjiwnaang.ca)

Hope everyone is staying healthy and safe,

Christine James, Land Management Officer



Mnaasged Child & Family Services

## **OFFICE CLOSED**

**DUE TO THE PREVENTION OF COVID-19 VIRUS**

**In order to keep our staff, clientele, and community members safe, our office is closed until**

**March 30, 2020.**

**Our staff will be working from home.**

**If you need urgent assistance, please call:**

**Michael George, Executive Director: 519-680-6090**

**Melissa Patriquin, Director of Services: 519-878-1642**

**Stephanie Stone, Jordan's Principle: 519-619-3771**

**Miranda Dockstater, Youth in Transition: 226-378-2818**

**All others can leave messages on the office phone at 519-289-1117.**

**Further updates will be posted**



# AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA

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## EMPLOYMENT OPPORTUNITY

**Position Title:** Seasonal Labourer  
**Location:** Sarnia, ON  
**Duration:** Seasonal May 2020 to October 2020  
**Posting Closes/Deadline:** April 28, 2020

### Position Summary:

This position performs general property, building repairs and maintenance services, including but not limited to grass cutting and landscaping. This position reports to the Public Works Coordinator.

### Responsibilities:

#### **Major Accountabilities:**

- Basic building and maintenance repairs
- Spread topsoil, lay sod; plant flowers, grass, shrubs and trees; and perform other duties to assist in the maintenance and construction of landscapes;
- Cut grass, rake, fertilize and water lawns; fall and spring clean-up weed gardens, prune shrubs and trees; and perform other maintenance duties as directed by the coordinator or delegate
- Follow all health & safety regulations including wearing appropriate protective equipment and following Material Safety Data Sheets (MSDS) for safe handling of fertilizers, herbicides, pesticides and other dangerous chemicals;
- Clean working areas and maintain tools and equipment.

#### **Tools & Equipment:**

- Packers, chain saws, hedge shears, sod cutters, pruning saws, cut-off saws, chainsaws, mowing equipment, string & bush trimmers, power blowers, turf rollers, rototillers, etc.
- Hand tools such as shovels, rakes, hammers, wheelbarrows, picks, pruning shears, handheld and hose-end sprayers, saws, soil cultivators, water sprinklers, etc.

### Knowledge, Skills and Abilities:

- Reading: WHMIS labels, equipment manuals, complete logs and incident reports, job instructions and procedures
- Ability to take instruction
- Able to work in a team
- Willingness to learn
- Problem solving

- Customer Service
- Communication skills
- Ability to lift and work in diverse weather conditions i.e. wet and/or humid conditions; hot or cold weather

**Personal Attributes:**

- Punctual
- Reliable
- Cooperative
- Attention to detail
- Self-responsibility
- Ability to work independently
- Adaptable/flexible

**Requirements:**

- Ontario Secondary School Graduation Diploma or equivalent
- Must possess a valid Ontario Driver's License
- Must have reliable transportation

**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: Deanna Bishop  
Human Resources Officer  
Or  
[HumanResource@aamjiwnaang.ca](mailto:HumanResource@aamjiwnaang.ca)  
Or  
519-336-0382 fax

For more information, check us out online at [www.aamjiwnaang.ca](http://www.aamjiwnaang.ca)

# Nishnaabeman! - Speak Ojibwe!

Boozhoo kina wiiya! As part of a language and culture revitalization initiative here are some new words you can practice with your family and friends. We must all remember to stay strong and care for ourselves and Mother Earth at this trying time.

## Maajiishkaayendan – Think Positively

Here are some kidwinan you can use while practicing social distancing.

Zhaagnaashimowin	Anishinaabemowin	Pronunciation
Wash your hands	G'ziigbiig-ninjiin	G-zeeg-beeg-nin-jeen
Be healthy	Mino-bimaadis	Min-o-bi-maw-dis
Stay at home	Gzhaadged	G-zh-aw-d-ge-d
Leave me alone	Booniikoshin	B-ow-nee-ko-shin
Let's clean up	Biinchigedaa	Bee-n-chi-ge-daw
I love you	G'zaagin	G-zaw-gin
See you again	Kawaabmin miinwaa	Ku-w-awb-min-meen-w-aw
Put your tobacco down	Semaa ka bagidinaa	Se-maw-ku-bug-id-naw
Drink cedar tea	Mnikwen giizhikaandawaaboo	M-ni-kwen Gee-zhik-awn-du-w-aw-bow
Let's all smudge	Pkwenezgedaa	Puk-wen-ez-ge-daw
Be thankful	Miigwechwendam	M-eeg-wech-wen-dum
Mother Earth	Shkakamig-kwe	Sh-ku-k-umig-kwe
Let's Pray	Namaadaa	Nu-maw-daw
Medicine	Mshkiki	M-sh-ki-ki

Created by Jessie Plain

### Remember to be thankful – Miigwechwendam.

Miigwech aakzii-kwe miinwaa aakzii-nini (Thank you nurses)

Miigwech mshkiki-nini miinwaa mshkiki-kwe (Thank you doctors)

Miigwech E-nokijik (Thank you those who are still working)

Miigwech gzhemnidoo (Thank you Creator)

Miigwech Shkakamig-Kwe (Thank you Mother Earth)

Chi Miigwech to those who are supporting and caring for us.

**Mkwendan, gzhaadged!**

(Remember – stay at home)



# Nishnaabeman! - Speak Ojibwe!

Boozhoo kina wiiya! As part of a language and culture revitalization initiative here are some new words you can practice with your family and friends.



## Mna Gchi-Name Giizhgad

Happy Big Prayer Day/ Happy Easter



Here are some Easter kidwinan you can use with your family.

Zhaagnaashimowin	Anishinaabemowin	Pronunciation
Bunny	Waaboozoonh	W-aw-b-owe-z-own-h
Basket	Kokbinaagan	K-o-k-bin-aw-gun
Egg (s)	Waawan(oon)	W-aw-wun-own
Candy	Ziisbaakdoonsan	Z-ees-b-awk-d-own-sun
Flower	Waawaasgone	W-aw-w-aw-s-go-neh
Carrot	Jiisenh	J-ees-enh
April	Namebin Giizis	Nu-m-e-bin-gee-zis
It is raining	Gimiwan	Gi-mi-wun
Spring	Mnookmi	M-n-owe-k-mi
Hop/Jump	Bgwaashknin	Bg-w-aw-sh-k-nin
Chick	Biidiins	Bee-deens
Duck	Zhiishiib	Zh-ee-sh-ee-b
Church	Namegamig	Nu-meh-gu-mig

Created by Jessie Plain

Let's see what we can remember with colours!

### Aaniish enaandeg waawanoon?

What colour are the eggs?



Aaniish mnik waawanoon? - How many eggs (are on the page)?

# UPCOMING POST SECONDARY STUDENTS

**APPLICATION DEADLINE FOR  
SEPTEMBER START**

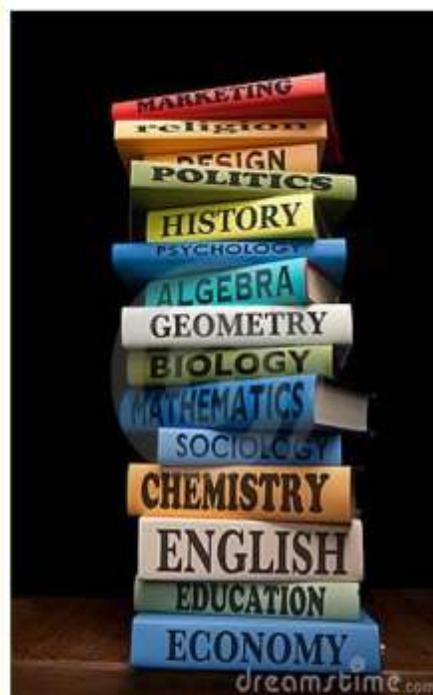
**May 1st 2020**

**WHERE CAN I GET AN APPLICATION?**

**Email: [lspero@aamjiwnaang.ca](mailto:lspero@aamjiwnaang.ca)**

**OR VISIT**

**[http://www.aamjiwnaang.ca/  
education-post-secondary/](http://www.aamjiwnaang.ca/education-post-secondary/)**



**If you have any  
questions  
please call  
Laura Spero @  
519 619 1287**

**I hope you are  
staying well  
and safe during  
this challeng-  
ing time**

Upcoming event:



# Aamjiwnaang Mnookmi Language & Cultural Gathering

# POSTPONED

***MORE DETAILS TBA***

**THEME: HONOURING OUR YOUTH &  
REVITALIZING OUR LANGUAGE**

Join us for this 3 day event of language and culture workshops with special guests and performances by Helen Roy, an Ojibwe Language Panel & Brothers Wilde

**If you are interested in being a vendor or volunteering contact  
Jessie Plain @ 519-344-8410 or [jeplain@aamjiwnaang.ca](mailto:jeplain@aamjiwnaang.ca)**

**Twin Bridges**  
Nurse Practitioner-Led Clinic

153 Christina St. S.  
Sarnia, ON N7T 2M9  
Telephone: 226-776-9030  
Fax: 519-336-7894

*Clinique dirigée par du personnel*  
**infirmier praticien Twin Bridges**

153, rue Christina S.  
Sarnia, ON N7T 2M9  
Téléphone : 226-776-9030  
Télécopieur : 519-336-7894

March 16, 2020

Dear Twin Bridges Patients and Program Attendees;

As the COVID-19 pandemic continues to evolve both locally and globally, Twin Bridges NPLC is working hard to continue to be a trusted resource for your health care information in order to keep you and your family members well. We will strive to provide up to date local information while continuing to provide care in a timely and seamless manner.

**In-person appointments:**

- All non-urgent appointments are being deferred for the present time, i.e. skin checks, pap tests and will be re-booked once the pandemic has resolved
- Counselling appointments with the Registered Dietitian, Health Promoter and any of the counselling staff will be conducted virtually, either by phone or videoconferencing methods
- All group programs are on hold until further notice-we will be posting information on our Facebook page with "at home" programs for you to enjoy and share with your family

**Virtual Care:**

- The clinic remains open and operating for our regular hours during this difficult time
- If you are sick or have an urgent request please call, if we do not answer, leave a message and we will return your call in a timely manner
- Medication renewals-please contact your pharmacy and they will forward a request to the clinic for review
- The Nurse Practitioners and Registered Nurses are contacting patients to conduct virtual or phone visits to sort out as many issues as possible in an effort to keep everyone safe and to promote social distancing

## What if I think I have COVID-19?

- Please call the clinic if you are concerned that you or a family member may have contracted coronavirus
- If you have a fever (greater than 38 degrees Celcius), worsening cough, have been in contact with a known positive case of COVID-19 or have travelled within the past 14 days please call the clinic to be screened
- DO NOT come to the clinic unless you are explicitly requested to do so by the clinic staff
- If your symptoms are mild, please self-isolate at home and follow the guidelines set forth by Public Health Ontario
- Should you require a formal assessment for COVID-19, your NP provider will determine that after talking with you and then sending a referral to the local COVID-19 Assessment Centre

## Other Resources:

- Telehealth 1-866-797-0000
- Government of Ontario dedicated COVID-19 website:  
[www.ontario.ca/page/2019-novel-coronavirus](http://www.ontario.ca/page/2019-novel-coronavirus)

Our goal is to continue to provide the best care possible to our patients and the community of Sarnia-Lambton. Directives are changing daily from the Ministry of Health and Public Health Ontario. We will strive to keep you informed as the pandemic evolves.

All the best,



Valerie Winberg NP  
Executive Director/Clinical Lead

# Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

## How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

## CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

## Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

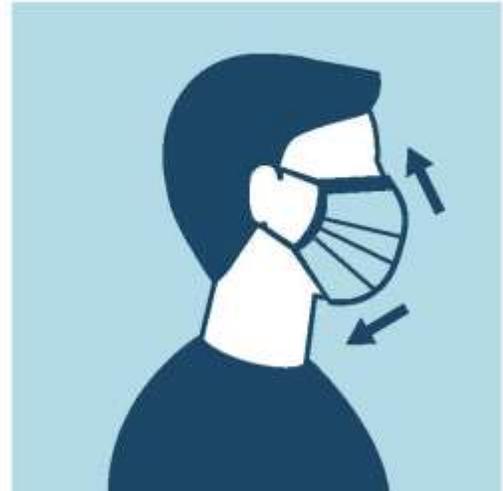
Yes. They should be routinely washed depending on the frequency of use.

## How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

## How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## Sewn Cloth Face Covering

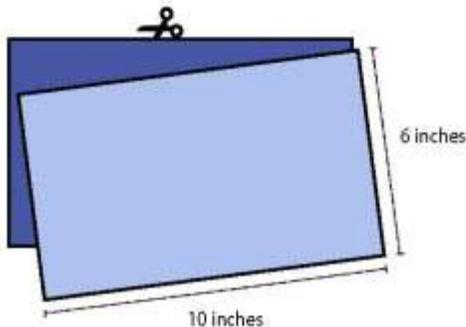
### Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

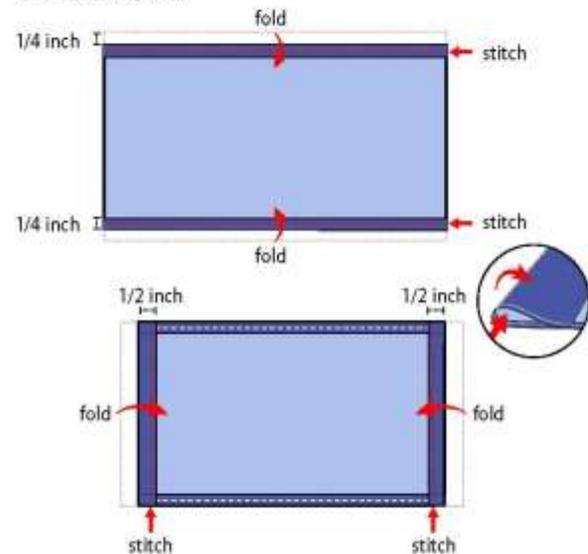


### Tutorial

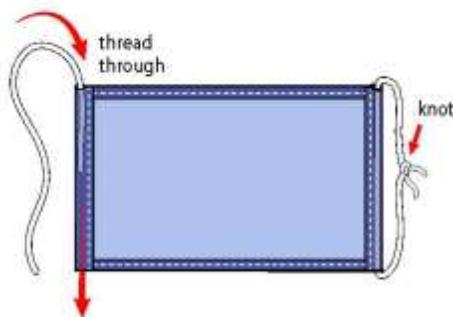
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



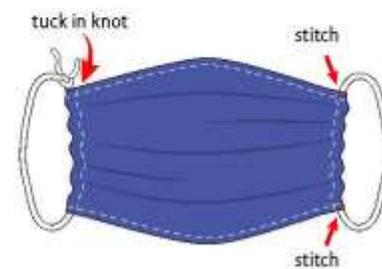
2. Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.



3. Run a 6-inch length of  $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

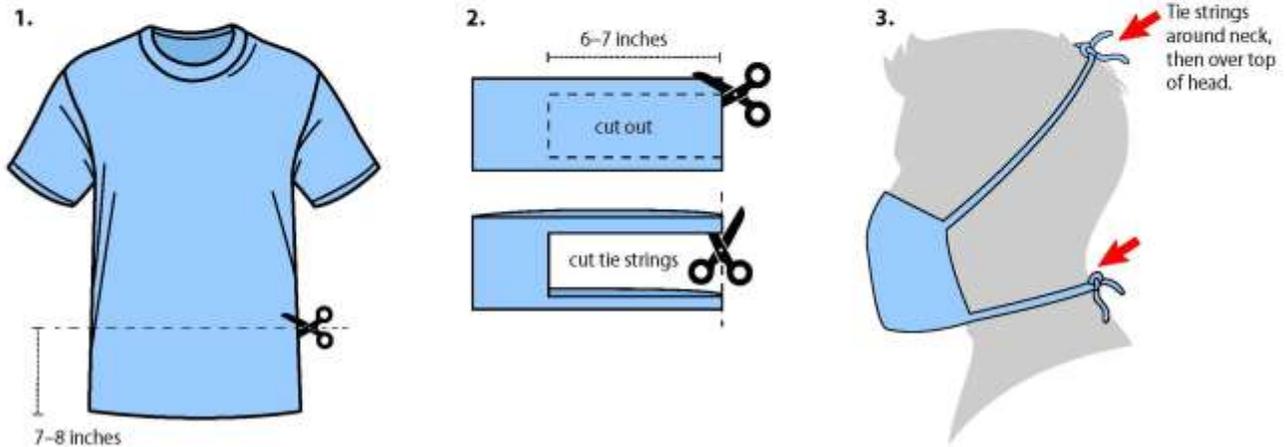


## Quick Cut T-shirt Cloth Face Covering (no sew method)

### Materials

- T-shirt
- Scissors

### Tutorial

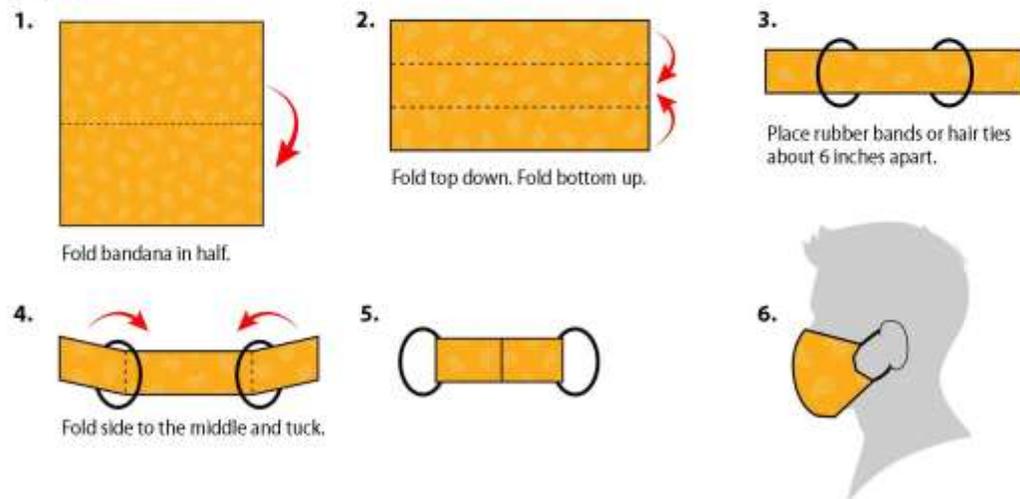


## Bandana Cloth Face Covering (no sew method)

### Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

### Tutorial



## Growing a Garden from Kitchen Scraps

Start with a bright, sunny window, add a well-drained gallon-sized container of slightly damp potting (not garden) soil, and water thoroughly after planting.

### Potatoes

"Irish potatoes are an easy one to start with," Myers says. "And most people are familiar with seeing them break their dormancy in the pantry and start growing those little buds." Those buds, or eyes, are the growing points. Cut those pieces out, making cubes about 1½ to 2 inches in diameter. Plant them about 3 inches deep in the potting mix, eye facing up.



### Sweet Potatoes

Sweet potatoes probably won't produce more sweet potatoes, but they do grow into a pretty houseplant, Myers says. To plant one, cut off the end of the potato that has the growing point and bury it, point up, 1½ to 2 inches into the potting mix.

### Celery

Instead of throwing out the bottom inch of a crown of celery, plant it cut side up in potting mix. Within a couple of months, you'll have some new stalks, which you can actually continuously harvest and regrow without replanting.

### Apples

Because apples do so well in cold weather, they often need cold temps to break the seed's dormancy. Harvest several seeds and let them sit out to dry. Pack them in peat moss in a plastic bag and put them in the refrigerator. After 12 weeks, remove the seeds from the peat and plant in the potting mix. Eventually you'll have a small tree, which you can later transplant outside.



### Lettuce

Lettuce, Bok Choy and cabbage are relatively easy to grow from scraps. Instead of throwing out those leftover leaves, simply place them in a bowl with just a bit of water in the bottom. Keep the bowl somewhere that gets good sunlight and mist the leaves with water a couple of times each week. After 3 or 4 days, you will notice roots beginning to appear along with new leaves. When this happens you can transplant your lettuce or cabbage in soil.



### **Onions**

Onions are very easy to grow indoors or out. You just have to cut the root of the onion off and make sure that you leave about a half an inch of onion when you do. Cover lightly with potting soil and keep in a sunny area. For green onions, simply put the white base with the roots intact in a container of water and place in direct sunlight. Change the water out every few days and the green will continue to grow. Just snip what you need and allow it to grow as long as you like.

### **Tomatoes**

Tomatoes can be grown just by saving those seeds that you probably throw out anyway. You just have to rinse the seeds and allow them to dry. Plant in a good, rich potting soil until you notice growth coming in. Allow the seeds to get a few inches high before transplanting them outdoors. During cold weather you can grow your tomatoes indoors. Just remember to keep them in an area that gets plenty of sunlight and water a few times each week.



### **Garlic**

Garlic is really easy to grow and can be done from just one clove. When you buy garlic, you get several cloves so just pull one off and plant it with the roots facing down in potting soil. Garlic likes plenty of sunlight in warmer weather, keep it outdoors in the sun during the day. Once you notice that new shoots have established, cut the shoots back and your plant will produce a bulb. You can take part of this new bulb and plant again.



### **Carrots**

Cut an inch off the top of the carrot. Take an old glass and place the carrot top or tops so they sit in the bottom. Then fill the glass with water up to the base of the plant or the top of the root. Set the glass in a lighted area but not directly in the sun. Lastly, watch your carrot tops grow roots and grow leaves.

### **Beets**

When you cut the top off a beet, put it in a shallow tray of water. Beet greens will start to grow, which you can use in salads. You can also plant the beet top in soil for a longer harvest.



Sources: [diyncrafts.com](http://diyncrafts.com), [thisoldhouse.com](http://thisoldhouse.com)



# 2019 Novel Coronavirus (COVID-19)

## What you need to know to help you and your family stay healthy



**Wash your hands with soap and water thoroughly and often.**

**Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.**



**Keep surfaces clean and disinfected.**

**Stay home when you are sick.**



If you have symptoms, call Telehealth Ontario at:  
1-866-797-0000  
TTY: 1-866-797-0007  
Or contact your public health unit.

For more information,  
visit [Ontario.ca/coronavirus](https://www.ontario.ca/coronavirus)

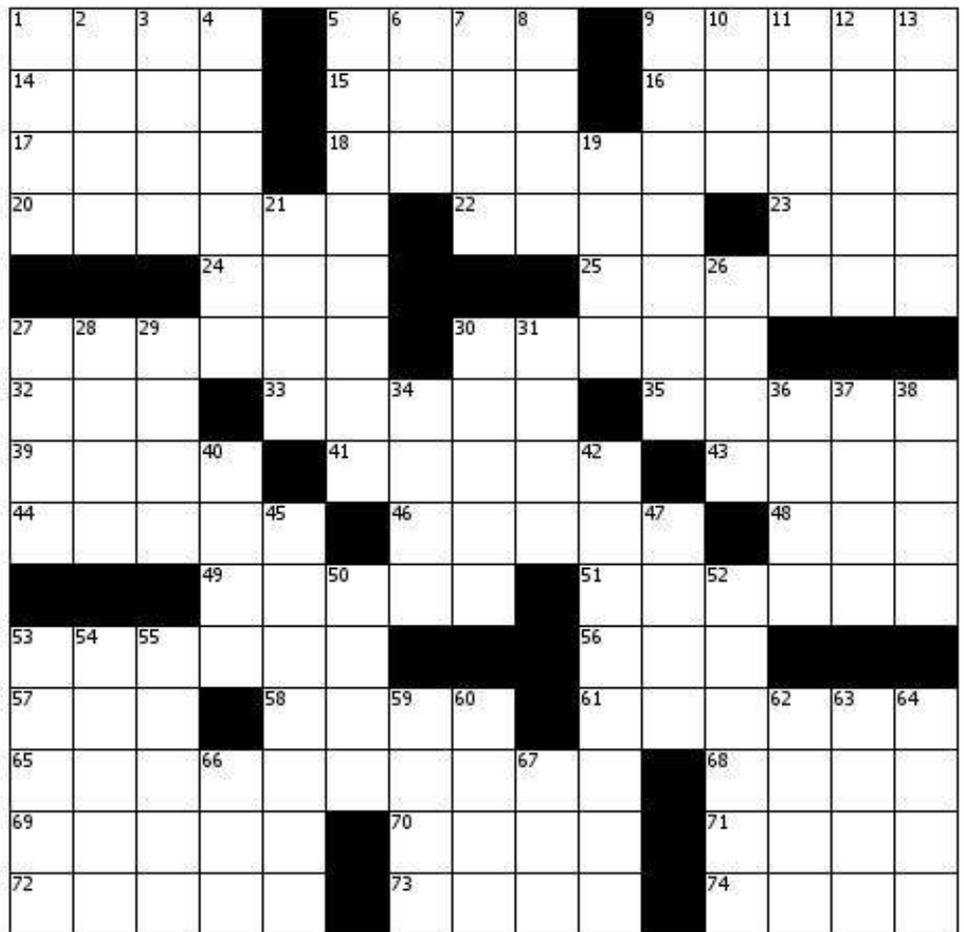
Paid for by the Government of Ontario

Ontario 

# CROSSWORDS

## Across

1. "The Lion King" villain
5. \_\_\_\_ Valley (vineyard site)
9. Wrong
14. Existence
15. Harmful
16. Rubbish
17. Idaho neighbor
18. Wealthy (hyph.)
20. Enjoy a book again
22. Watches
23. Genesis woman
24. Malt beverage
25. Not as tight
27. Pale color
30. Punctuation mark
32. Lennon's wife
33. Bird's sound
35. Bert's buddy
39. Wild attempt
41. Furious
43. Fax
44. Moderately warm
46. Publish
48. Air hero
49. Cease-fire
51. Wicker
53. Gotten up
56. Miner's quest
57. Gents
58. Flank
61. Neptune, e.g.
65. Clarify with an example
68. Prod
69. Web-footed birds
70. Largest continent
71. Prophecy
72. Water mammal
73. Existed
74. Experiment



## Down

1. Pronounce indistinctly
2. Quote
3. Not nearby
4. Prepare leftovers
5. India's capital (2 wds.)
6. Address abbr.
7. Heap
8. Associate
9. Inspiring wonder
10. Actress \_\_\_\_ West
11. Small landmasses
12. Comic \_\_\_\_ Martin
13. Passover meal
19. Ship's wheel
21. Guinness of "Star Wars"
26. Rower's needs
27. Pillar
28. Initial bet
29. Detergent
30. Desist
31. Picks
34. Actor \_\_\_\_ Idle
36. Orderly
37. Ancient Peruvian
38. Adam's garden
40. Morsels
42. French, e.g.
45. Bureau
47. Nobleman's title
50. Army division
52. Oolong server
53. Friend (Sp.)
54. Rent again
55. Small bay
59. Colorless
60. Alleviate
62. Alaskan city
63. Makes do
64. Camper's home
66. Apply
67. Make a knot

CROSSWORD SOLUTION FOUND WITHIN THE TRIBE-UNE NEWSLETTER

# Quarantine Competition

AAMJIWNAANG RIGHT TO PLAY

Send a photo/video of you doing something either active or creative to get entered into a weekly draw!

- Painting
- Bike Rides
- Walks/Runs
- TikTok Dances
- Playing an instrument
- Drawing

\*1 entry per day

\*Bonus entry if you get family involved



**RIGHT TO PLAY**  
PROTECT. EDUCATE. EMPOWER.



**RIGHT TO PLAY**

I will be posting new ideas Monday-Friday following these! Wednesdays I'll be on Houseparty to play games online with you!

# Mino Dbishkaayin-Happy Birthday

Due to the unfortunate disruption to the normal Tribe-une schedule we missed out on a few birthdays. So this editions list is a little longer than usual but we wish a happy belated birthday to all we missed and happy birthday to those coming up.

Paul Bourgeois	Mar 27	Aimee Kelly	Apr 1	Dylan Rogers	Apr 6
Leanne Day	Mar 27	Jennifer Miller	Apr 1	Shannon Jacobs	Apr 7
Mildred Hawkins	Mar 27	Melissa Plain	Apr 1	Victoria Lafean	Apr 7
Cynthia Lacroix	Mar 27	Brock Simon	Apr 1	Brittany Adams-Cooper	Apr 7
Daniel Nahmabin	Mar 27	Brody Simon	Apr 1	Jared Hallett-Plain	Apr 7
Jill Joseph	Mar 27	Paris Stokes	Apr 1	Christopher Oliver	Apr 7
Shirley Rogers	Mar 27	Raymond Williams Jr	Apr 1	Shawnee Rogers	Apr 7
Bryce Simon	Mar 27	Celeste Bressette-Walker	Apr 2	Timothy V Williams	Apr 7
Dustin Maness	Mar 28	Karyna Doxtator	Apr 2	Danielle Grider	Apr 8
Joel Piche	Mar 28	William Jackson	Apr 2	Anthony Montana Adams	Apr 8
Mayme Steadman	Mar 28	Eagle Feather Matte	Apr 2	Alexander Dunning	Apr 8
Gavin White-eye	Mar 29	Walter Rogers	Apr 2	Lois Dunning	Apr 8
Rudy Williams	Mar 29	Luke Simon	Apr 2	Carol Joseph	Apr 8
Jonathan Joseph	Mar 30	Christine R Bird	Apr 3	Kim Robertson	Apr 8
Stephanie Kirkby	Mar 30	Michael C Plain	Apr 3	Cameryn White	Apr 8
Belva Longton	Mar 30	Scott Kalbfleisch	Apr 3	Mary P Williams	Apr 8
Ashley Monk	Mar 30	Abel Wolfe	Apr 3	Catherine Champagne	Apr 9
Jesse Norlock	Mar 30	Chynoa Cloud-Siefker	Apr 4	Cody Cooper-Rogers	Apr 9
Gerald Stone	Mar 30	Shirley Redfield	Apr 4	Ella Diller	Apr 9
Justin Battista	Mar 31	Lylaa Sinopole	Apr 4	Selina Kim Henry	Apr 9
Reshonda Howell	Mar 31	Orion Day	Apr 4	Shelley Joseph	Apr 9
Robert Keusch	Mar 31	Jolene Joseph	Apr 5	Patricia G White	Apr 9
Kristal Nahmabin	Mar 31	Jessica Kota	Apr 5	Clayton Two Shadows Moore	Apr 10
Grace Williams	Mar 31	Natasha Maness-Abel	Apr 5	Rita Plain	Apr 10
Megan Williams	Mar 31	Benjamin Pouget	Apr 5	Daniel Robertson	Apr 10
Shawnacey Williams	Mar 31	Tara Simon	Apr 5	Elizabeth Stone	Apr 10
Ashley Ayers-Maness	Apr 1	Daniel Ware III	Apr 5	Sunshine Washington	Apr 10
Nicole Cottrelle	Apr 1	Shelby Wight	Apr 6	Deborah Wilson	Apr 10
Christine Giovannone	Apr 1	Madison Grace Maness	Apr 6	Steven Chabot	Apr 11
Tammy Joseph	Apr 1	Shaylene Nahmabin	Apr 6	Aiden Diller	Apr 11

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Ava Riley	Apr 11	Tysha Wrightman	Apr 15	Olivia Malone	Apr 20
Bentley Van Dem Assem	Apr 11	Amanda Hopkins	Apr 16	Millie Simon	Apr 20
Garnet L R Williams	Apr 11	Griffin Ireland	Apr 16	Larissa Sinopole	Apr 20
Jennifer Redman	Apr 11	Billi-Jo Oliver	Apr 16	Roger T Williams	Apr 20
Elizabeth Dingler	Apr 12	Bobbi Joe Joseph	Apr 16	Robin R Wood	Apr 20
Matteo Labrasceur-Sinopole	Apr 12	Jarod Maness	Apr 16	Joseph W Bird	Apr 21
Frances Maness	Apr 12	Clear Sky Girl Matte	Apr 16	Angel Lewis	Apr 21
Wayne Simpson	Apr 12	Desirae Bird	Apr 17	Melinda Plain	Apr 21
Mary E Williams	Apr 12	Brenda Cottrelle	Apr 17	Tianna Plain	Apr 21
Jocelyn Diller	Apr 13	Vernon Dale Gray	Apr 17	Edie Rogers	Apr 21
Parker Kiriakakos	Apr 13	Samantha Jacobs-Bressette	Apr 17	Elizabeth Steele	Apr 21
Ernest Jacobs	Apr 13	Brian Maness	Apr 17	Reece Walker	Apr 21
Dallas Johnston	Apr 13	Thomas Maracle	Apr 17	Rose White	Apr 21
Amber Maness	Apr 13	John Nahmabin	Apr 17	Nancy Jackson	Apr 22
Noodaaganpichi Stone	Apr 13	Kayla Plain	Apr 17	Alysha Ross	Apr 22
Rena Bird	Apr 14	Brandon Rogers	Apr 17	Brianna Malone	Apr 22
Bryson Case	Apr 14	Stacy Rogers	Apr 18	Sandra Smith	Apr 22
Romaine Domke	Apr 14	Raymond Gray	Apr 18	Everly Walker	Apr 22
Emily Duquette	Apr 14	Mikyla Kampers	Apr 18	Nesyre Plain	Apr 22
Marleen Joseph	Apr 14	Shaylene Petit-Dann	Apr 18	Alexander Baker	Apr 23
Darcy Malone	Apr 14	Abraham Plain	Apr 18	Isabelle Ambrecht	Apr 23
Daniel Michael	Apr 14	Christine L Rogers	Apr 18	Tanner Bird	Apr 23
Matthew Michael	Apr 14	Heather Wiley	Apr 18	Ryan Bois	Apr 23
John Robertson	Apr 14	Dryden Taylor	Apr 19	Cheyenne Cloud-Siefker	Apr 24
Kathy Waters	Apr 14	Shayla Adams	Apr 19	Elizabeth Worrell	Apr 24
Kora Whiteye	Apr 14	Diane Aiken	Apr 20	Tanya Gray	Apr 24
Beckett Matte-Van Ert	Apr 15	Gage Boucher-Oliver	Apr 20	Sarah Jackson	Apr 24
Elijah McNickle	Apr 15	Preston Hardcastle	Apr 20	Donald Jacobs	Apr 24
Kayla S N Joseph	Apr 15	Anthony Kulanda	Apr 20	Shirley James	Apr 24
Cynthia Wright	Apr 15	Tracy MacPherson	Apr 20	Allison Kirkby	Apr 24

# Mino Dbishkaayin-Happy Birthday

Due to the unfortunate disruption to the normal Tribe-une schedule we missed out on a few birthdays. So this editions list is a little longer than usual but we wish a happy belated birthday to all we missed, and a happy birthday to those coming up.

Joseph Maness	Apr 24	Wilfred Plain	Apr 29	Caleb Hallett-Plain	Apr 30
Jason Nahmabin	Apr 24	Caleb Riley	Apr 29	Landen Plain	Apr 30
Lynn Rosales	Apr 24	Adam Williams	Apr 29	Lilyan Plain	Apr 30
Mia Cottrelle	Apr 25	Leanne Williams	Apr 29	Kim Rogers	Apr 30
Garret Gray	Apr 25	Jeremy Fisher	Apr 30	Jasmyne Westbrook	Apr 30
Derek Rising	Apr 25				
Aimee Branton	Apr 26				
Joshua Campbell	Apr 26				
Liana Clark	Apr 26				
Ethan Joseph	Apr 26				
Edwin Maness	Apr 26				
Ember Nahmabin	Apr 26				
Tiarra Nahmabin	Apr 26				
Telford Francis Adams	Apr 27				
Deborah Cottrelle	Apr 27				
Gail Lapp	Apr 27				
Gordon Mckay	Apr 27				
Jessie Plain	Apr 27				
Brennan Williams	Apr 27				
White-Lightning Strikes Clark	Apr 28				
Rebecca Coates	Apr 28				
Joshua Coelho	Apr 28				
Ryan Parkinson	Apr 28				
Blair Williams	Apr 28				
Brittany Williams	Apr 28				
Ravena Williams	Apr 28				
Shy-Ann Williams	Apr 28				
Tristan Williams	Apr 28				
Tennie Johnston	Apr 29				
Nicholas Olynyk	Apr 29				



## CHIPPEWA TRIBE-UNE

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E-mail: editor@aamjiwnaang.ca

The next issue is due out on  
**Friday, May 1st 2020**  
The deadline for submissions is  
**Tuesday, April 28th, 2020 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](http://www.aamjiwnaang.ca)

If you have stories that you would like to  
share, please submit them to the Editor at :  
[editor@aamjiwnaang.ca](mailto:editor@aamjiwnaang.ca)

### Job Search Websites

- A. **OFIFC**, <http://www.ofifc.org/>  
B. **Nokee Kwe**, <http://www.nokekwe.ca/>  
C. **Southern First Nation Secretariat**,  
<http://www.sfnson.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/>

# CROSSWORD SOLUTION

Puzzle Solution © OnlineCrosswords.net

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

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.sfnson.ca/>

Aboriginal Affairs & Northern  
Development Canada

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