



The Aamjiwnaang First Nation

CHIPPEWA TRIBE-UNE

Issue No. 20:7

May 1st, 2020

Editor: Todd Williams

Aamjiwnaang's Community Services Department

Coping with Isolation

Contest Time...

We are asking for a 1 Minute Video
Showcasing your Coping Skills

We have all this time on our hands;
Show how you are spending it...
Singing, Dancing, Arts, even if it's the
best cleaned room, we want to see it!

There are 5 Age Categories to keep in mind:

- Kids 7yrs & Under
- Youth 8–13yrs
- Teens 14 –18yrs
- Adults 19yrs & Up
- Seniors 55+

Submit your Videos to ... IsolationSkills@gmail.com
Deadline for Submissions is May 25th

We would like to compile all the video to share at a later date.
If you have any question please contact the email address above





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

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.

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



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



April 24, 2020

**AAMJIWNAANG
FIRST NATION
Band Council**

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

UPDATE NOTICE

Attention Aamjiwnaang Band Members :

ALL Aamjiwnaang First Nations building closures will be extended until MAY 12th, 2020.

All community programming and events will be cancelled until further notice as well. We are advising against any large gatherings.

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 when necessary. 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 assessment or contact 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 22, 2020

**AAMJIWNAANG
FIRST NATION
Band Council**

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

**To all Aamjiwnaang Housing Renters, Renovation loans and
Mortgage Customer**

Due to the current state of emergency Council has stated that no payments will be collected for the months of May and June. These payments will be deferred to the end of your agreement without penalty.

If you have any question, feel free to call Rose John Finance Coordinator and leave a message at 519 336 8410 ext. 225 or email rjohn@aamjiwnaang.ca.

Stay Safe

Aamjiwnaang 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



**AAMJIWNAANG
FIRST NATION
Band Council**

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



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



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

Staff will do outreach calls with their clients

Children and Youth Services/Jordan's Principle – assistance with Jordan's Principle applications, access to virtual services/Pathways

Supervisor Rachael Simon (519) 466-7440

Assistant Nicole Maness (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+ – grocery/medication pick up for those who need assistance

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

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

Covid-19 Patients – packages are available for patients who have been diagnosed with covid-19

Nurse Gail Nahmabin (519) 330-7184

Nurse Practitioner

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

Food Bank – \$100 gift cards were distributed to each household in lieu of food bank being closed

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)

Mental Health Providers:

Tina Hunter – trauma, grief	(519) 491-7717 (call only)
Jenny Jolly – trauma, grief	(519) 491-7717 (call only)
Christy Primmer	(519) 384-5715 (call or text)
Jessica Joseph – CMHA	(519) 330-3253 (call or text)

24 Hour Crisis Services:

First Nations Hope for Wellness	1-855-242-3310 (call)
Talk for Healing	1-855-554-4325 (call or text)
Kids Help Phone	1-800-668-6868
Text CONNECT to 686868	
Yellow Ribbon Ask4Help	1-800-273-8255
Text 741741	
Sarnia Distress Line	519-336-3000
Mental Health Crisis Service	519-336-3445

MEDICAL TRANSPORTATION – drivers will be available for essential trips only: dialysis, cancer treatment, methadone, urgent medical

Medical Drivers

Terry Plain (Monis)	C: 519-402-5535
Sheila Firth	C: 519-383-1073
Christine Plain	C: 519-466-0054
Fenton Plain (Wimpy)	H: 519-491-5248
	C: 519-466-8717
Muriel (Toddy) Joseph	H: 519-336-6323
	C: 519-312-2403
Marion Waters	C: 519-312-5283
Stephanie Rogers	C: 226-349-2858

Wheelchair Accessible Van Driver

Brenda Maness	519-490-8444
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If you have a cough, fever please do not call our drivers as they are not equipped to prevent the spread of coronavirus. You may get approval for a taxi as below.

Special Trips – prior approvals for trips beyond the London to Windsor area and taxi trips

Admin Assistant Peggy Rogers	(519) 312-3852
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Medical transportation cheques will continue to be processed every other week. Please submit your forms in the Health Centre drop-box beside the front entrance on Mondays. Extra forms will be available for pick up at the Petro Canada gas station. Cheques will be mailed.

HEALTH CENTRE UPDATE APRIL 28

E'Mino Bmaad-Zijig Gamig



Covid-19 Preparation and Response

We continue regular 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.

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 identify close contacts of cases and notifying others who need to self-isolate.

We have started working with a few partners to set up covid-19 testing for our community members. We will update once more information is available.

Program Updates

Our staff are all trying to adapt to providing programs and services from a distance. Some examples include:

- Responding to requests for assistance through calls, texts, emails, messenger
- Outreach calls to existing clients
- Friendly visiting through phone calls
- Online workshops
- Community challenges
- Online learning circles
- Virtual group sessions
- Doorstep delivery of resources for clients
- Sharing activities to complete at home
- Connecting clients to virtual services

For information on upcoming programs and services, check out our Facebook pages/groups:

- Aamjiwnaang Health Centre
- Aamjiwnaang Drop In Dago Maajiigoog Binoojiinyag
- Aamjiwnaang Outreach Team
- Aamjiwnaang Student/Youth Wellness
- Aamjiwnaang Children and Youth Services

Staff have also been using this time to complete training sessions, meet requirements needed to maintain their professional licenses/certifications, funding reports and catching up on other paperwork.

REMINDERS

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 is suspended: Routine appointments with chiroprodists 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.

Medical Transportation: Forms are due every other Monday in the mail slot at the front of the Health Centre. Next submission date is May 11. Extra forms are available at the Petro-Canada gas station.

Miigwech to all frontline staff and volunteers!!



Ontario's Framework for Reopening our Province

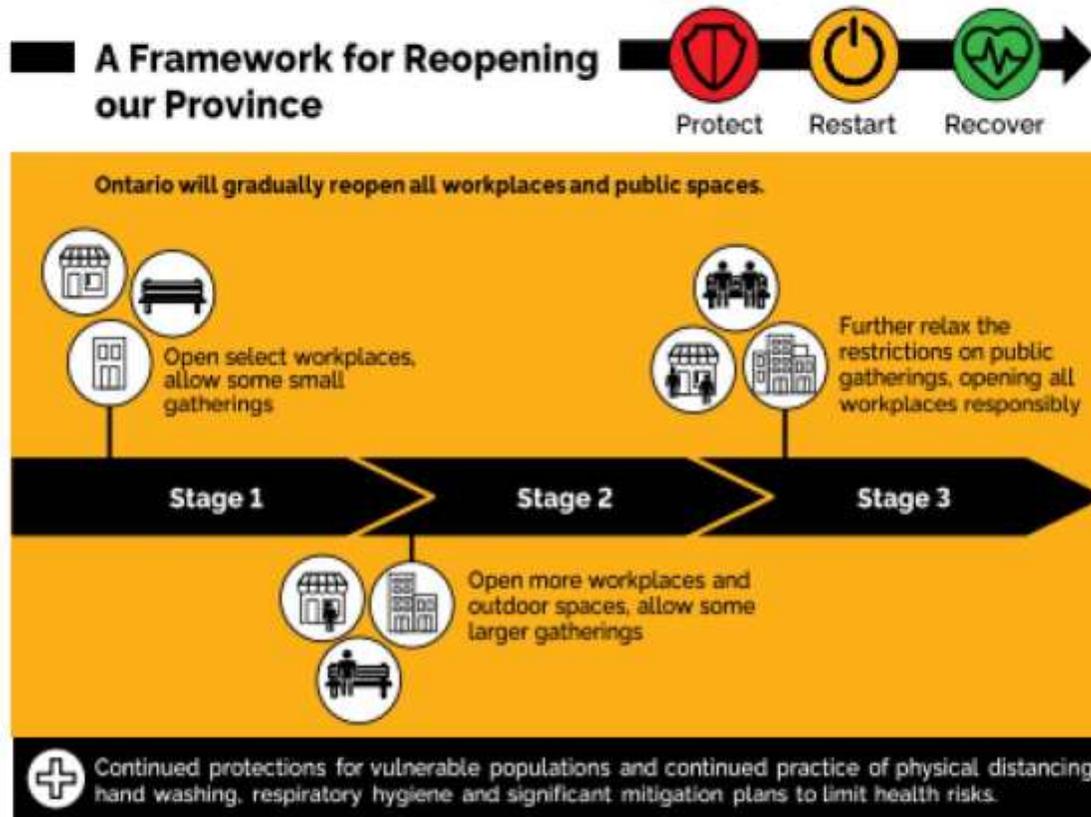
Determining When to Ease Public Health Measures

Ontario's Chief Medical Officer of Health will consider the following criteria to advise when the province can begin to ease public health measures:

 Virus spread and containment	 Health system capacity	 Public health system capacity	 Incidence tracking capacity
<p>Ensures loosening of measures is appropriately timed with the progression of the epidemic in Ontario.</p>	<p>Ensures there is an effective response to any potential case resurgence.</p>	<p>Ensures there is an effective public health response to any potential case resurgence.</p>	<p>Ensures that any potential resurgence in cases can be identified promptly.</p>
<ul style="list-style-type: none"> • A consistent two-to-four week decrease in the number of new daily COVID-19 cases. • A decrease in the rate of cases that cannot be traced to a source. • A decrease in the number of new COVID-19 cases in hospitals. 	<ul style="list-style-type: none"> • Sufficient acute and critical care capacity, including access to ventilators, to effectively respond to potential surges. • Ongoing availability of personal protective equipment (PPE) based on provincial directives and guidelines. 	<ul style="list-style-type: none"> • Approximately 90 per cent of new COVID-19 contacts are being reached by local public health officials within one day, with guidance and direction to contain community spread. 	<ul style="list-style-type: none"> • Ongoing testing of suspected COVID-19 cases, especially of vulnerable populations, to detect new outbreaks quickly. • A shift to new and other ways of testing and contact tracing to promote widespread tracking of cases.

As the province eases public health measures, these criteria will also serve as the framework for ongoing monitoring of progress and identifying when a change in direction is required. For example, the Chief Medical Officer of Health may also advise reapplying certain public health measures to manage the risk of recurring surges, outbreaks or future waves.

Phase 2: Restart — A Gradual, Staged Approach



The government will reopen Ontario businesses and public spaces gradually. This will be based on the advice of the Chief Medical Officer of Health, including the criteria and thresholds detailed above. Each stage will last for approximately two-to-four-week periods to allow for close monitoring of any impacts or potential resurgence of cases.

After each two-to-four-week period, the Chief Medical Officer of Health may advise to:

- Reapply or tighten certain public health measures in response to a surge in cases or outbreaks;
- Maintain status quo and continue close monitoring of impacts; or
- Progress to the next two-to-four-week stage.

UPCOMING POST SECONDARY STUDENTS

**APPLICATION DEADLINE FOR
SEPTEMBER START**

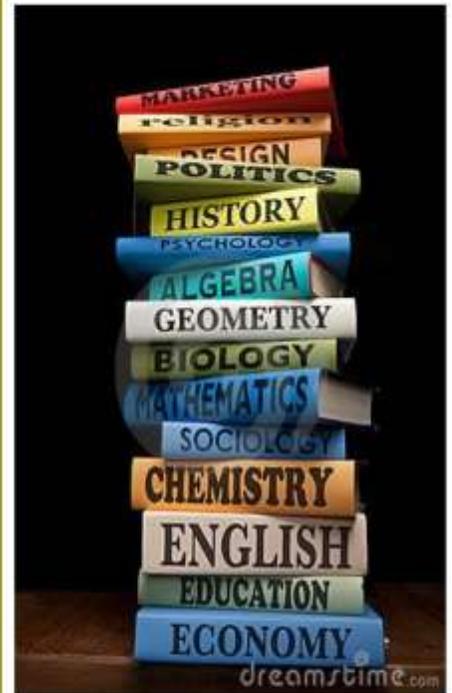
May 1st 2020

WHERE CAN I GET AN APPLICATION?

Email: 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**

Nishnaabeman! - Speak Ojibwe!

Boohoo 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 Shkakamig-Kwe Giizhigad



Happy Mother Earth Day

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

Zhaagnaashimowin	Anishinaabemowin	Pronunciation
Sun	Giizis	Gee-z-is
Earth/Land	Aki	A-ki
Water	Nbi	N-bi
River	Ziibi	Zee-bi
Tree	Mtig	M-tig
Love	Zaagidiwin	Z-aw-gid-i-win
April	Namebin Giizis	Nu-m-e-bin-gee-z-is
Spring	Mnookmi	M-n-owe-k-mi
Sky	Sho-giizhig	Sho-gee-zhig
Clean up	Biinchigen	Been-chi-gen
Mother Earth	Shkakamig-kwe	Sh-kuk-u-mig-k-we
Respect	Mnaadendamowin	M-n-aw-dend-u-mo-win
I put my tobacco down	Nda semaa ngii-bigidnaa	Ndu-se-maw-n-gee-bi-gid-naw
Medicine	Mshkiki	M-sh-ki-ki
Respect Mother Earth	Mnaadenim Shkakamig-kwe	M-naw-den-im-sh-kuk-u-mig-k-we
Water is life	Nbi aawan Bimaadiziwin	N-bi-aw-wun-bi-maw-d-i-zi-win

Created by Jessie Plain



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)



Let's Learn

FIRST

AID

Weekly Prizes!

Fridays!

Join me on the Health Center page Every Friday at 10 AM for a live video on First Aid. After the video post 1 thing you learned to be entered for a draw. Open to community members only

First Aid Kit, Gloves, Handwashing

May 1

May 8

Choking (adult, child, baby, alone)

Heart Attack, Stroke

May 15

May 22

Cuts, Burns, Nosebleeds, Splinters

Poisons, Bites, Ticks

May 29

If you have any questions message the Health Center page, or email me at hrobertson@soahac.on.ca



**AAMJIWNAANG CHILDREN AND
YOUTH SERVICES PRESENTS**

LEARNING AT HOME WITH WENDY & MEL



A new and interactive video series to encourage learning at home while being engaged with fun activities!

We will be posting a video every Monday, Wednesday, and Friday that will be targeting a different letter and sound.



Be sure to LIKE our
Facebook Page:

**Aamjiwnaang
Children and
Youth Services**

We have greatly missed seeing and supporting all of our amazing children & families.

**WE WOULD LIKE TO GIVE YOU THE
OPPORTUNITY TO LEARN AT HOME
WITH OUR OTA, WENDY, AND OUR
CDA, MELANIE!**

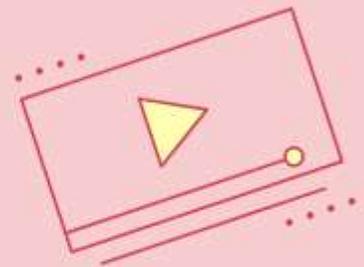
**EVERY VIDEO WILL GIVE YOU A CHANCE TO PARTICIPATE
AND BE ENTERED INTO A DRAW TO WIN A PRIZE!**

Keep an eye out on our Facebook Page for the videos and make sure you watch them to find out how to participate and be entered in the draw!

MONDAYS

WEDNESDAYS

FRIDAYS



TO BE ENTERED:

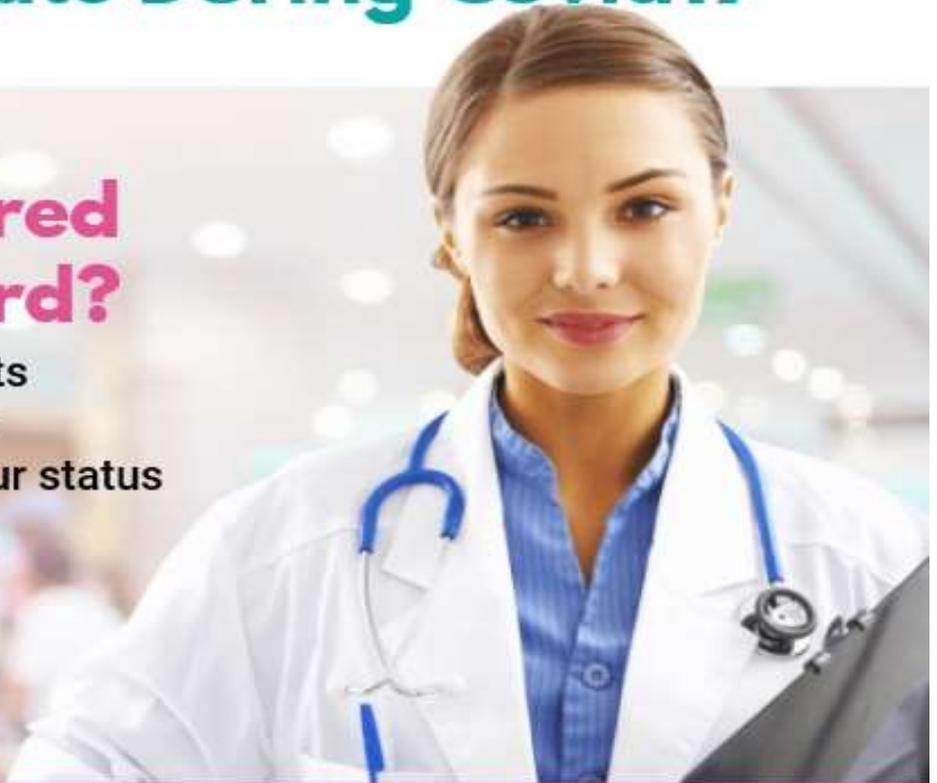
- You must have or know a child 0-18 years
- You must live within Sarnia-Lambton
- There will be many ways to enter and each time you participate it will count as an entry

- Winners will be chosen one week after each video is posted and messaged via Facebook.
- You can enter as many times as you would like
- Prizes will be delivered through contact-less drop-off

NIHB Update During Covid19

Expired Status Card?

- * Eligible NIHB clients should not be denied services because your status card has expired



Fever-Reducing Medications

- * Only need a pharmacist recommendation currently, you do not need a prescription

Wait Times

May take longer than usual during this time

Pharmacists

If your pharmacy bills NIHB directly they should have received notice about these changes, if worried please mention to your pharmacist.

For more information call 1-800-640-0642

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

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?

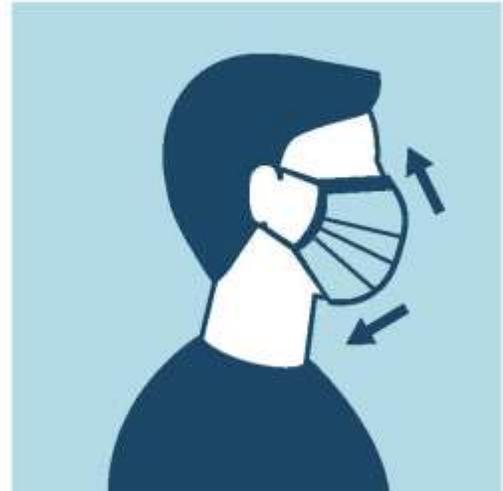
Yes. They should be routinely washed depending on the frequency of use.

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.



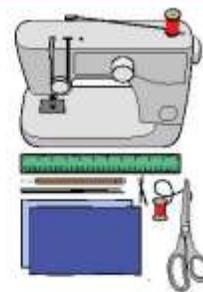
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cdc.gov/coronavirus

Sewn Cloth Face Covering

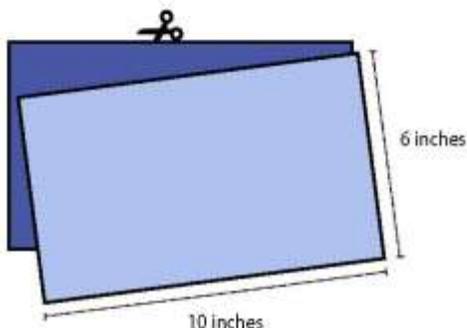
Materials

- 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

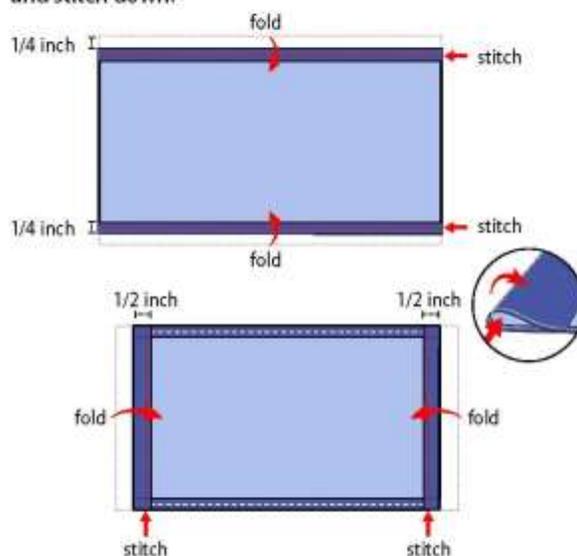


Tutorial

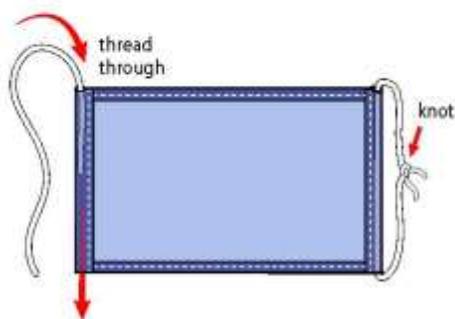
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



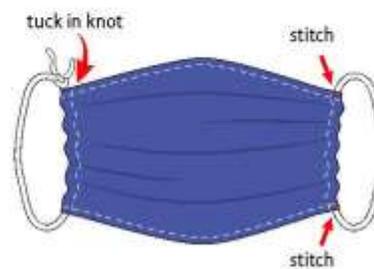
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



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.

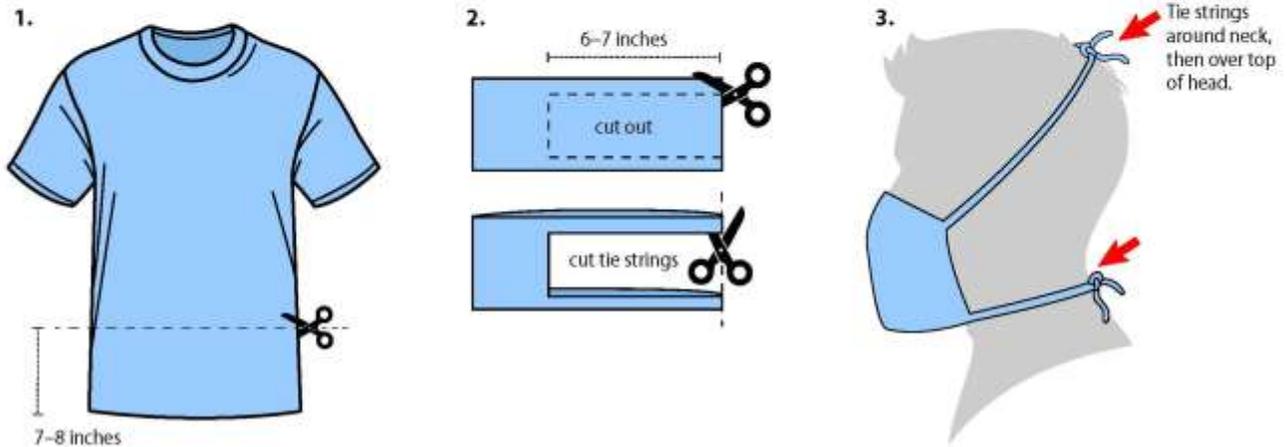


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

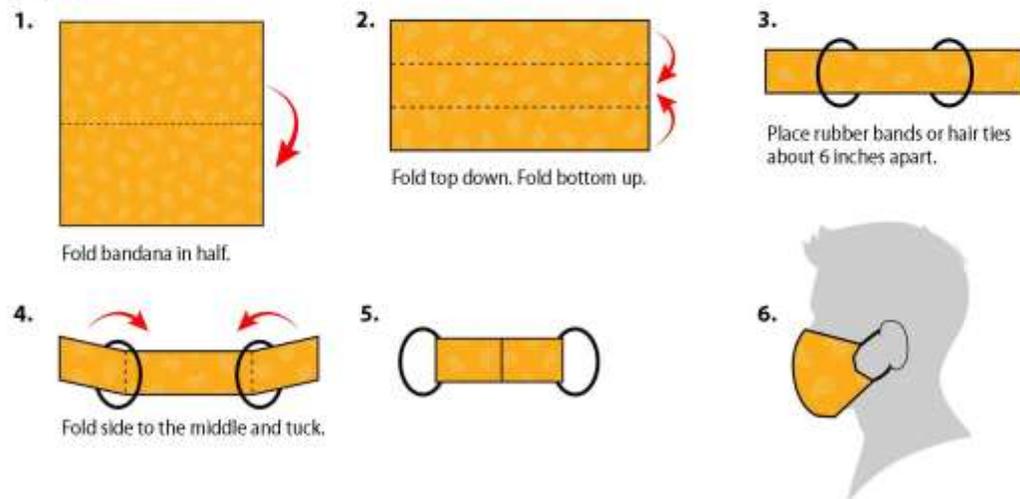


Bandana Cloth Face Covering (no sew method)

Materials

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

Tutorial



ORAL HEALTH 101 TOOTH BRUSHING



BRUSH YOUR TEETH 2X/DAY FOR 2 FULL MINUTES

Best time to brush is after breakfast and at bedtime

Use a soft or extra soft toothbrush, electric tooth brush is an excellent option over manual toothbrush

Use the proper size of toothbrush. The bristle length of tooth brush should be 2 teeth in length



HOLD THE BRISTLES AT THE GUMLINE AT A 45 DEGREE ANGLE TO PREVENT GUMDISEASE

Only use a smear of toothpaste that has FLUORIDE in it to prevent cavities



ALWAYS SPIT OUT EXCESS TOOTHPASTE AND AVOID RINSING WITH WATER AFTER

Remember to brush your tongue everyday too!



The Challenge:

Post a family brushing video on the Aamjiwnaang Health Center Facebook Page. The video needs to be 2 minutes of brushing time. The last day to qualify is May 1, 2020 4:30 pm

Prize will be a gift card and a family oral care package!!!

Source: World Health Organization

APRIL SHOWERS
Bring
MAY FLOWERS
Community Art Project
Show us your artistic side!

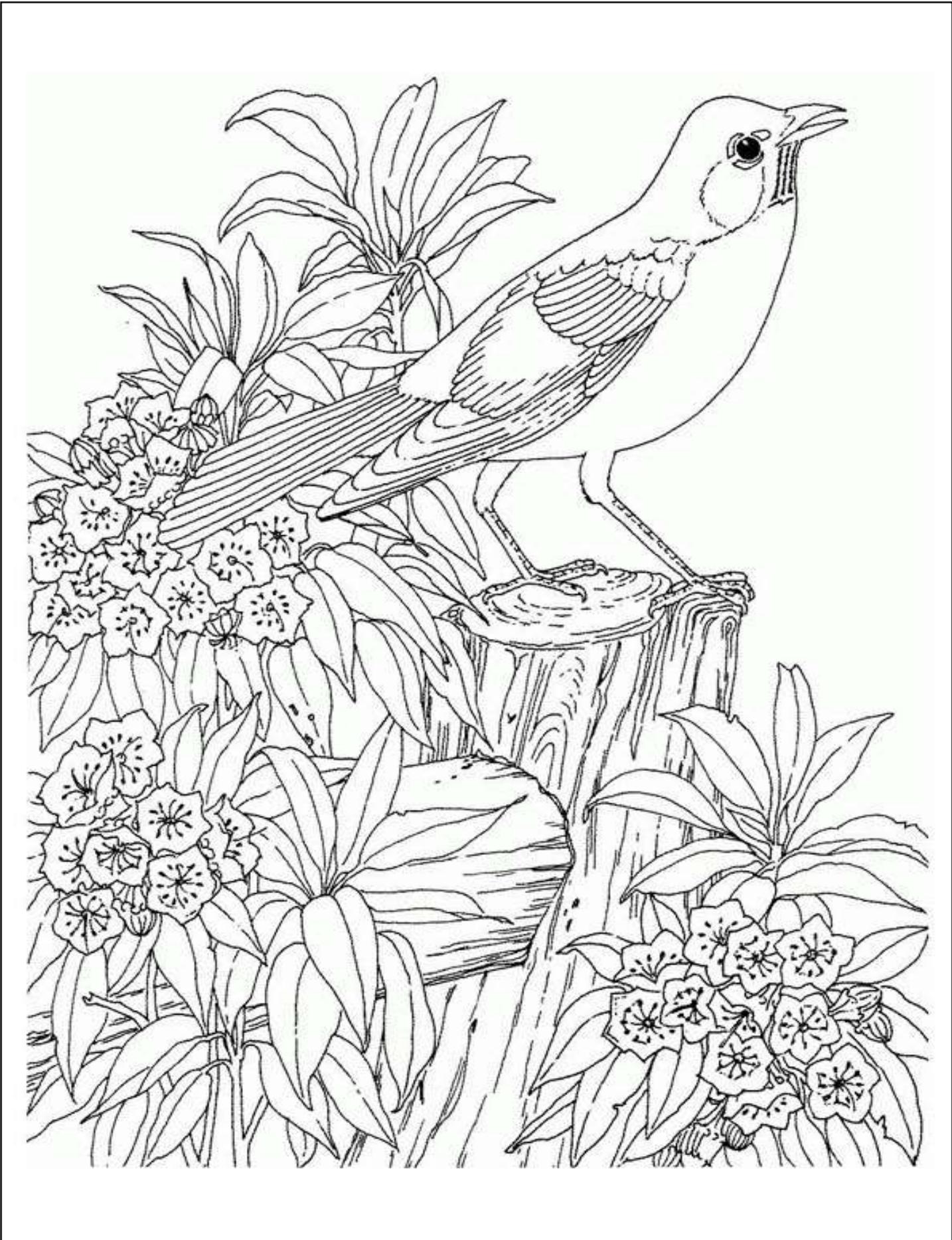
- **Colour one of the provided pages**
- **Draw your own Spring picture**
- **Take a picture showcasing the season**
- **Open to all Ages, have fun and create!**

Participants will be entered into a draw for prizes!
Submissions to: wrogers@aamjiwnaang.ca

Entries must be received by May 25, 2020
Please remember to practice social distancing
All submissions may be used on
Aamjiwnaang social media







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.



Monday

Recipes



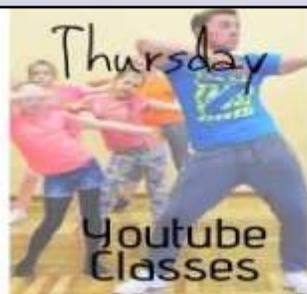
Tuesday

Activities



Wednesday

3-5
House Party



Thursday

Youtube
Classes



Friday

Crafts



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!

CROSSWORDS

Across

1. Drain problem
5. Went fast
9. Truckers' vehicles
14. Talk irrationally
15. Yield
16. Small amount
17. Cookie cooker
18. Current fad
19. Slugger Hank _____
20. Custodian
22. Transgressions
23. GOP member
24. Lubricate
26. Kidney, e.g.
29. United
32. Handed out cards
33. Slightest
34. Health farm
37. Manchester's country (abbr.)
38. Georgia's capital
40. Science rm.
41. Distress call
42. Picked
43. Appearance
45. Delights
46. Jotted down
47. Navy members
50. Chess pieces
51. Ultimatum word
52. Unsure
58. Burning
60. Horn sound
61. Moreover
62. Blue _____ Mountains
63. India's locale
64. Want
65. Look of contempt
66. Satan's domain
67. Experts

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				
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32					33					34	35	36
37				38	39					40		
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47	48	49					50					
51					52	53	54			55	56	57
58				59					61			
62						63				64		
65						66				67		

Down

- | | | |
|-----------------------|-----------------------------|-------------------------------|
| 1. Gator's relative | 21. Octopus arm | 44. Wyoming's neighbor |
| 2. Hot, molten rock | 24. Main point | 45. Become visible |
| 3. Finished | 25. Orthodontic device | 47. Chars |
| 4. High military rank | 26. Some poems | 48. Like Santa's helpers |
| 5. Waste material | 27. Casino city | 49. Stage whisper |
| 6. Summit | 28. Jokes | 50. Iron or lead |
| 7. Perimeter | 29. Parcel out | 52. Mormon State |
| 8. Gentle creature | 30. Tenant's document | 53. Smelling organ |
| 9. Terminal (abbr.) | 31. Country roads | 54. Mattress part |
| 10. Wiped clean | 34. Wood strip | 55. Baldwin or Guinness |
| 11. Diva _____ Callas | 35. Knight's assistant | 56. Psychic's phrase (2 wds.) |
| 12. Sacred images | 36. Not up yet | 57. Indicates assent |
| 13. Sight or smell | 39. Better late _____ never | 59. Always, in verse |

CROSSWORD SOLUTION FOUND WITHIN THE TRIBE-UNE NEWSLETTER

Mino Dbishkaayin-Happy Birthday

Niigaanii Gray	May 1	Valarie Farrar	May 5	Marcus Courchesne	May 9
Hailey Dass	May 1	Madison Jorgensen	May 5	Sherri Crowley	May 10
Lori Jackson	May 1	Candy McLaughlin	May 5	Martha Jones Jr.	May 10
Dawn Maness	May 1	Ashley Maness	May 5	Dakota Nahdee	May 10
Carl Oliver	May 1	Richard Maness	May 5	Miakoda Rogers	May 10
Debra Plain-McGremor	May 1	Sonja Meza	May 5	Fielder Snake	May 10
Nathaniel Rogers-Stonefish	May 1	Koma Rogers	May 5	Honour Maria Cottrelle	May 11
Crystal Williams	May 1	Derrick Rogers-Oliver	May 5	Thomas Jones Jr.	May 11
Alexis Dick	May 2	Benjamin Baker	May 6	Fraser Letham	May 11
Corey Gray	May 2	Whitney Brown	May 6	Gregory P Nahmabin	May 11
Carol Louis	May 2	Phoenix-Sky Cottrelle-Albert	May 6	Travis Rogers	May 11
Logan Williams	May 2	Rick Gray	May 6	Crystal Sinopole	May 11
Ellise Cottrelle	May 3	Jordan Nahmabin-Shaw	May 6	Elijah Solares	May 11
Leslie Hawkins	May 3	Ian Simon	May 6	Cary Williams	May 11
Felicia Lockridge	May 3	Jan Stewart	May 6	Kelly Williams	May 11
Jacklyn Rogers	May 3	Michael Stocum	May 6	Xavian Williams	May 11
Lorelei Wilde	May 3	Arnold Yellowman	May 6	Arnold Joseph Jr.	May 12
Lee Johnson	May 4	Athena Adams	May 7	Emma Brown	May 12
Nicole Alexander	May 4	Timothy Maness	May 7	Lee-anne Disel	May 12
Ashlee Adams	May 4	Jordan Partin	May 7	Arnold Gray	May 12
Alaina Maness	May 4	Kaden Sinopole	May 7	Kalene Walker	May 12
Jada Plain	May 4	Destiny Zaluska	May 7	Diana Caron	May 13
Lennan Plain	May 4	Shirley Grant	May 8	Nolan Cottrelle	May 13
Sheree Plain	May 4	Robert Vern Kimmel	May 8	Mary Lou Mayhew	May 13
Jacob Rogers	May 4	Adalia Plain	May 8	Jonas Oliver	May 13
Gerald Simon	May 4	Matthew Williams	May 8	Jason Plain	May 13
Trevor Smith	May 4	Cameron Baker	May 9	Leonard Plain	May 13
Jessica Solomon	May 4	Shauna Eyre	May 9	Rena Sandy	May 13
Tayah Van Troost	May 4	Jackson Thomas Fenner	May 9	Zachary Cowper-Rising	May 14
Wendy Verspagen	May 4	Cassidy Fisher-Romphf	May 9	Liam Davis	May 14
Robert Archer	May 5	Kirra Hamelin	May 9	Nathan Karttunen	May 14
Ryan Bressette	May 5	Cylis Oliver-Williams	May 9	Caitlin Plain	May 14
Brenda Breier	May 5	Jayson Verge	May 9	Blayden Wood	May 14
Anita Natalie Cloud	May 5	Ryan Verge	May 9	HAPPY BIRTHDAY!!!!	

CHIPPEWA TRIBE-UNE

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

The next issue is due out on
Friday, May 15th, 2020

The deadline for submissions is
Wednesday, May 13th, 2020 at 12:00 pm

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

This paper and past editions can also be
found on the Aamjiwnaang website at:

www.aamjiwnaang.ca

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

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

C	L	O	G		S	P	E	D		S	E	M	I	S				
R	A	V	E		C	E	D	E		T	R	A	C	E				
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R	I	D	G	E						A	S	I	A		N	E	E	D
S	N	E	E	R						H	E	L	L		A	C	E	S

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/>