

The Aamjiwnaang First Nation

CHIPPEWA TRIBE-UNE

Issue No. 20:9

May 29th, 2020

Editor: Todd Williams



JON BIRD '94

TRIBE ~ UNE

*Not a weekly newsletter at the current time, but a nice throwback cover nonetheless.



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: 519-328-1767

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



Aamjiwnaang COVID-19 Screening and Testing

The Aamjiwnaang Health Centre is now offering COVID-19 screening and testing to residents of Aamjiwnaang First Nation.

All screening will be done over the phone and testing will be completed by appointment only. If you have symptoms, think you may have been exposed or wish to be tested for any reason:

- Call the Health Centre at 519-332-6770 ext. 305 and leave a voicemail with contact information
- Screening will be done on the telephone with a nurse
- You will receive an appointment for testing date and time
- Testing is completed at the Aamjiwnaang Health Centre (alternate arrangements can be made for individuals with limited mobility)

Testing can only determine if you *currently* have the virus, not if you have had it in the past. Please call if you have any questions.

Aamjiwnaang Community Screening & Testing By Appointment Only – call 519-332-6770 ext. 305

Anyone living outside Aamjiwnaang First Nation within Lambton County:

Sarnia-Lambton Assessment Centres - People must call their primary health care provider for referral to the assessment centre. The assessment centre will call the patient to schedule an appointment. Walk-ins are not allowed.

If you are in distress (e.g. significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptoms), call 9-1-1 or go to the nearest Emergency Department.

Miigwech to the support from SOAHAC, Lambton Public Health and Bluewater Health.



May 26, 2020

**AAMJIWNAANG
FIRST NATION
Band Council**

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

WATERFRONT NOTICE

As the COVID-19 Pandemic restrictions are beginning to be lifted and we continue to do our part in flattening the curve, Aamjiwnaang First Nation waterfront access will be limited to First Nation status card holders only, until further notice. This includes other First Nations so we ask that if you plan on accessing the water front to **please carry your status card with you**. Security will be patrolling the shoreline in hopes to deter any non-status card holders from fishing on the shoreline. Please be mindful and use proper social distancing when accessing the waterfront. Thank you for your cooperation and understanding.

Miigwetch,

Aamjiwnaang Band Council



AAMJIWNAANG
Chief and Council Resolution

2020/2021

Resolution Number: 2020/2021 # 03

At a Duly Convened Meeting held on Aamjiwnaang Territory

On the **20th** In the Month of, **April** In the Year of, **2020**

Department: Chief and Council

**Purpose: POSTPONE 2020 GENERAL ELECTION – IN
RESPONSE TO COVID-19**

WHEREAS COVID-19 is a rapidly evolving global issue. Chief and Council of Aamjiwnaang will do everything necessary to protect the health, safety, and wellbeing of Aamjiwnaang members, and is working to limit the spread of the pandemic.

WHEREAS a number of First Nations within Canada, have requested to postpone their general elections to ensure the safety of their community members and to deal with the COVID-19 pandemic.

WHEREAS Aamjiwnaang's General Election is currently scheduled for July 23, 2020. In order to facilitate an election, the 79-day election process would need to commence on April 28, 2020 with the provision of addresses of off-reserve members to the Electoral Officer.

WHEREAS Indigenous Services Canada has indicated that due to COVID-19, Chief and Council of Aamjiwnaang may seek to postpone the general election for a term of six (6) months following the expiry of Council's current mandate and that the length of this period can be reassessed in the coming months as the situation continues to evolve.

AND WHEREAS Chief and Council of Aamjiwnaang deems it necessary that for the orderly conduct and for the health, welfare, and safety of the members of Aamjiwnaang to make a resolution to postpone the upcoming general elections.

AND WHEREAS the following resolution is provided under the jurisdiction of Aamjiwnaang Chief and Council and in line with federal and provincial emergency measures.

THEREFORE, BE IT RESOLVED THAT: Chief and Council of Aamjiwnaang, hereby enacts the following resolution:

1. Postpone the General Election of 2020 for six (6) months to January 23, 2021.
2. Designate the current Chief and Council as the necessary authority to govern the community and ensure the continuity of the delivery of essential services and programs beyond the expiry of the current election term of July 23, 2020.



**AAMJIWNAANG
Chief and Council Resolution**

2020/2021

3. Reassess the need to further extend postponement of the General Election in the coming months as the COVID-19 situation evolves.

(The remainder of this page has been intentionally left blank.)

QUORUM: FIVE (5)


(Chief Chris Plain)


(Councillor Shawn Plain)

(Councillor John Adams)


(Councillor Mike Jackson)


(Councillor Dallas Sinopole)

(Councillor Tom Mahess)

(Councillor Marina Plain)


(Councillor Janelle Nahmabin)

GOVERNANCE - OGIMAAKANDAN



In Honour of
the past,
the present,
the future....



AAMJIWNAANG

978 Tashmoo Ave
Sarnia, ON N7T 7H5

Phone: 519-336-8410
Fax: 519-336-0382

Email: Irosales@aamjiwnaang.ca

What is Governance?

Merriam-Webster Dictionary says: *the act or process of governing or overseeing the control and direction of something (such as a country or an organization).*

Good Governance includes all of the processes of governing - whether it is undertaken by a specific group or social system. Many First Nations include the Seven Grandfather Teachings and have incorporated them into key documents and policy.

The processes of good governance may include:

- Collective decision-making
- Establish laws, by-laws, policies that include guiding principles
- Develop long/short-term goals
- Be structured to maintain integrity
- Be accountable and transparent
- Promote equality through inclusion
- Encourage effective collaboration between groups and individuals
- Effective relations with all key stakeholders
- Open honest communication

The Core Values of Aamjiwnaang Leadership

- Zaagidiwin-Love
- Debwewin-Truth
- Mnaadendmowin-Respect
- Nbwaakaawin-Wisdom
- Dbaadendiziwin-Humility
- Gwekwaadziwin-Honesty
- Aakedhewin-Bravery.

The Aamjiwnaang Chi'Naaknigewin stated Mission is:

"By the guidance of the Seven Grandfather Teachings and with dedicated leadership, we strive to meet the needs of Aamjiwnaang in order to build a strong, safe, sustainable and healthy community for the benefit of present and future generations."



AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA

EMPLOYMENT OPPORTUNITY

Position Title: Finance Coordinator
Location: Sarnia, ON
Duration: Contract to Permanent
Posting Closes/Deadline: June 5, 2020

Position Summary:

Under the direction of the Band Manager, the Finance Coordinator reports to Chief and Council through the Band Manager and works within the administrative policies and procedures established by Council and legislatively provided for by the Government of Canada.

Scope:

The Finance Coordinator is responsible for the efficient and effective administration of the Aamjiwnaang First Nation Finance department, for recording all financial transactions in a timely manner and for providing accurate monthly financial reports to the Band Manager and Chief and Council.

Responsibilities:

- 1) Provide supervision and direction to the Finance Department staff and the Housing coordinator to ensure the First Nations financial goals and objectives are met in accordance with the approved policies and procedures and that all the financial records, receipts, payables and cash flows are accurate, up -to-date, and processed efficiently in a timely manner. This includes, but is not limited to:
 - a. Ensuring committed funds are received when due and allocated accurately by monitoring and analyzing cash flows.
 - b. Ensuring accounts payable and receivable are processed accurately, efficiently and in a timely manner and according to budget, reporting and discrepancies or concerns to the Band Administrator.
 - c. Coordinating payroll processes and procedures including timesheets, records of employment and enrollment of eligible employees in pension and benefit plans. Ensure all deductions are accurately recorded and reported.
 - d. Coordinating purchasing procedures for the First Nation. Verify that purchase requisitions comply with financial policy and contribution agreement and are within approved budgets by signing numbered purchase orders.
 - e. Administering cheque requisition and petty cash disbursements, ensuring there is adequate approval, budget and documentation for all expenditures.

- 2) Ensure that all financial activities and functions are carried out and administered consistent with approved financial policies and procedures of the First Nation and relevant funding agreements.
- 3) Communicate with Band employees, Band Manager, community members, Chief and Council, and external contacts as required in a timely, responsible, and professional manner. Liaise with appropriate Federal, Provincial and First Nation agencies to network effectively for the benefit of the First Nation.
- 4) Provide monthly financial reports to the Band Manager, including budget variance reports and cash flow positions. Oversee and monitor bank account balanced and reconciliation. Monitor and provide financial reports on the investment of Band funds as directed.
- 5) Provide monthly financial reports to department coordinators, providing advice and assistance as needed to ensure budgets are followed.
- 6) Ensure all required financial reporting to external funding agencies is prepared and submitted in a timely manner.
- 7) Review funding agreements and provide advice for Chief and Council on financial terms. Obtain Council Approval and certification of funding agreements and submit to external agencies in a timely manner.
- 8) Ensure adequate and liability insurance is in place.
- 9) Coordinate the preparation of the annual operating and capital budgets, providing advice and assistance to department coordinators as needed. Present to Chief and Council and incorporate any requested changes.
- 10) Coordinate the fiscal year end process, ensuring the accurate and timely recording of yearend adjustments and closing entries in preparation for the annual audit. Work with auditors to ensure the auditing functions and costs are kept to a minimum.
- 11) Coordinate and facilitate finance committee meetings as required

Secondary Duties

- 1) Attend all Program Coordinator and Council committee meetings as required; provide financial reports and analysis as requested.
- 2) Provide advice to the Band Manager and Council on any changes to financial policy and procedures in order to ensure adequate financial controls.
- 3) Attend appropriate workshops, seminars and training sessions as required to remain current on topics of concern to the department and scope responsibility.
- 4) Conduct annual performance appraisals, as required, for finance department employees and housing coordinator who are under direct supervision of the Finance Coordinators.
- 5) Be familiar with the Indian Act, Treaties and Treaty Rights applicable to the First Nation, Native Law, Statutes and Regulation, Canada Labor Code, Occupational Health and Safety Act, Native Organizations and Government structures and other laws, systems and processes applicable in conducting the business of the First Nation; understand and be fluent in the bylaws of the Aamjiwnaang First Nation.

Other:

- Other duties as assigned.

Supervision:

Provide direct supervision and guidance to the finance department staff and housing coordinator in accordance with the financial policies, procedures and systems in place, ensuring that staff complete their assigned duties conscientiously and efficiently, while maintaining confidentiality and conducting themselves in a professional manner in dealing with Aamjiwnaang Band members, staff and the public.

Qualifications:

- University degree or college diploma in accounting or a related field
- Minimum of three year's related work experience in accounting and finance at a senior level
- CA, CMA, CGA, CAFM, or other recognized accounting designation preferred

Skills and Abilities:

- Advanced knowledge of accounting principles and standards essential
- Excellent financial accounting, analysis, budgeting and reporting skills
- Proficiency in Accpac and/or other financial accounting software essential
- Proficiency in Excel spreadsheets as well as Microsoft Office essential
- Excellent organizational and time management skills required
- Proficiency in managing department staff and processes required
- Ability to communicate clearly and effectively
- Ability to coordinate and implement fiscal year-end processes and annual audit

Impact of Error:

Errors in judgment and in the conduct of duties could lead to lost credibility, poor public relations, confusion and duplication of effort and misfortune be given to Council, government agencies and the public. Errors could result in legal liability and/or financial loss.

Other Considerations:

In accordance with Section 16 Special Programs of the Canadian Human Rights Act, preference will be given to Aamjiwnaang Band Members with relevant education/experience (R.S.C 1985, c. H-6, s16 (1-3)).

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 Resource Officer
dbishop@aamjiwnaang.ca
Or
humanresource@aamjiwnaang.ca

519-336-0382 fax

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



Looking to Make a Difference?

NIMKEE NUPIGAWAGAN HEALING CENTRE

EXECUTIVE DIRECTOR

LOCATION: Muncey, Ontario

Nimkee Nupigawagan Healing Centre is a leading holistically based residential treatment centre in addictions, solvent use and abuse for all youth from Indigenous communities nationally. The seven Grandfather teachings form the cornerstone for our program: Respect, Love, Honesty, Bravery, Humility, Wisdom and Truth. The benefits for participants are empowerment, inner discipline and belief in self.

JOB SUMMARY

Reporting to the Board of Directors, the Executive Director is responsible for overseeing program services, developing short and long-term strategic and operational plans, promoting continuous improvement in safety and quality youth participant care. Overall financial and budget development and management is required while ensuring an efficient and cost-effective operation. As the leader of the Centre, the Executive Director oversees and participates in activities that builds the organizational culture and rapport with staff, youth participants and stakeholders. The Executive Director establishes links in the community, identifies funding sources and markets the program to promote overall success and growth of the Centre. The focus of this residential experience for youth, is physical, mental, emotional and spiritual wellness. This role provides effective leadership and modelling, nurturing an environment that attracts, retains and motivates all staff and specifically the development of a collaborative management team. The Executive Director participates in cultural activities, internal and external committees and groups. Dedication to high standards of practice, adherence to organizational policies, accreditation requirements and statutory obligations is expected along with a commitment to maintaining privacy and confidentiality for the youth and the organization.

KEY RESPONSIBILITIES

Program Management

- Ensure coordination of resources required from psychiatric, psychological, medical, educational, and other community-based consultants; and to monitor utilization of such services relative to implementation of recommendations and the applications of these recommendations to specific individuals (e.g. medications) and policies
- Participate in the development of policies and procedures for the residential and treatment programs; and to participate in the creation of programs that fall within the areas of residential care and treatment services
- Participate in the development and monitoring of formal programs of research and evaluation; and to help establish research and evaluation components in all services provided by the Centre
- Ensure that treatment plans are developed and regularly monitored so that treatment goals and outcomes are being met by the program activities
- Ensure the quality achievement of the treatment program objectives are met by monitoring overall planning, and delivery through evaluation activities in the Centre and that there is alignment with funding agreements
- Ensuring that the standard of services is consistent with legislative, regulatory and accreditation requirements
- Lead license reviews and accreditation processes and ensure organization preparation

Career Opportunity – Executive Director

Administration:

- Act as the senior administrative officer of the Treatment Centre
- Develop and recommend for Board approval operating objectives, policies, programs and projects for the Centre
- Hire, develop, manage and when required, release staff that report to the Executive Director pending Board approval
- Established standards of performance and accountability for all staff of the Centre are adhered to
- Communicate objectives, policies, plans, programs, schedules and budget to the staff and ensure that they are understood by all persons who need to understand them to carry out their responsibilities
- Provide accurate and timely financial information and reports as required
- Delegate in writing all authority and responsibilities to a senior staff person should the Executive Director be absent for a period of time from the Centre
- Recommend engagement of legal, technical, consultative or other professional advice or counsel necessary to ensure sound management of the Centre with approval of Board
- Ensure Board financial policies are adhered to and administered within the allotted budget
- Ensure that appropriate accounting and control policies, procedures and practices are developed and followed, and that there is proper control of cash, receipts, disbursements and reporting of operating results
- Review and approve expense reports and requests for operational and capital expenditures within the limits set by the Board
- Prepare plans, budgets, briefs, submissions and presentations to the Board, to government agencies, funding agencies, etc.
- Review with the Board at its regular meetings the performance of the Centre and its major programs and projects and submit to the Board such reports and statements as may be required from time to time
- Keep informed on all matters affecting the successful operation of the Centre, particularly the political, economic, cultural and social environment in which the Centre must operate, and develop new policies and programs for Board of Directors' approval
- Establish and maintain cooperative relationships with relevant provincial and national First Nation organizations, with government departments and agencies at the federal and provincial levels and, as well, with other organizations, individuals and the general public for the best interest of the Centre

People and Culture Management

- Lead and develop the Senior Management Team
- Demonstrate a genuine expression of organizational values while fulfilling all duties and functions
- Build and facilitate a "team approach" within the Centre staff group to develop clear performance standards and work objectives for employees
- Oversee the recruitment, orientation, hiring, induction, training, supervision, and evaluation of all personnel; and to ensure that all personnel policies reflect quality management of resources within the Centre
- Implement Personnel Policy to facilitate the orientation and integration of new employees with the Centre's organization
- Nurture a positive, safe workplace environment with open communication at all levels and functions in the organization
- Monitor staff engagement; taking corrective action when improvement is required
- Ensure that all policies and performance standards are adhered to by staff and youth participants and manage the discipline process in conjunction with the management team
- Ensure management and monitoring of the overall operation of daily staff work schedules, holiday periods, and in-service training programs to assure safety and high quality program delivery

Career Opportunity – Executive Director

Community Liaison

- Develop and maintain effective connections between the Centre and the First Nations community agencies including medical services, and community agencies including medical services, social services, education, law enforcement, probation services, and prevention projects within the district
- Promotes community awareness of substance abuse problems by maintaining effective relationships with First Nations Chiefs and Councils, Elders, community residents, teachers, youth, recreation and community groups.

Qualifications:

Abstainer with at least three years continuous sobriety is a requirement by organizational policy.

Education & Certification

- University degree in Psychology and Management
- Certified First Nations Health Manager (CFNHM)
- Prevention and Management of Aggressive Behaviour Certification
- Applied Suicide Intervention Training
- Fire Extinguisher Handling Training
- CPR and First Aid Certification, WHMIS Training

Experience

- Four years of progressive leadership experience in organizational, staff and financial management
- Experience working with community partners and various federal and provincial government organizations
- Must demonstrate an understanding of solvent / substance abuse treatment
- Working knowledge of the principles, practices, and methods of service delivery to youth as well as program development, implementation and evaluation
- Knowledge and experience with a variety of cultural healing approaches and interventions
- Respectful delivery of traditional Native cultural practices that compliment mainstream healing and therapy
- Working knowledge of relevant legislation e.g. Mental Health Act, Young Offenders Act, Indian Act, First Nation Inuit Health Branch – Non-Insured Health Benefits
- Must have knowledge and understanding of First Nations culture, values and spirituality and community life on the reserves
- Registered member of a First Nation as per section 16(1) of the Human Rights Act
- Fluency in a First Nations language is an asset
- Demonstrate exceptional interpersonal skills and the ability to handle difficult situations in an objective consistent format, modelling positive behaviour for youth
- Above average problem-solving skills
- Demonstrated good judgment in decision-making
- Possess above average oral and written communication skills (1:1 and with larger groups)
- Must have skills in data collection, analysis and report writing
- Must be able to work independently and as a team player
- Proficiency in computer software skills including Microsoft Office Suite

Career Opportunity – Executive Director

Other

- Demonstrate maturity and emotional intelligence
- Goal focused and open to innovative programming to meet the needs of youth participants
- Able to promote the services of Nimkee across Canada
- Approved Vulnerable Sector Check
- Must be able to work flexible hours.
- Must have a valid Ontario Driver's License, a clear driving transcript and reliable transportation

All applications are confidential. Only those applicants applying with a detailed resume, cover letter and three written work references will be accepted. While your interest in Nimkee Nupigawagan is appreciated, only those applicants being given further consideration will be contacted. The successful candidate will be required to provide a successful Vulnerable Sector Check.

Interested applicants should apply by the closing date of June 26, 2020 4:30 pm to:

careers@nimkee.org

— OPPORTUNITY —

Land Use Planning Committee

Looking for Community members who would like to take leadership in joining the Land Use Planning Committee. We will be creating a Land Use Plan and discussing topics such as Zoning, By-laws, Community input and more.

IF YOU ARE INTERESTED PLEASE SUBMIT A LETTER OF INTEREST TO LANDCLERK@AAMJIWNAANG.CA

FOR ANY QUESTIONS LEAVE A VOICEMAIL AT
(519) 336 8410 EXT 291



Tecumseh Community Development Centre launches Regional Relief and Recovery Fund to support local economy.

Funding is currently available through Tecumseh Community Development Centre. Businesses within our service delivery area who have been unable to access existing federal relief measures can now apply for funding under this new initiative.

(COVID-19)

REGIONAL RELIEF AND RECOVERY FUND

Small businesses are at the heart of our economy and many are vital to the communities. The COVID-19 pandemic has resulted in uncertainty and anxiety for businesses and their employees.

In order to provide targeted assistance to the communities we serve, TCDC will focus on assisting "main street" businesses, such as retail shops, restaurants, corner stores and businesses of strategic importance, with loans up to \$40,000.

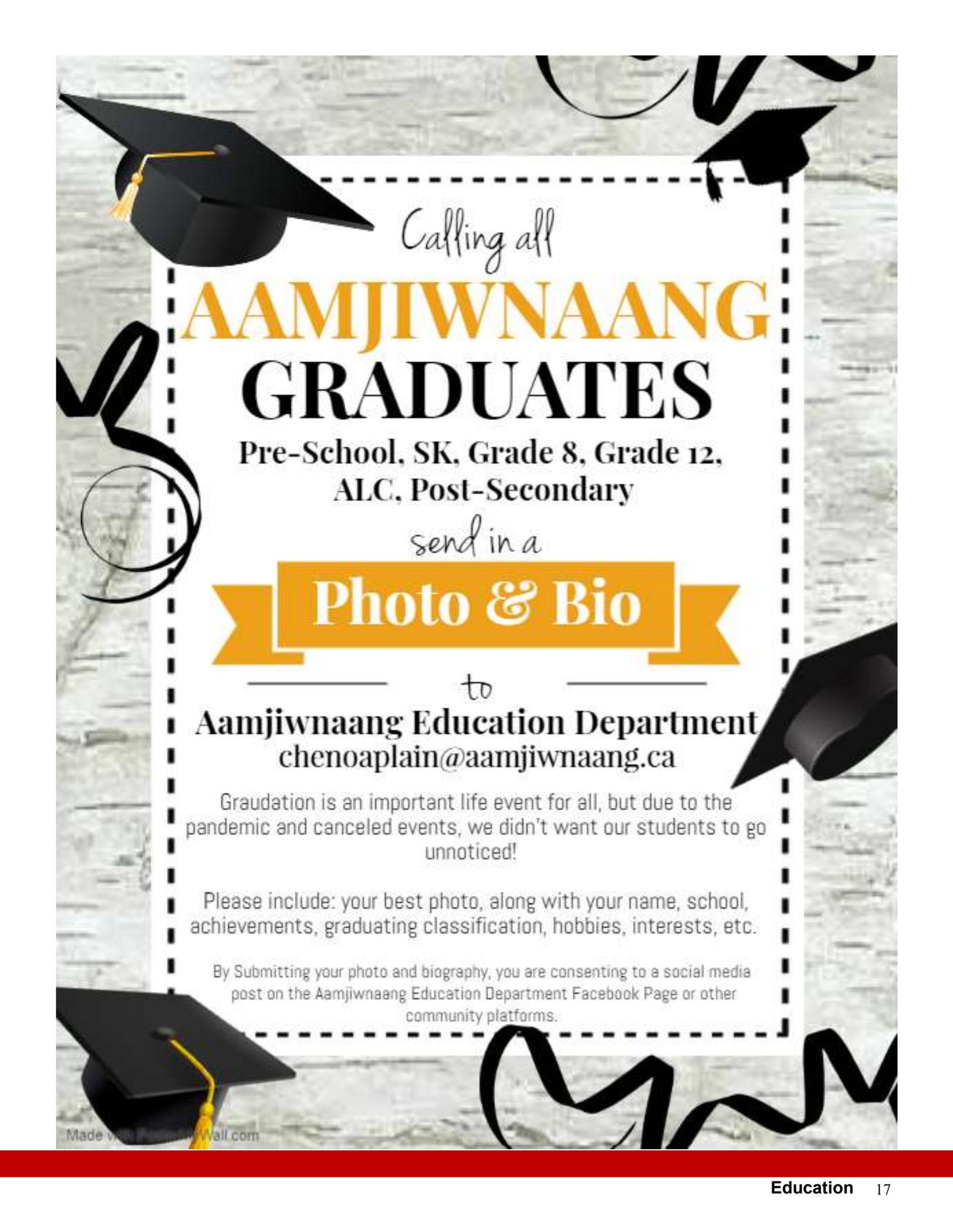
Application forms will be available shortly for more information on eligibility and the application process. If you are interested in a loan of up to \$40,000 and meet the eligibility criteria, please contact our office at (519) 332-5151 or visit our Facebook page at "Tecumseh Community Development Corporation".

The map shows the service area in Ontario, Canada, with labels for several First Nations: Chippewas of Nawash (Anishinabeg) First Nation, Seneca First Nation, Delaware Nation, Kettle and Stony Point First Nation, Anishinabeg First Nation, Mississaugas of the Credit First Nation, Chippewas of the Thames First Nation, Huron-Brabant Nation, and Ojibwa Nation of the Thames. An inset map shows the location within Ontario.

Quick Facts:

- TCDC delivers a wide variety of programs and services to support community economic development and small business growth. They employ local staff and are each governed by a volunteer board of directors, made up of local residents representing the community.
- We estimate that small local businesses will lose between \$50 to \$57 million in revenue over a 3-month period, with an additional \$20 million in lost wages over 3 months. This estimate does not include the impact on anchor businesses employing more than 50 employees.
- Local businesses and organizations that have applied for but were unable to access existing federal COVID-19 relief programs are encouraged to contact TCDC for more information.

<https://www.feddevontario.gc.ca/erc/site/723.nsf/eng/home>
<https://www.canada.ca/en/departement-finance/economic-response-plan.html>



Calling all

AAMJIWNAANG GRADUATES

Pre-School, SK, Grade 8, Grade 12,
ALC, Post-Secondary

send in a

Photo & Bio

to

Aamjiwnaang Education Department
chenoaplain@aamjiwnaang.ca

Graduation is an important life event for all, but due to the pandemic and canceled events, we didn't want our students to go unnoticed!

Please include: your best photo, along with your name, school, achievements, graduating classification, hobbies, interests, etc.

By Submitting your photo and biography, you are consenting to a social media post on the Aamjiwnaang Education Department Facebook Page or other community platforms.

Calling all students, artists, and inspired community members

AANJIIWMAANG KINDERGARTEN

needs a name and logo for their school!



LOGO

Grand Prize

\$200

These are two separate contests

NAME

Grand Prize

\$200

Please review the full contest details on the following page.

AAMJIWNAANG KINDERGARTEN SEEKING IDENTITY!

EXTENDED

ELIGIBILITY

- The naming contest and logo contest are open to individuals only. The contest is not open to companies, educational institutions, organizations etc. or groups associated with such.
- Applicants must be registered Aamjiwnaang band members or community members who reside in Aamjiwnaang.
- The naming contest and logo contest are open to people of all ages.

LOGO REQUIREMENTS

Theme:

- Must promote the mission of our Kindergarten school,
 - *"To deliver a quality Kindergarten program that is a safe and nurturing environment, that supports the Early Learning Program by the Ministry of Education and inclusive of the Ojibway language and Anishinabek culture."*

Colour:

- There are no limitations
- Must look good in colour (if any) as well as black and white.

Integrity:

- Cannot include copyrighted material, licensed images or images previously published.
- Must be created and original by the applicant
- Must be easily reproducible and scalable for small-large formatting.

Professional:

- This logo will be featured on our website, social media platforms, as well as other promotional items.
- Must be eye-catching
- Please include a detailed description of your logo vision and meaning.

NAMING REQUIREMENTS

1. Must be named or renamed in accordance with one or more of the following criteria:
 - a. an historical name which once applied to the area where the facility is located,
 - b. after a person(s) or event(s) recognized as having made a significant contribution to society in the district, province or country,
 - c. the name of a geographic area which the facility will serve,
 - d. the name of the street on which the facility is located,
 - e. a name in Anishinaabemowin
2. May not be named or renamed after current Chief & Council members, Education Committee members or Aamjiwnaang employees.
3. Please include a description for your choice of name meaning.

HOW TO ENTER

- Only 1 submission per category per applicant
- The entry must be consistent with the requirements listed above; entries that have not followed the set-out requirement will not be considered.
- There is no fee to enter the contest
- Complete your item for submission and submit the original item/content
- Please include: Full legal name, address, and contact number with your submission.
- Mail in a sealed envelope labeled:
LOGO CONTEST OR NAMING CONTEST
EDUCATION DEPARTMENT, 978 Tashmoo Avenue, Samia, ON N7T 7H5
- Submit via email:
LOGO CONTEST OR NAMING CONTEST
chenoaplain@aamjiwnaang.ca

SELECTION PROCESS

- An in-house ad-hoc committee will be established by the Education Coordinator.
- The committee shall consist of:
 - a. Two Education committee members, one to chair the committee
 - b. Education Coordinator
 - c. Two representatives of the Aamjiwnaang Kindergarten Parent Committee
 - d. Two community representatives (youth & elder)
 - e. One senior administration
- The ad-hoc committee will review the submitted items for the logo and naming and make recommendation to the Aamjiwnaang Chief & Council.
- The ad-hoc committee reserves the right not to select a winner if, in its sole discretion, no suitable entries are received.
- The decision of Aamjiwnaang Chief & Council is final.
- The successful applicants will be notified upon Chief & Council approval.
- The winner will be required to sign a contract assigning all ownership of the logo to Aamjiwnaang First Nation.

PRIZE

- The successful applicants will receive \$200/name & \$200/logo
- Accepting the prize constitutes permission for Aamjiwnaang to make public and use the winners name, furthermore, becoming property of Aamjiwnaang.

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.



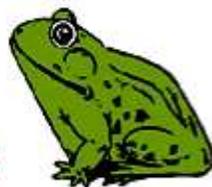
Creatures in the Yard



With the warm weather beginning let's learn some words for those backyard bugs and animals!

Zhaagnaashimowin	Anishinaabemowin	Pronunciation
Bee	Aamoo	Aw-m-owe
Fly	Oojii	Owe-jee
Mosquito	Zgime	Z-gi-me
Firefly	Waawaatesi	W-aw-w-aw-te-si
Ladybug	Ikwe manidoosh	I-kw-e-mun-i-d-owe-sh
Woodtick	Ezga	Ez-gaw
Worm	Bmidoosh	B-mi-d-owe-sh
Caterpillar	Moose	M-owe-se
Butterfly	Memengwaan	Me-men-gw-awnh
Spider	Esbikenh	Es-bi-kenh
Ant	Engoonh	En-g-owe-nh
Grasshopper	Pakne	Puk-ne
Snake	Gnebig	G-ne-big
Frog	Magkii	Mug-kee
Squirrel	Jidmoonh	Jid-m-owe-nh
Rabbit	Waabooz	W-aw-b-owe-z

Created by Jessie Plain





Anishinabek Nation Health Conference

Sault Ste. Marie, ON
JANUARY 19, 20, 21, 2021



IN SEARCH OF HEALTH CONFERENCE THEME

We are seeking a theme in Anishinaabemowin that promotes a healthy lifestyle.

Prize is a \$200.00 Walmart Gift Card.
Open to our 39 Anishinabek Nation community members of all ages.

DEADLINE is Friday June 12th, 2020

HEROES IN HEALTH AWARDS | PRESENTATIONS | WORKSHOPS | BOOTHS

Health Secretariat, Anishinabek Nation
705-497-9127 | Email: jessica.pamajewon@anishinabek.ca



The MEHRIT Centre

and

Aamjiwnaang First Nation

Self-Reg Parent Course

This combination of small group and web based Self-Reg Parenting Course is designed to help apply Shanker Self-Reg® in their day-to-day parenting.

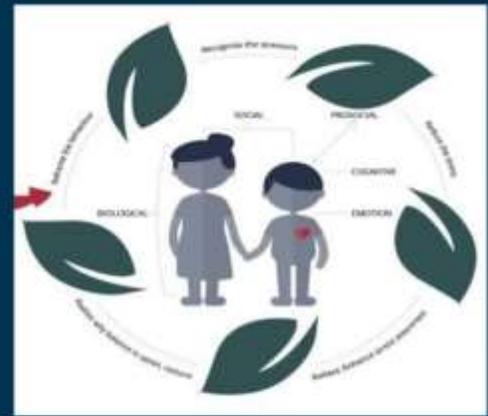
Modules

- What is Self-Reg?
- 5 Domains of Self-Reg
- Reframing Behaviour
- Recognize Stressors
- Can We Reduce Stress Load
- Reflecting and Enhancing Stress Awareness
- How Do We Respond?
- Self-Reg in Practice
- In the Heat of the Moment
- Sharing Self-Reg with Other Adults

Every Tuesday starting June 9th – June 30th
10:00 am – 11:30 am

Online Workshop via Webex

Registration is required. Please contact Nicole: nmaness@aamjiwnaang.ca
Access instructions will be provided at the time of registration.



Presented by:

Marilyn Barros

Presentation Description:

Recent advances in developmental neuroscience help us understand that the better children can self-regulate, the better they can rise to the challenge of mastering skills and concepts. But what exactly is self-regulation, how does it develop, why do some children struggle with it, and what can we as parents, caregivers and teachers do to enhance its development?

WWW.SELF-REG.CA

NIHB Update Infant Children

In order to allow additional time for parents to register their infant children, NIHB has extended coverage of unregistered infants up to 24 months of age, until further notice

01

During the COVID-19 pandemic, there may be delays in registering an infant for First Nation status

02

03

Infants up to 12 months of age can access most types of NIHB benefits under the identification number of their eligible parent or guardian.

04

If your child has reached 12 months of age and is not registered, please call the NIHB Drug Exception Centre 1-800-580-0950

05

For all other benefits, call your NIHB regional office 1-800-640-0642. You will be provided with a temporary NIHB client number that is valid until your child reaches 24 months of age.

06

Stay Safe Everyone!

Made with PosterMyWall.com

Let's Learn FIRST AID Weekly Prizes!

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

Fridays!

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 hroberson@soahac.on.ca

Made with PosterMyWall.com

FUN IN THE GIIZIS

Stay tuned we will be having a **FUN IN THE GIIZIS** activity, about giizis safety for you and your family to participate in, You'll have a chances to win some summer fun prizes.

Join us on our fb page, to find out how to participate !

DEADLINE to participate
Thursday June 4, @4:30

We will be drawing names
Friday June 5, 2020

**Some Fun for the
whole Family**

**if you would like more
information and your not on
our fb page please email
bmaness@aamjiwnaang.ca
i will get you set up**



**Dago Maajiigoog
Binoojiinyag**

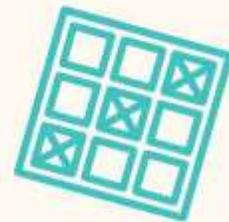


AAMJIWNAANG CHILDREN
& YOUTH SERVICES

HAS PAIRED UP WITH THE
YOUTH MENTAL WELLNESS WORKERS
TO PRESENT



JUNE'S
MENTAL



WELLNESS BINGO



Every day in the month of June, children and youth will have an opportunity to complete a task and fill in a bingo card!

The tasks will encourage our young ones to practice healthy mental wellness habits.

SIGN-UP IS REQUIRED!!



The first 20 children registered will receive a supply pack to help them complete the tasks!



PLEASE EMAIL nmaness@aamjiwnaang.ca
BY June 1, 2020 TO RECEIVE YOUR BINGO CARD
AND INSTRUCTIONS ON HOW TO PARTICIPATE!



**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!**

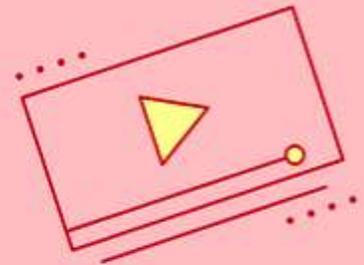
**EVERY VIDEO WILL GIVE YOU A CHANCE TO PARTICIPATE
AND BE ENTERED INTO A DRAW TO WIN A PRIZE!**

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

IMPACT OF STRESS

Stress affects us in every way.

- Physically – body
- Mentally / cognitively – thoughts
- Emotionally – feelings
- Spiritually – inspiration

Physical responses include:

Increased heart rate, headaches, increased blood pressure, back aches, sore neck, indigestion, nausea, diarrhea, constipation, decreased or increased appetite, tightness in chest, neck, shoulders and arms, clenching of jaw, prone to accidents, frequent urination, difficulty breathing (shallow breaths), holding breath, sneezing, insomnia, weakened immune system.

When our body becomes stressed for long periods of time it may impact our health in the following ways:

- Cancer, gastrointestinal problems, skin problems, neurologic and emotional disorders, flu and common cold, elevated blood pressure
- Amnesia, sleepwalking, multiple personality, obsessive compulsive disorders, phobias, generalized anxiety disorder, hypochondriasis (fear and excessive complaints of bodily diseases)

Mental or Cognitive responses include:

Forgetfulness, math and spelling errors, preoccupation, decreased concentration, blocking, decreased attention to details, mental slowness – slow to process, confusion, general negative attitudes or thoughts, racing mind (at times), difficulty thinking in a logical sequence, unable to problem solve, sense of being overwhelmed

Emotional responses include:

Feeling anxious, depression (short or long term), angry – outbursts, feelings of worthlessness, suspiciousness, critical of yourself, jealous, irritable, lack of humour, frustration, feeling overwhelmed, overworked, helpless, sad – close to tears, loneliness.

Spiritual response includes:

Experience a decreased interest in life, loss of a sense of vitality – will to live and enjoy life, decreased hope, loss of sense of inner calm, decreased connectedness with others, loss of sense of connectedness to Higher Force, decreased creativity or resourcefulness, loss of enthusiasm or motivation, loss of the capacity to feel joy, withdrawal and isolation.

Behavioural response:

Our behaviours become what we think and feel and we alter our actions; decreased contact with friends and family, poor work relations, decreased sex drive, avoiding others and others avoiding you because of negative mood, failing to set aside time for relaxation

What to do?

What can you do to reduce the stress in your life?

- Realize you are stressed.
- Pay attention to your body – what is it telling you – aches and pains, tired, hungry, nauseated, etc.
- Identify what is stressing you out.
- Face the stressor head on.
- Ask for help!

BREATHE!!! People tend to hold their breath or take shallow breaths when they are stressed.

- Take a moment to notice your breathing
- Practice taking in deep breaths – fill your lungs, feel the air in your lungs
- Incorporate deep breathing exercises everyday – this circulates much needed oxygen to all your muscles and most importantly your brain! Oxygen in your brain helps you to think clearly.

Abdominal Breathing

- Sit comfortably in a chair with your feet flat on the floor.
- Take deep breaths in through your nose until your stomach reaches outward. Hold it for a few seconds and release slowly through your mouth, like you are blowing on a spoonful of hot soup.

- o Repeat these 3 or 4 times in a row until you feel your muscles relaxing.
- o Be sure to take the breath into your lungs, do not swallow the air, and be sure to take deep breaths, we do not want you to hyperventilate.

Eat Healthy

- o When stressed we crave the bad stuff (salty, sweet, fat).
- o Sometimes we lose our appetite. If you are not up for eating, try your best to eat lightly and healthy
- o Reduce your caffeine intake! It causes us to be restless and jittery especially if you drink more than 6 cups per day (250mL per cup)
- o Try not to alter your mood with substances such as alcohol or drugs. Remember, nicotine is a drug! This is an unhealthy way to cope.

Unhealthy substances:

- o Caffeine – stimulant, adds to stress as adrenaline is released
- o Alcohol – depressant, in small doses has been shown to benefit cardiovascular system – too much alcohol is not good for the body – very stressful to your system in high quantities
- o Cigarettes – we all know are not healthy; nicotine is a stimulant and will add to stress as adrenaline is released
- o Salty foods – high blood pressure
- o Sugar – may lead to diabetes, short “sugar rush” then a crash
- o Fat – foods high in fat are considered to cause breast cancer, prostate cancer and colon cancer.

Of course, during stressful times we crave fat, sugar and salt, comfort foods, please indulge in moderation.

Sleep.

- o Getting your rest is crucial to recharging your battery – your energy, to face your stressors and to come up with a plan to reduce your stressors.
- o If you are finding it hard to sleep try some relaxation techniques or, if you find you are suffering from insomnia contact your doctor as soon as possible.

Talk about your stress.

- o Simply talking to a trusted friend or relative about the situation will help clear your mind enough to come up with a solution.
- o Or you could write it in a journal. Getting it out of your mind is the key to dealing with it.

LAUGH!

- o Laughing is so healing. It too offers a release, much like crying and talking. It helps you to calm your mind and relax your body.
- o It boosts our immune system and lowers our blood pressure and may help to prevent heart disease.

HUMOUR IS HAZARDOUS TO YOUR ILLNESS!

Below you will find a chart of healthy foods to help you combat stress and its impact on your body. This is not all inclusive, please do some research to find out more about how healthy foods can help you cope with stress.

FOOD FOR STRESS

FOOD	NUTRIENTS	FUNCTION	Why good for stress?
Blueberries	Vitamin C, fiber	Antioxidant, fights free radicals, slow release energy	One of the healthiest foods, helps body deal with stress, regulates blood sugar
Yogurt	Calcium	Good for bones, stomach health (flora)	Healthy nerves, prevent stomach ulcers
Milk	Calcium, B vitamins, protein, tryptophan	Good for bones and nerve health, release of serotonin	Healthy nerves, stabilizes sugar so not “out of whack,” mood stabilizer
Chocolate	Magnesium, also contains stimulant Theobromine	Release of serotonin	Natural mood stabilizer, muscle relaxant Stimulant may cause edginess or elevate mood
Chicken and Turkey	Protein, tryptophan (more in chicken than turkey)	Release of serotonin	Natural mood booster/stabilizer, helps to sleep better, may help to regulate appetite

Asparagus	Folic acid, B vitamin	Release of serotonin	Prevent irritability, fatigue, confusion, depression
Oranges, kiwi, sweet potatoes	Vitamin C	Fights free radicals (oranges are also antioxidants)	Helps to protect the body from cumulative effects of stress
Soy nuts	Folate (B vitamin), vitamin K, manganese, magnesium, thiamine, potassium, copper, riboflavin, phosphorus Good fat, fiber, protein, vitamins and minerals, complex carbohydrate	Slow release energy, healthy heart, release of serotonin,	Natural mood booster/stabilizer, reduce feelings of stress, beneficial for immune system, regulate blood sugar
Dried Apricots	Fiber, iron-rich	Muscle relaxant, slow release energy, prevention of bowel disorders such as IBS, required for red blood cells, assists metabolism	Regulates blood sugar, increases resistance to stress and disease
Vegetables	Fiber, vitamins, minerals	Fiber helps prevent IBS, slow release energy	Regulates blood sugar
Green leafy vegetables	Fiber, B complex vitamins	Needed to make serotonin	Natural mood booster/stabilizer
Bananas, figs, raisins, spinach, Potatoes - white and sweet (baked with skin on), winter squash, halibut, clams, soybeans	Potassium	Healthy heart, balances sodium in body,	Boosts immune system and nervous system, fights nervousness, depression
Beef	B vitamins, zinc and iron	Release of serotonin, insulin	Mood booster/stabilizer, immune system and healing wounds
Avocado	Vitamin E, B vitamins	Heart health, eye health, release of serotonin,	Prevent cancer, good for your heart, mood booster, prevent stroke, aid in absorption of nutrients, lower cholesterol
Whole grains	B vitamins, magnesium	Release of serotonin	Soothe your mood, muscle relaxant
Berries	Antioxidants like Vitamin C	Combats free radicals	Keeps stress hormone cortisol steady

Salmon	Omega-3 fats	Increase good cholesterol, lower high blood pressure	Helps to reduce feelings of stress
Nuts & Seeds	Almonds - vitamin E Walnuts & Pistachios (immune boosting) Brazil nuts - zinc and selenium	Fights damage done by stress Fights free radicals Good source of fiber, antioxidants	Immune health, help reduce fatigue and irritability, heart health, lower risk of anxiety and depression,

Serotonin – neurotransmitter (chemical messengers within the brain that allow communication between nerve cells) responsible for control of appetite, sleep, memory, learning, temperature regulation, mood, behaviour, cardiovascular function, muscle contraction, endocrine regulation and depression.

Serotonin levels can also be controlled through the diet. A diet deficient in omega-3 fatty acids may lower brain levels of serotonin and cause depression. Complex carbohydrates raise the level of tryptophan in the brain resulting in a calming effect. Vitamin C is also required for the conversion of tryptophan into serotonin.

Rethink your comfort foods

What makes a food calming? Too often, a client will wave me off when I bring up this topic and say, "Oh, Keri, all foods are calming foods. Whenever I'm eating, I feel better." But there's a huge difference between tapping into a food's inherently calming properties and using any food as a kind of emotional anesthesia. That kind of eating may buy you a temporary sense of calm, but it's a quick fix that wears off way too fast. And where does it usually leave you? Weighing more than you'd like and muttering at yourself, "Yuck, how could I have eaten all that?"

Stressful events—and they don't even have to be big, just the daily hassles of life—cause our cortisol levels to rise. Cortisol causes food cravings, and in women those cravings tend to be strongest for carbs, especially sweet foods, according to researchers at the University of California at San Francisco Medical Center. The more of them we eat, the worse our mood gets. As if that weren't bad enough, the cortisol then makes more trouble for us, triggering an enzyme in our fat cells (it converts cortisone to more cortisol). Since our visceral fat cells (the ones in our abdomen, packed around our vital organs) have more of these enzymes than the subcutaneous fat cells (the fat on our thighs and butts, for example), stress causes many women to accumulate more belly fat. The more stress, the more this abdominal, or central, obesity occurs. Some research has found that these belly fat cells, which have been linked to a greater risk for heart disease and diabetes, have four times as many cortisol receptors as regular fat cells.

So when I talk about calming foods, I don't mean so-called comfort foods. I mean meals and snacks that will truly soothe and calm you. Whether it's because of the specific nutrients they provide or the steady, reliable source of energy they give you, they'll get you through the day feeling focused, even, and balanced—so you'll have the ability to conquer anything.

Adapted from the Slim Calm Sexy Diet

Read more: <http://www.prevention.com/mind-body/emotional-health/healthy-foods-reduce-stress-and-depression#ixzz2b1ehrUk>

If you feel overwhelmed with stress and it is affecting your life in a negative way, please reach out for help. We want to help you in any way we can.

Mental Wellness Team:

Tracey George 226-349-5712

Max Cryderman 519-330-1140
Gabby MacDonald

Rhona Stewart 519-333-8787
Kayla Joseph

Alphonse Aquash 519-490-5956

In an emergency call 911

Please refer to the list of crisis numbers in the TribeOne.

First Nations Hope for Wellness 1-855-242-3310

Kids Help Phone 1-800-668-6868

Text CONNECT to 686868

Sarnia Distress Line 519-336-3000

You can connect with any of the Mental Wellness Team through the Aamjiwnaang Health Centre page as it is monitored during business hours. Please leave us a message. Or connect by texting/calling 226-349-5712 or calling 519-332-6770. Miigwech. Stay Safe.

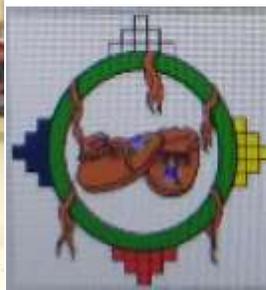
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This event originally scheduled to take place on

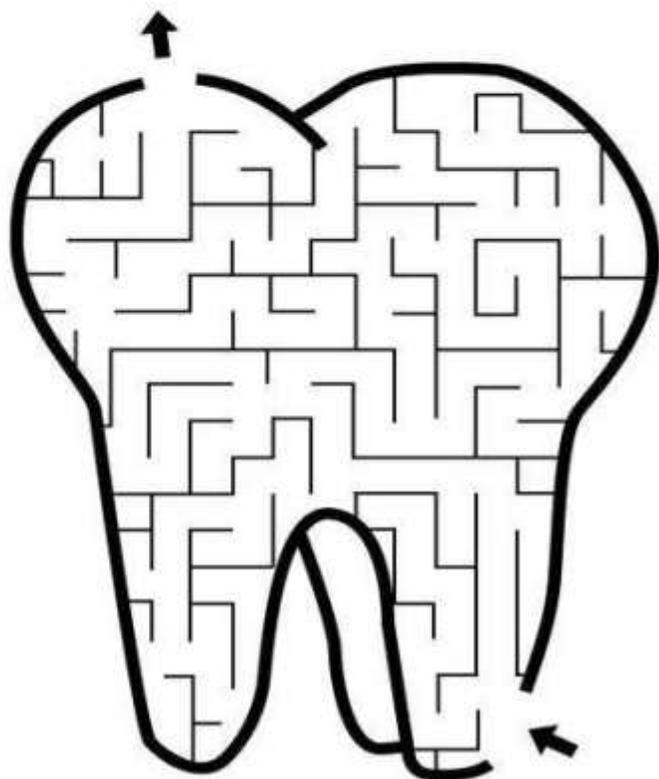
Thursday, June 18 2020

has been postponed.

Postponed date TBD



Tooth Maze

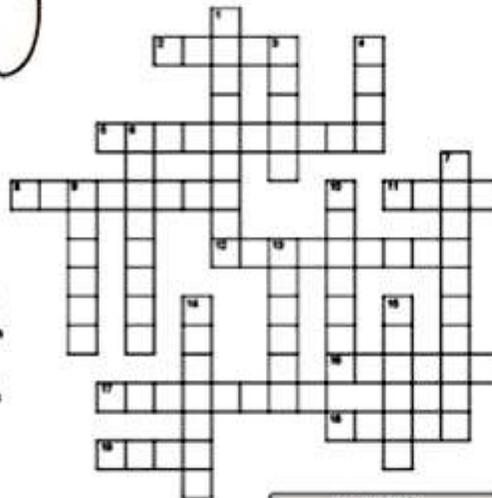


Name: _____ Date: _____



I Love My Teeth Crossword

- Across**
- Thread to clean teeth.
 - She might leave you money for your teeth.
 - Small organism that can rot your teeth.
 - Part of tooth embedded in your gums.
 - An expert in clean teeth.
 - Sticky coating on teeth where bacteria multiply.
 - False teeth.
 - Incisors, molars, and bicuspids.
 - Tissue surrounding teeth.
- Down**
- What you might gargle with.
 - Can give you cavities.
 - Picture taken during a dental exam.



- What the dentist said.
- Tool for cleaning your teeth.
- Decayed part of a tooth.
- Visit to the dentist.
- Rinse your throat.
- Tooth doctor.
- Teeth straightening wires.

WORD BANK	
BACTERIA	MOUTH WASH
BRACES	OPEN WIDE
CAVITY	PLAQUE
CHECKUP	ROOT
DENTIST	SUGAR
DENTURES	TEETH
FLOSS	TOOTH FAIRY
GARBLE	TOOTHBRUSH
GUMS	X-RAY
HYGIENIST	

© 2014 Good and Beautiful.com

I BRUSHED MY TEETH

MORNING

NIGHT



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



© Good and Beautiful.com

Teeth to Treasure! Word Search Challenge

See how many words you can find in 20 minutes!
Words go across, up, down, and diagonal.

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

CAVITY	FRUIT	MILK	ROOT	TOOTHBRUSH
DAILY	GRAINS	MULTIGRANJ	SEALANT	FLUORIDATED
DENTIST	GUMS	ORAL	SUGAR	VEGETABLES
ENAMEL	JAW	PLAQUE	TOBACCO	XRAY
FLOSS	LIPS	PREVENTION	TONGUE	
FLUORIDE	MEAT	PRIMARY	TOOTH	



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.

AAMJIWNAANG HEALTH CENTRE

Mental Wellness Facebook Pages



We can be found through the Aamjiwnaang Health Centre Facebook page or simply search the titles of the pages.

Our Mental Wellness Team are open to messages, texting, calling or video chats... please reach out to set up a time. We have also been busy with fun challenges and giveaways. Our Traditional Healer, Wendy Hill can be accessed through the Health Centre page as well.

Aamjiwnaang Student / Youth Wellness

Gabriella MacDonald is the administrator. Please check out our page for tips on coping with the Covid 19 Lockdown. Reach out to Gabby for help if you are struggling or to simply say hi.

She can also be reached at 519-330-1140
Aamjiwnaang Young Men's Group

Max Cryderman is the administrator of this page. Young Men's Group is all about helping young men reach their potential through cultural teachings, learning social skills and mental wellness activities.

Please look at this page to reach out to Max for tips on coping or to simply say hi.

Max can also be reached by phone at 519-330-1140

Aamjiwnaang Outreach Team

Rhona Stewart and Kayla Joseph are the administrators of this page. Check it out and if you have any questions regarding substance use concerns, would like to ask about coping through COVID 19 or to simply say hi.

Rhona and Kayla can be reached at 519-333-8787

Girls Group

Kayla Joseph is the administrator of this group. It is a private group but can be accessed through our Health Centre Facebook page. Girls Group on Facebook is all about empowering, coping and teaching life skills, healthy relationships and self-care.

Girls Group goal is to "build each other up and maintain a healthy lifestyle."

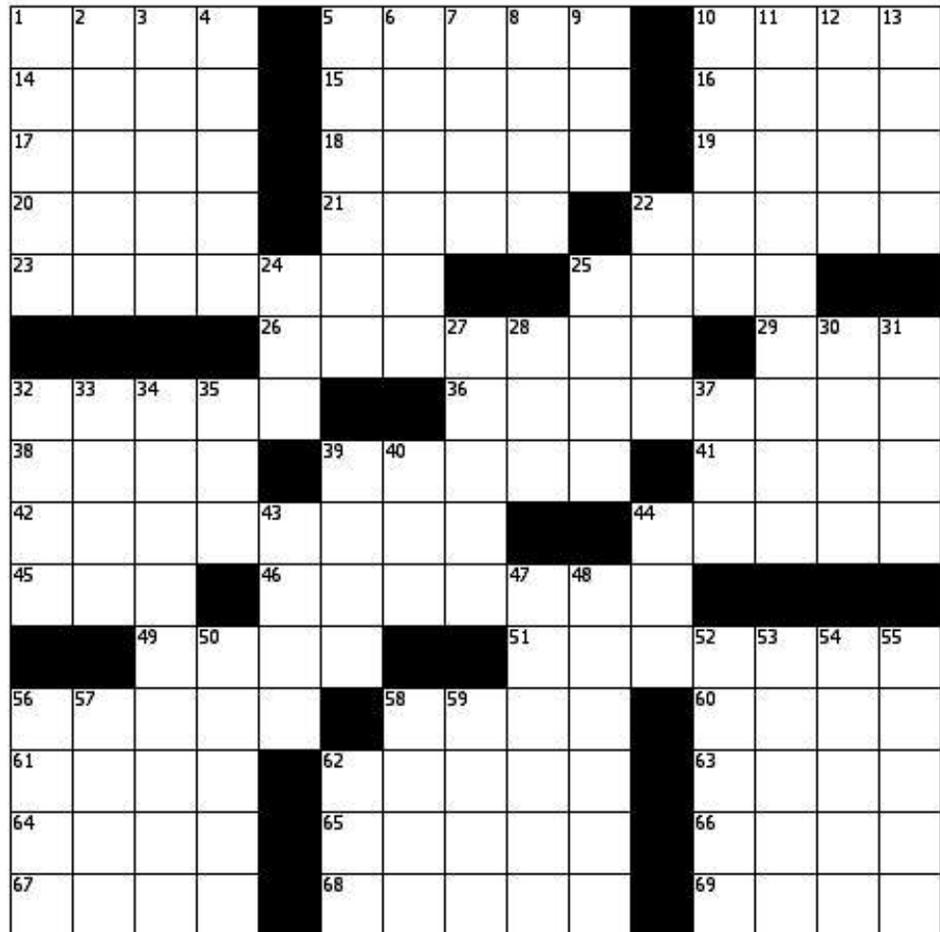
You can connect with any of the Mental Wellness Team through the Aamjiwnaang Health Centre page as it is monitored during business hours. Please leave us a message. Or connect by texting or calling 226-349-5712. Miigwech. Stay Safe.



CROSSWORDS

Across

1. Precinct
5. Dinette piece
10. One who mimics
14. Room partition
15. Perfect
16. Function
17. Revered person
18. Highways
19. Capri or Wight
20. Neck part
21. Military branch
22. Flower part
23. Small bomb
25. Learned
26. Beef, e.g. (2 wds.)
29. ____ de Janeiro
32. Syrup tree
36. Pilot's expertise
38. Medicinal plant
39. French cap
41. Refuses to
42. Made a difference
44. Chest
45. Horned viper
46. Ice-cream flavor
49. Baking chamber
51. Money makers
56. More factual
58. First man
60. Double-reed instrument
61. Frau's spouse
62. Gardener's tool
63. Stood up
64. Corn units
65. Actress ____ Hayes
66. Small cut
67. Toledo's waterfront
68. Put forth
69. Watches



Down

- | | | |
|------------------------------|-----------------------------|--------------------------|
| 1. Astonishing | 24. Have being | 44. Roofing goo |
| 2. Plane spotter | 25. ____ and see | 47. Guiding person |
| 3. Secretly marry | 27. ____ Gras (Fat Tuesday) | 48. Bemoan |
| 4. Woody or Tim | 28. Eden lady | 50. Poetry |
| 5. Outburst | 30. Charged atoms | 52. Norwegian |
| 6. Cherished | 31. Atop | 53. Keyboard wood |
| 7. Ray | 32. Papa's mate | 54. ____ O'Donnell of TV |
| 8. "My Fair ____" | 33. Cry of sorrow | 55. Leaks slowly |
| 9. Overhead trains | 34. Aromatic dried flowers | 56. Biblical "you" |
| 10. Zodiac ram | 35. Permit | 57. Bring up |
| 11. Rump | 37. Couple | 58. Zenith |
| 12. Vocalist ____ Fitzgerald | 39. Fiber source | 59. Glen |
| 13. Rod's partner | 40. Yet, poetically | 62. That woman |
| 22. Flat bread | 43. Constantly | |

CROSSWORD SOLUTION FOUND WITHIN THE TRIBE-UNE NEWSLETTER

Happy 60th Birthday

To our Mother / Auntie

To your Sister / Grandmother / Friend

Audrey Jacobs



Love you always, Tony, Angela, Sam, Kaitlynn, Samantha, Shannon, Cianna and Adrienne (Tiny)

Birthday parade on June 1st 2020

Meet at health centre for 11:50 then drive past her place at noon!



Looking to purchase land



Approximately 1 acre to build a home on.

Please contact me at

egiorgi@cogeco.ca

Happy 40th Birthday to my son Tony on June 12th. xoxo

-Audrey J



Mino Dbishkaayin-Happy Birthday

Carole Avery	May 29	Cynthia Shanks	June 2	Sheila Ayers	June 8
Evan Brooks	May 29	Vicki Ware	June 2	Crystal George	June 8
Matthew Fisher	May 29	Avery Yellowman	June 2	Lacey Maness	June 8
Delilah Gray	May 29	Shaneese Ervin	June 3	Darian Nahdee	June 8
Joshua Malone	May 29	Marilyn Fotinakis	June 3	Troy Nahmabin	June 8
Timothy Pickett	May 29	Gary Rogers	June 3	Jacob Oliver	June 8
Sara Plain	May 29	Miriam Rogers	June 3	Renee Williams	June 8
Shepherd Joseph	May 30	Jason Yendall	June 3	Gary Alan Bird	June 9
Joseph Lucas	May 30	Timothy Nahmabin	June 4	Joshua Kleckner	June 9
Simaiya Tagak	May 30	David Tipton	June 4	Jason Monk Jr.	June 9
Linda Collier	May 30	Tobias Williams	June 4	Emma LC Plain	June 9
Jolene Bird	May 30	Trenton White	June 4	Wilson Plain	June 9
Frank Adams	May 31	Michelle Boone	June 5	Shawna L Riley	June 9
Jil-Leesa George Walker	May 31	Vicki Jacobs	June 5	Kailynn Williams	June 9
Cayden Jacobs	May 31	Jaylene MacLean	June 5	Miikawaadizi Harding	June 9
James Runcorn	May 31	Isiah Rising	June 5	Daniel Adams	June 10
William Lewis	May 31	Charles Rogers	June 5	Kelly Bonaparte	June 10
Clarence McKenney	May 31	Robi Williams	June 5	Philana Lott	June 10
Ada Plain	May 31	Francis Yuzicapi	June 5	Jackson Gray	June 10
David Bird	June 1	William Aiken	June 6	Verda Maracle	June 10
Karen Bond	June 1	Macy Hawkins	June 6	Dana Miller	June 10
Audrey Jacobs	June 1	Santana Plain	June 6	Marina Plain	June 10
William Plain	June 1	Kolton Stocum	June 6	Terrence Plain	June 10
Christopher J Williams	June 1	Austin D Williams	June 6	Alexandria Sinopole	June 10
Robert Herron	June 1	Roland Kiyoshk	June 7	William Wright	June 10
Helena Degurse	June 2	Sheryl Middleton	June 7	Patricia Boam	June 11
Denise Kilbourne	June 2	Michael Secord II	June 7	Montana Miller	June 11
Charlotte Maness	June 2	Alysha White	June 7	Nicholas LK Plain	June 11
Coltan Plain	June 2	Amy Williams	June 7	Melissa Stocum	June 11

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, June 12th, 2020

The deadline for submissions is
Wednesday, June 10th, 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.sfnso.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

A	R	E	A		T	A	B	L	E		A	P	E	R			
W	A	L	L		I	D	E	A	L		R	O	L	E			
I	D	O	L		R	O	A	D	S		I	S	L	E			
N	A	P	E		A	R	M	Y		P	E	T	A	L			
G	R	E	N	A	D	E				W	I	S	E				
					R	E	D	M	E	A	T		R	I	O		
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A	L	O	E		B	E	R	E	T		W	O	N	T			
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H	E	R	R					S	P	A	D	E		R	O	S	E
E	A	R	S					H	E	L	E	N		S	N	I	P
E	R	I	E					E	X	E	R	T		E	Y	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.sfnso.ca/>

Aboriginal Affairs & Northern
Development Canada

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



Sarnia Area Environmental Health Project Update

On behalf of the Health and Environment departments, we hope you and your families are all healthy and safe. We wanted to provide an update on the progress of the Sarnia Area Environmental Health Project, which includes the three following components:

1. Air Exposure Review, to assess whether residents' exposures to pollutants in air are high enough to be of concern to human health.
2. Plants Study, to determine whether plants are affected by air pollutants and are a source of exposure.
3. Environmental Stressors Review, to characterize how quality of life is impacted by disturbances from industrial operations (noise, odour, vibrations, light).

During this time of social distancing, we continue to have biweekly calls with the Ministry of the Environment, Conservation and Parks to move the Project along. However, due to the impacts of the COVID-19 pandemic, some adjustments have been made regarding the project approach and timing. Our kick-off community meeting scheduled for late March was cancelled, however, we continue to provide advice to the Ministry and the project consultants on how to appropriately shift to online information sharing and discussion with the community instead. Online content could include an introduction to the teams that are involved, and a system for you to be able to ask questions and to provide feedback.

We continue to participate in a team called the Government Air Exposure Review Panel, and will begin reviewing the work that is being produced by the Air Exposure Review consultants. We also plan to participate in a project Advisory Committee, to provide feedback on all three components of the project.

We have also been participating in discussions with an academic plant scientist to develop a Plants Study approach that will be feasible to conduct during this year's growing season.

And for the Environmental Stressors Review, we have developed a survey to capture the lived experiences of community members and are looking to recruit more participants. If you are interested in participating, please contact Sharilyn Johnston at sjohnston@aamjiwnaang.ca and a survey link will be sent to you. A copy of the survey is also attached for your convenience if you wish to fill it out a hard copy.

We look forward to providing you with more updates in the upcoming weeks. Please let us know if you have any questions.

Stay safe Aamjiwnaang!

Sarnia Area Environmental Health Initiative - Environmental Stressors Survey

The Aamjiwnaang Health Department and Aamjiwnaang Environment Department are working together to collect and document the information that you provide to us. Please respond openly and honestly so we can gather the most accurate results that are reflective of the community's collective experience.

Please note that the purpose of the overarching Project is to address concerns of the local community about air pollution and impacts on quality of life from other environmental stressors associated with industrial activities.

The Project is comprised of 3 components:

1. Air Exposures Review - assessing health risks from exposures to current outdoor air pollution in the Sarnia area, including Aamjiwnaang First Nation. This includes consideration of cumulative impacts where appropriate.
2. Comparative garden assessment - determining what air contaminants have the potential to impact plants (i.e. garden produce/traditional medicine) in areas near and far from industrial activities.
3. Characterization of environmental stressors - characterizing how disturbances (noise, odour, vibration and night-time light) are impacting the quality of life in the community.

* Required

1. I have read the Information Sheet (or it was read to me) and had the opportunity to ask about anything I do not understand regarding the project. I am satisfied with the answers I have been given. I have been given time to consider whether or not to take part in this project. My participation is completely voluntary. I understand that I may skip parts of the project that I do not wish to participate in and can discontinue my participation in the study at any time. *

Check all that apply

- I voluntarily agree to participate in the Environmental Stressors Survey and understand that the information collected may be used by the Ontario Government for the purposes of the Exposure Health Study.
- I do not wish to participate in the study.

Exposure Health Experience

You will be asked a short series of questions that should take approximately 30 minutes to complete. As a thank you for participating, a \$10 gift card will be provided upon completion of the survey. The questions will be regarding your experiences with odours, noises, vibrations, or night-time light in your community.

2. Have you ever experienced odours, noises, vibrations, and night-time light in your community? *

Check all that apply

	Yes	No
Odours	<input type="checkbox"/>	<input type="checkbox"/>
Noises	<input type="checkbox"/>	<input type="checkbox"/>
Vibrations	<input type="checkbox"/>	<input type="checkbox"/>
Night-time light	<input type="checkbox"/>	<input type="checkbox"/>
Other exposure impacts	<input type="checkbox"/>	<input type="checkbox"/>

3. If you have experienced environmental stressors other than those highlighted above, please define them below.

4. Thinking within the last few months, please share a story of the most recent specific experience you've had with environmental stressors (odours, noises, vibrations, night-time light, other) impacting your health (you may choose to describe a combination of stressors). In a few sentences, please describe the sensory experience along with the direct impacts it has had on your physical, mental, emotional, and/or spiritual health. *

5. Thinking within your entire lifetime, please share a story of the most impactful specific experience you've had with environmental stressors (odours, noises, vibrations, night-time light, other) impacting your life (you may choose to describe a combination of stressors). In a few sentences, please describe the sensory experience along with the direct impacts it has had on your physical, mental, emotional, and/or spiritual health. *

Odours

Odour can be defined as anything that you experience by smell. Please highlight your experiences with odours in the section below

6. How many days per week do you typically experience odours in your community?

Mark only one oval.

0 1 2 3 4 5 6 7

Never Always

7. On average, how strong are the odours?

Mark only one oval.

0 1 2 3 4 5

Non-existent Very Strong

8. Describe what you are typically smelling.

9. What three words would you use to describe the smell(s)? Here are some descriptive words below: sweet, strong, bad, pungent, faint, acrid, unpleasant, peculiar, musty, foul, sour, pleasant, offensive, disagreeable, fresh, familiar, sharp, strange, clean, warm, characteristic, heavy, rich, delicious, stale, damp, fragrant, sickly, earthy, awful, fetid, horrible, aromatic, putrid, wonderful, musky, fishy, distinctive, terrible, hot, sickening, slight, bitter, distinct, powerful, evil, thick, agreeable, rancid, nice, funny, nasty, sweetish, overpowering, nauseating, rotten, unmistakable, dry, lovely, odd, disgusting, oily, lingering, dusty, cold, smoky, wet, savoury, nauseous, curious, cool, horrid, suffocating, etc.)

10. How true is the following statement: It is my belief that odours in my community negatively affect my: *

Mark only one oval per row

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Physical health	<input type="radio"/>				
Mental health	<input type="radio"/>				
Spiritual health	<input type="radio"/>				
Emotional health	<input type="radio"/>				

11. In your opinion, what is/are the specific cause(s) of the odour?

12. Is there any other information you would like us to be aware of in regards to odours?

Noises

Noise can be defined as anything that you experience by hearing. For example, a noise can be a constant hum or sudden change in noise. Please highlight your experiences with noises in the section below.

13. How many days per week do you typically experience noises in your community?

Mark only one oval.

0 1 2 3 4 5 6 7

Never Always

14. On average, how loud are the noises when you hear them?

Mark only one oval.

0 1 2 3 4 5

No Noise Very Loud

15. Describe what the noises often sound like on an average week.

16. What three words would you use to describe the noise(s). Here are some descriptive words below: loud, white, great, low, random, strange, sudden, slight, additive, excessive, electrical, terrible, deafening, least, big, faint, joyful, tremendous, considerable, external, shot, environmental, electronic, continuous, ambient, peculiar, constant, unusual, internal, unnecessary, excess, confused, sharp, horrible, awful, mere, dreadful, extraneous, soft, unwanted, terrific, hideous, funny, distant, curious, dull, audible, statistical, atmospheric, incessant, broadband, shrill, intense, mechanical, harsh, fearful, frightful, loudest, rumbling, impulsive, outside, thunderous, multiplicative, muffled, louder, carrier, unexpected, steady, odd

17. How true is the following statement: It is my belief that noises in my community negatively affect my: *

Mark only one oval per row

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Physical health	<input type="radio"/>				
Mental health	<input type="radio"/>				
Spiritual health	<input type="radio"/>				
Emotional health	<input type="radio"/>				

18. In your opinion, what is/are the specific cause(s) of the noise?

19. Is there any other information you would like us to be aware of in regards to odours?

Vibrations

Vibration can be defined as anything that you physically feel such as shaking or humming. Please highlight your experiences with vibration in the section below.

20. How many days per week do you typically experience vibrations in your community?

Mark only one oval.

0 1 2 3 4 5 6 7

Never Always

21. On average, how strong are the vibrations when you feel them?

Mark only one oval.

0 1 2 3 4 5

Non-Existent Very Strong

22. Describe what the vibrations often feel like on an average week.

23. What three words would you use to describe the vibration(s)? Here are some descriptive words below: mechanical, excessive, random, rapid, slight, constant, forced, sound, natural, low, severe, strong, continuous, intense, faint, structural, steady, violent, maximum, deep, strange, heavy, horizontal, complex, slow, gentle, powerful, acoustic, sudden)

24. How true is the following statement: It is my belief that vibrations in my community negatively affect my: *

Mark only one oval per row.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Physical health	<input type="radio"/>				
Mental health	<input type="radio"/>				
Spiritual health	<input type="radio"/>				
Emotional health	<input type="radio"/>				

25. In your opinion, what is/are the specific cause(s) of the vibrations?

26. Is there any other information you would like us to be aware of in regards to vibrations?

Night-time light

Night-time light can be defined as any brightness seen at night time not including street lights, car headlights, or natural light. Please highlight your experiences with night-time light in the section below.

27. How many nights per week do you typically experience night-time light in your community?

Mark only one oval.

0 1 2 3 4 5 6 7

Never Always

28. On average, how bright is the light when you see it?

Mark only one oval.

0 1 2 3 4 5

Non-Existent Very Bright

29. Describe what the night-time light often looks like on an average week.

30. What three words would you use to describe the night-time light? Here are some descriptive words below: new, red, white, dim, bright, electric, green, blue, visible, ultraviolet, yellow, natural, clear, artificial, strong, soft, faint, golden, pale, brilliant, full, scattered, cold, monochromatic, intense, positive, gray, strange, fluorescent, warm, laser, blinding, clearer, fresh, colored, grey, sudden, harsh, dazzling, day, dull, steady, false, weak)

31. How true is the following statement: It is my belief that night-time light in my community negatively affects my: *

Mark only one oval per row

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Physical health	<input type="radio"/>				
Mental health	<input type="radio"/>				
Spiritual health	<input type="radio"/>				
Emotional health	<input type="radio"/>				

32. In your opinion, what is/are the specific cause(s) of the night-time light?

33. Is there any other information you would like us to be aware of in regards to night-time light?

Other Exposure Impacts

If you have any other environmental stressors that have made an impact on your physical, emotional, spiritual, or mental health, please describe the stressor and its impact below

34. Do you have any additional environmental stressors you would like to include?

35. Is there anything else you would like us to know?

36. Do you have any questions?

