



*The Aamjiwnaang First Nation*

# CHIPPEWA TRIBE-UNE

**AAMJIWNAANG**

**NIIBIN**

**GABESHIWIN**

**JUL 11 - AUG 18**

**MON - THU**

**9:00-3:00**

**DROP OFF 8:30-9:00**

**AFTER CAMP CARE 3:00-4:30 AVAILABLE FOR A FEE**

**SK TO GRADE 6**

**REGISTRATION DATE:**

**MAY 2 AT 4:00-6:00 PM**

**MAAWN DOOSH GUMIG**

**OPEN TO AAMJIWNAANG COMMUNITY MEMBERS  
PRIORITY TO BAND MEMBERS  
LIMITED TO 40 PARTICIPANTS**



## **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 the 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:

**May 2nd, 2022**

Your information is due by:

**April 26th, 2022**

Miigwech, for your co-operation and understanding.

Ashley Jackson, Aamjiwnaang Council Clerk  
[ajackson@aamjiwnaang.ca](mailto:ajackson@aamjiwnaang.ca)

## **COUNCIL AGENDAS**

Presently a copy of the Council Agenda is posted on the front doors of the Band Office and Community Centre.

If you would like to receive an "electronic" copy of the Council Agenda, please send an email to: [pnahmabin@aamjiwnaang.ca](mailto:pnahmabin@aamjiwnaang.ca) providing your name and band number.

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

Thank you.

Patrick Nahmabin

Community Information Officer



**Aboriginal Affairs and**

**Northern Development Canada**

**IF YOU DO NOT HAVE THE  
MANDATORY IDENTIFICATION TO  
OBTAIN A STATUS CARD,  
PLEASE CALL: 1-800-567-9604**

- Advise the call centre representative that you want to obtain a Temporary Confirmation of Registration Document (TCRD).
- They will ask a series of questions to confirm your identity and then mail a Temporary Confirmation of Registration Document (TCRD) to you.
- This document will state your registration number and can be used in place of a Status Card to access benefits and services.

**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

**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

**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**

**Medical Travel Drivers:**

Terry Plain (Monis) 519-402-5535

Sheila Firth 519-383-1073

Christine Plain 519-466-0054

Muriel (Toddy) Joseph 519-336-6323 or  
519-312-2403

Ron Simon 519-331-7607

Marion Waters 519-312-5283

**Wheelchair Accessible Van Driver:**

Contact the Health Centre at  
519-336-6770

**Medical Travel Information**

*If you live on reserve and drive yourself or a status individual living on-reserve to an appointment, you are eligible for private mileage to help with the cost of gas.*

The eligibility for mileage is for on-reserve only and appointments must be funded by OHIP or NIHB (eg. doctors, hospital, dental, optometry, lab work) and must be within our catchment area – up to London, Chatham or Windsor.

(eg. Aamjiwnaang to Sarnia = \$7.32 for private mileage)

Trips to pick up prescription medications are not covered.

Medical Travel slips can be found at the Health Centre.

The slip must be filled out completely and signed and dated by the service provider. Incomplete slips will not be accepted.

Medical travel slips are to be submitted to the Health Centre for payment.

The next date for slips to be handed in is by Monday, September 27 and bi-weekly after that on Monday's.

**Medical Transportation Clients:**

If you are riding with a contract driver, please respect the following COVID precautions::

- Wear a face covering at all times.
- Sanitize your hands before getting in.
- Sit in the back seat, passenger side to maintain distance.
- Ask the driver if you can open your window if weather allows.
- Cancel your trip if you are in self-isolation or feeling unwell.

Our drivers are volunteers and have the right to accept or deny any trip request. All of our drivers must be fully vaccinated or undergo regular COVID testing. To protect their own safety, drivers may choose to accept or deny trips based on your vaccination status. IF they ask, please be respectful.

We value our drivers and appreciate your understanding and respect, Miigwech.

**ATTENTION TO ALL MEDICAL DRIVERS!!!**  
**Medical Travel slips are now due by Monday's at noon.**

**Care for people with life-limiting illness Project Introduction**

Aamjiwnaang First Nation received funding from First Nations and Inuit Home and Community Care Ontario (FNIHCC) to provide a space to care for their members who are living with a progressive, life-limiting illness. There is a total of 16 Ontario First Nations involved in this project.

This program aims to provide care to relieve suffering and improve quality of life for people from Aamjiwnaang living with a life-limiting illness, and their caregivers. Progressive, life-limiting illness such as cancer, heart failure, chronic obstructive pulmonary disease, and dementia can affect the quality and length of life. Aamjiwnaang, currently receives these services, from our Home and Community Care Program (HCC) and partners in our greater community. While we have received good service delivery from our HCC program and partners this project will endeavor to create a designated space or a floating bed in the community, for Aamjiwnaang. Part of the project will include defining, as well as perfecting our process for accessing service when needed.

Aamjiwnaang's Health Committee and Chief and Council have approved this project. The first phase will involve engaging the Aamjiwnaang Community and building relationships with current service providers. We will develop a 5-year plan for rolling out this program.

Aamjiwnaang's community voice will be the guiding principle of this project. We would love to hear from families who have had experience with palliative care and/or hospice and we will be reaching out to AFN members we know have had these experiences. Please watch for opportunities to participate and share your views.

**Caring for people with life-limiting illness**

Hi, my name is Robin Wood. I am a registered nurse. I worked with AFN's homecare program from 2013 – 2019.

Aamjiwnaang First Nation has contracted me to work on a First Nations and Inuit Home and Community Care Ontario (FNIHCC) funded program to establish quality care for people with life-limiting illness. The goals during the first phase of the project, are to engage community, review existing services and partnerships, review the need and feasibility of a physical space compared to a floating bed space, and to develop a community-based, care of a person with a life-limiting illness, program.

To begin this work, I will be interviewing members/residents from the Aamjiwnaang community. I will also meet with community committees. If you are interested in discussing care of people with life-limiting illness in the AFN or greater community, please contact me at 519-813-9917 or rwood@aamjiwnaang.ca.

During the interview I will ask the following questions:

1. If you have or get a life-limiting illness, where do you see your living options?
2. If you have or get a life-limiting illness, what do you see as treatment options?
3. What would be your ideal living/treatment options if you have a life-limiting illness?
4. How do you think the AFN community should take care of members with life-limiting illness?

If requested, I will give you a full list of questions before your interview.

As well, for more information please see the introduction to the project published in the Tribune.

Thank you,

Robin Wood, RN

**Seniors Prescription Drug Coverage**

When a senior in Ontario turns 65, their medications are automatically covered by a program call the Ontario Drug Benefit Program, This program charges a deductible (Client pays for the first \$100 towards their medications every year starting on August 1) and a co-payment (up to \$6.11 per prescription)

If you have status you do not have to pay the deductible or the co-payment. If you are charged a deductible or co-payment at the pharmacy, please provide them with your status card and those charges should be covered by the Non-Insured Health Benefits Program (Indigenous Services Canada). If you end up paying out of pocket, please contact Peggy at the Health Centre 519-332-6770 ext. 320

**FYI—Ambulance Bills**

**If you have received an ambulance bill, please ensure that the hospital has your status card on file. If they do not have your status card on file, you will receive a bill for these services.**

**If you receive a bill for an ambulance, you can call the Patient Accounts Office at the hospital and submit your status card number to them. The Patient Accounts Office phone is listed at the top of your invoice. The Patients Accounts Office will then submit your bill to NIHB (Indigenous Services Canada) for payment.**

**FYI—Payments and Reimbursements**

**If you are submitting paperwork to Peggy Rogers, for reimbursements or payments, could you please have it submitted by Mondays, noon.**

**Please remember to include all of your contact information:**

**Name, Mailing Address and a phone number you can be reached at or an email.**

**I do follow-ups when paperwork is submitted.**

Miigwech,  
 Peggy Rogers,  
 Administrative Assistant  
 Aamjiwnaang Health Centre  
 519-332-6770, ext. 320  
 progers@aamjiwnaang.ca



# RAPID TEST KITS & MEDICAL MASKS

AVAILABLE AT THE HEALTH CENTRE FOR COMMUNITY  
MEMBERS



Coronavirus  
**COVID-19**

# COVID TESTING

**MONDAY – FRIDAY**

**Aamjiwnaang community members with  
SYMPTOMS and CLOSE CONTACTS**

**REGISTER ONLINE:  
[form.jotform.com/213576146125050](https://form.jotform.com/213576146125050)**

**Cut off time for same day appointment – 8:30am**

**If you or a family member do not have access to a  
computer call 519-332-6770 ext. 309**



## COVID-19 Rapid Antigen Tests: How to Collect a Sample

To collect a sample for a rapid antigen test (RATs), users should follow the instructions described in the kit insert.

In addition to the collection method option approved by Health Canada (as described in the kit insert), users may choose to perform combined oral and nasal sampling as it may increase test sensitivity.

The following highlights general steps for collecting a sample using either the combined oral and nasal method or the nasal method.

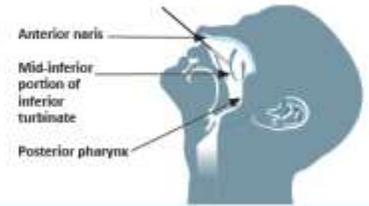
### If swabbing your mouth and nose (combined oral and nasal method)

1. Do NOT eat, drink, chew gum, smoke, or vape for at least 30 minutes before collecting the sample.
2. If you have access to a facial tissue, blow your nose before the test.
3. Wash your hands and only hold the end of the swab opposite the soft swab tip
4. Insert the soft swab tip between both inner cheeks and lower gums and turn the swab a few times.
5. Then, rub the soft swab tip on your tongue as far back in your throat as you feel comfortable.
  - Optional: Instead of swabbing your inner cheeks and tongue, you may choose to swab the back of your throat and tonsils. You can use a mirror to help see where to rub your swab.
6. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
7. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
8. Remove the swab from your nose and using the same swab, repeat for the other nostril.
9. Immediately place the swab into the test tube following the kit instructions.

### Steps 4 - 5

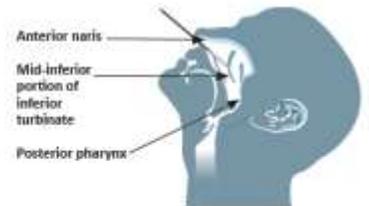


### Step 6



### If only swabbing your nose (nasal method)

1. If you have access to a facial tissue, blow your nose before the test.
2. Wash your hands and only hold the end of the swab opposite the soft swab tip.
3. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
4. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
5. Remove the swab from your nose and using the same swab, repeat for the other nostril.
6. Immediately place the swab into the test tube following the kit instructions.



The information in this document is current as of February 9, 2022.  
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## Fully vaccinated or under 12? Self-isolate for 5 days



timiskaminghu.com

### Legend:

- Symptoms start OR positive COVID-19 test
- Isolation period | End isolation on Day 5 at 11:59 p.m.
- Leave self-isolation only if:
  - You have no fever
  - Any nausea, vomiting, or diarrhea has been improving for 48 hours
  - Any other symptoms have been improving for 24 hours
- If your isolation is 5 days, you must take additional precautions until Day 10:
  - Keep wearing a mask and follow public health measures.
  - Avoid activities where mask removal would be necessary, including dining out and practicing/playing sports where masking cannot be maintained.
  - Do not visit anyone who is at higher risk of illness, such as seniors. Do not enter highest risk settings (hospitals, home and community care, long-term care and retirement homes, and other congregate living settings).



# AAMJIWNAANG FIRST NATION Band Council

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

April 12, 2022

Boozhoo Community Members,

I want to provide a small update on some of the projects now underway. As you may notice there has been some activity started in the Band Office area, as outlined in my update on March 9<sup>th</sup>, 2022.

- 1) The multi-sport outdoor facility has been started. The old basketball court has been removed and the new one has been formed and the concrete is now being poured. Following that, the contractor Total Sport Solutions will be returning to do the installations followed by the local fencing company to install the perimeter fencing. There will also be a sectioned paved on the west side for the placement of spectator bleachers. The lights are on back order and will be installed when they arrive by a local First Nation company from Kettle and Stony Point. The total cost for this facility is \$326, 000 and it is being funded through our gaming agreement (OFNLP) accumulated surplus, leaving us a balance of approximately \$7,000,000.

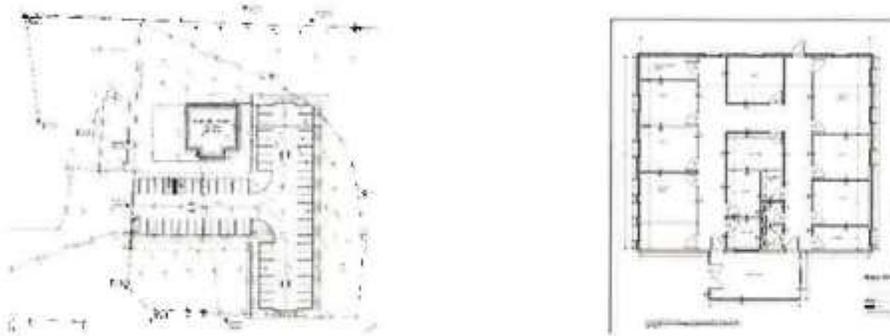


- 2) The ball diamond has been decommissioned and the hard ball diamond has been repurposed to accommodate softball. Mar-Co Clay has been contracted for this work as well as a local fencing company. This work has been started and we are waiting for the new homerun fence to be installed. Also, the area between the old homerun fence and the new homerun fence will serve as a dogrun, as we know people currently use the area for that purpose. The cost of this initiative is \$75,000 and is being funded by our OFNLP accululated surplus.



- 3) A new Child Welfare building is being constructed east of the Annex building (old daycare). This building will be home to the Band Representative and her team, as well as the Prevention workers. Steve DeGurse has been contracted to be the Project Manager for this build. In

addition to this building, a new parking lot will also be constructed to serve the building and the new ball diamond. This cost of this build is \$1.1 million dollars and is being entirely funded by Indigenous Services Canada (INAC).



- 4) Construction will soon begin on a Place of Reflection, dedicated to those who attended Residential School from our community. This monument will be located in Bear Park in the Southeast corner. The monument will have all the names inscribed so please watch for upcoming requests to add to the names we already have documented. A call for artwork has gone out and we thank those who have submitted drawings and those will be chosen soon. The project cost is \$519,000 and is being funded by private donations and the balance was picked up from the Residential School Children's Community Support Fund in the form of a grant. Work will begin shortly on this project, and we are very much looking forward to the unveiling.



On behalf of Council and staff, we are pleased to bring these projects to the community. We continue to work within our Comprehensive Community Plan and set our workplan to meet achievable goals. Council will continue to work on the needs of the community as we move forward. We urge you to take pride in these projects and speak to your children against vandalism to the work areas and the finished projects. Let's all work together to keep Aamjiwnaang beautiful.

Respectfully,

Chief Christopher Plain



TELEPHONE  
(519) 336-9053

## CHIPPEWA INDUSTRIAL DEVELOPMENTS LIMITED

510-A Williams Drive

Sarnia, Ontario

N7T 7K2

### NOTICE

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The Shareholder's of Chippewa Industrial Developments Limited (CIDL), are accepting applications to serve on the **Board of Directors**. CIDL maintains the Industrial Park, acting as landlords while developing a healthy relationship with the tenants.

Band members with a strong interest in learning would be provided with training and encouraged to build their potential. Please submit a letter outlining your interest and experience to:

Chippewa Industrial Developments Ltd.  
c/o Ed Gilbert, Corporate Manager  
egilbert@aamjiwnaang.ca  
510-A Williams Drive  
Sarnia, Ontario  
N7T 7K2

~~By 31, 2022 @ 4:30~~ Closing date: **Tuesday, May 31, 2022 @ 4:30 p.m.**



# AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA

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## EMPLOYMENT OPPORTUNITY

**Position Title: Camp Counsellor (4 positions available)**

**Location: Community Centre, Sarnia, ON**

**Duration: Seasonal – July 4<sup>th</sup>, 2022 to August 19<sup>th</sup>, 2022 – 40 hours per week**

**Posting Closes/Deadline: May 19<sup>th</sup>, 2022**

### Position Summary:

The Camp Counsellor position is geared towards those who are interested in gaining experience working with children in a fun, exciting and positive environment. Camp Counsellors are responsible for assisting Summer Camp Supervisor with programs and activities for children in a small and large group setting and participating in all activities including field trips, arts and crafts, sports and games. They will also be responsible for the general safety and care of the participants in his/her group. While doing so, Counsellors are expected to serve as an appropriate role model for the children under their care.

The Camp Counsellor reports to the Summer Camp Supervisor.

### Responsibilities:

- Participate in team trainings and meetings
- Assist the Summer Camp Supervisor with a variety of small and large group activities each week with a positive, upbeat and helpful attitude. Activities may include crafts, games and presentations.
- Participate in Language and Cultural awareness, teachings that promote the Anishinaabe way of life
- Ensure that the site is kept clean, organized and free of litter.
- Assist in the supervision of all aspects of the campers' day
- Assist teaching or leading activities as assigned
- Maintain good public relations with camper parents/guardians emphasizing safety during activity participation
- Know, enforce and follow all safety rules and procedures, including COVID-19 guidelines. This includes but is not limited to being responsible for your camper's safety and their whereabouts at all times.
- Set a good example for campers and others including cleanliness, punctuality, sharing clean-up responsibilities, and good sportsmanship.

**Knowledge, Skills and Abilities:**

- Desire and ability to work with children outdoors
- Ability to relate with one's peer group
- Ability to accept supervision and guidance
- Ability to assist in teaching activities
- Good integrity, character, attitude and adaptability
- Enthusiasm, sense of humor patience and self-control
- Strong communication skills, both with children and adults
- Physically fit in order to participate in camp activities and should enjoy working outdoors.
- Organizational and decision-making skills and have the ability to work both independently and in teams.
- Ability to leave cell phone behind

**Requirements:**

- Post-secondary student or recent graduation from post-secondary would be an asset. High School diploma received or in progress is required.
- Previous experience working with children is desired
- Preference given to Aamjiwnaang First Nation Band Member
- Must be able to work the July 4<sup>th</sup> to August 19<sup>th</sup>, 2022, summer. Must disclose during the interview process if a vacation has been planned

**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 (for a copy of the complete job description please email request):

Aamjiwnaang First Nation  
978 Tashmoo Avenue  
Sarnia, ON  
N7T 7H5  
Human Resources Officer  
Or  
[HumanResource@aamjiwnaang.ca](mailto:HumanResource@aamjiwnaang.ca)  
Or  
519-336-0382 fax

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



# AAMJIWNAANG FIRST NATION CHIPPEWAS OF SARNIA

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## EMPLOYMENT OPPORTUNITY

**Position Title:** IT Admin Support

**Location:** Sarnia, ON

**Duration:** Permanent Full-Time

**Posting Closes/Deadline:** May 5<sup>th</sup>, 2022

**Tentative Interview Date(s):** May 9<sup>th</sup> & 10<sup>th</sup>, 2022

### Position Summary:

The IT Admin Support is responsible for providing day-to-day administrative and technical support to the Band Buildings. This position performs a wide variety of support services, all of which contribute to the efficient and professional operation. Within a customer-service oriented environment, the incumbent is responsible for managing a wide range of equipment. It is expected that the incumbent is well organized and possesses excellent time management skills.

### Responsibilities:

- Provide basic technical support to staff and refer to third-party IT support provider as needed.
- Liaison between the First Nation and third-party IT support provider.
- Researches and provides information materials to Band Manager as required
- Monitor product contracts, lifecycles, and any information related to the upkeep of technical devices (desktops, laptops, cellphones)
- Provides administrative support as required
- Other duties as required and assigned by the Finance Coordinator

### Knowledge, Skills and Abilities:

- Comfortable with all Mac and Windows environments.
- Excellent communication skills. Be able to complete the intake of issues and provide guidance to all levels of end-users.
- Be able to anticipate changes and prioritize tasks.
- Excellent interpersonal and customer service skills. Interact well at all levels within the organization.
- Be well organized and highly efficient when managing your work.
- Team player with a willingness to learn new things.
- Experience installing, configuring, and troubleshooting computer hardware/software.
- Have a curiosity for tech and technical trends and implementing cutting edge technical solutions.

**Other:**

- Other duties as assigned.

**Requirements:**

- 2+ years of experience supporting users in a corporate environment preferred
- College diploma in Business or IT or relevant work experience
- Basic knowledge of desktops, laptops, Macs, smartphones, MS Office 365, email, cloud services, malware/virus removal, hardware setup, and basic networking

**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 (for a copy of the complete job description please email request):

Aamjiwnaang First Nation  
978 Tashmoo Avenue  
Sarnia, ON  
N7T 7H5

Attention: Ashley Fisher  
Human Resources Officer  
Or

[HumanResource@aamjiwnaang.ca](mailto:HumanResource@aamjiwnaang.ca)

Or

519-336-0382 fax

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

# Powwow Call Out

**Anyone interested in helping out with Aamjiwnaang’s annual powwow please leave your name and contact at the Community Centre 519-491-2160 or you can contact Tracy Williams at 519-336-8410 towilliams@aamjiwnaang.ca**

## Attention ODSP Clients

Pam Kelly will be returning for in person appointments

May 11, 2022 from 9am—4pm

Continuing with every 2nd Wednesday of each month

**\*\*New location at the Community Centre\*\***

If you need to contact Pam please call 519-337-3735 ext 2280

**INDIAN CORN** April **28** 9AM-4PM

**& CORN HUSK WORKSHOP**

COME & LEARN THE PROCESS OF PREPARING INDIAN CORN (NUGZIGNUG)

**AAMJIWNAANG HEALTH CENTRE**  
1300 Tashmoo Ave  
Sarnia

SPACE IS LIMITED. TO SIGN UP PLEASE CALL ROBERTA AT 519-332-6770 EXT. 313

**Aamjiwnaang Lands Department**

**DROP IN** Refreshments provided

The Lands Department is now open to the community for assistance, questions and discussion related to the following topics:

- Estates/Estate Planning
- Land Use Planning
- CP Land/Transfers
- Traditional Land Use
- Matrimonial Real Property (MRP)

Tuesdays 9-4  
Máawn Doosh Gumig  
Aamjiwnaang Community Centre

# 59th Annual AAMJIWNAANG POW-WOW

BEAR PARK, 1972 VIRGIL AVENUE, SARNIA ON

## JUNE 18 & 19 2022

Gates Open at 10 a.m.

\$ 8 Admission • Children 6-12 \$5, under 5 & Seniors 55+ FREE

**Dancing, Drumming, Singing, Authentic Food, Vendors  
Everyone Welcome!**

GRAND ENTRY 12 p.m. & 6 p.m. Saturday • 12 p.m. Sunday

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**HEAD STAFF & PRIZE BOARD TO BE ANNOUNCED**

**SAVE**  
the date

For more information contact:  
Tracy Williams, [twilliamse@aamjiwnaang.ca](mailto:twilliamse@aamjiwnaang.ca)  
519 336 8410  
[www.aamjiwnaang.ca](http://www.aamjiwnaang.ca)



Committee is not responsible for accidents, inclement weather, lodging, lack of traveling funds, or theft.  
No alcohol, drugs or pets permitted on the premises.

NOTICE

As you may know Aamjiwnaang is working on a monument to recognize Community members that attended Residential Schools. If you or a loved one attended a Residential School and your name is not on the list below please contact James Wrightman at [jwrightman@aamjiwnaang.ca](mailto:jwrightman@aamjiwnaang.ca) or 519-336-8410 Ext #219 to ensure your or their name is included.

Name	Married Name	Name	Married Name	Name	Married Name
Adams, David		Joseph, Sally Ann		Rodd, Pilate	
Adams, Donna		Joseph, Shirley	Maness (Kenneth)	Rogers, Alberta	
Adams, Telford		Joseph, Vera		Rogers, Barbara	Wright (Freeman)
Akiwenzie, Marilyn	Gray(Wilfred D.)	Joseph, William		Rogers, Catherine	
Bressette, Charlotte	Adams (Telford F.)	Kabayah, Julia	George (Elijah)	Rogers, Clarence	
Bressette, Ervine		Kahgaug, Joseph		Rogers, Eleanor	James (Grant)
Bruyere, Lila		Kahgee, Lottie	Plain (James E)	Rogers, Emerson	
Bunce, Nora	Fisher (Henry)	Kahgegab, Clara		Rogers, Francis	
Bunce, Sylvia	George (Robert)	Kahgegab, Glen		Rogers, Geneieve	George (Reginald)
Burch, Doris (Cookie)	DeGurse (Leo)	Kahgegab, Marion		Rogers, Geraldine	Avery (Albert) Hebert
Cottrelle, Dorothy		Maness, Ada	Williams (Clarence F)	Rogers, Hilda	Williams (Lloyd T)
Cottrelle, Earl Chester		Maness, Alex		Rogers, Ivan	
Cottrelle, Joe		Maness, Beulah	Kahgegab	Rogers, Joanne	
Cottrelle, Lorraine	Bunce (Norman)	Maness, Carl		Rogers, Lillian	Nahmabin (Rawlinson)
Cottrelle, Lyman		Maness, Carolina	Stewart, Each (Michael)	Rogers, Marilyn	Lucas (Joseph)
Cottrelle, Marilyn	Plain (Clifton)	Maness, Donald		Rogers, Maynard	
Cottrelle, Milford		Maness, Edwin		Rogers, Myrtle	
Cottrelle, Thelma	Williams (Garnet)	Maness, Fred		Rogers, Percy Lorne	
Degurse, (Nahmabin), Leo		Maness, Freda	Maness (Leonard E)	Rogers, Percy Sr.	
Fisher, Charity		Maness, Gerald		Rogers, Rita	Maness (Everette)
Fisher, Clayton		Maness, Geraldine	Robertson (Robert)	Rogers, Rose	Henry (George)
Fisher, Daisy	Williams (Lawrence)	Maness, Kenneth		Rogers, Todd	
Fisher, Elaine	Nahmabin (Ernest)	Maness, Leonard		Rogers, Verna	Stanley (Stephen)
Fisher, Gloria		Maness, Linda	Lacroix	Rogers, Virginia	
Fisher, Goldie		Maness, Mildred	Rodd (Theodore M)	Shobway, Mildred	Simon (Douglas)
Fisher, Jennie	Adams (Calvin E)	Maness, Nora F.		Simon, Douglas	
Fisher, Raymond		Maness, Norman		Stone, Sylvester	
George, Ida	Williams (Paul E)	Maness, Ormand		Stone, Tom	
George, John		Maness, Percy E.		Stonypoint, M. Pauline	Williams (Roger)
George, Stella	Gray (Raymond)	Maness, Verna		Thomas, Lydia	Rogers (William A)
Gray, Emma	Soney	Maness, William		Wakegijig, Rose	Adams (Gerald T)
Gray, James		Nahmabin, Carrie	Gray (Wilfred W)	Walker, Arnold	
Gray, Pauline	Williams (John T.)	Nahmabin, Charlotte		Walker, Carol	Miller

Name	Married Name	Name	Married Name	Name	Married Name
Gray, Raymond		Nahmabin, Fred		Walker, Ernest Joe	
Gray, Wilfred D. Jr.		Nahmabin, Mary		Walker, Herbert	
Gray, Wilfred W. Sr.		Nahmabin, Stafford		Walker, Marilyn	
Gray, William		Nahmabin, William		Washington, Leonard	
Henry, Elizabeth	Cottrelle (Milford)	Oliver, Florence	Kaboni (Ivan)	Wassengesco, Betty	Gray (Wilfred D)
Henry, Iva	Joseph (Noah)	Oliver, George		Wawanosh, Alice	Kiyosh (Adam)
Hill, Pat	White (Raymond)	Plain, Aylmer		Wawanosh, Hannah	
Isaac, Evelyn	Gray (Basil)	Plain, Bonnie		Williams, Bernice	Lathrum (William)
Isaac, Robert		Plain, James		Williams, Butch	
Jackson, George		Plain, Leonard		Williams, Fritz	
Jackson, Stanley		Plain, Phyllis	Rising (Authur)	Williams, Garnet	
Jackson, Susan	Madwayah (Charles)	Riley, Willie		Williams, Harley	
Jackson, William		Rodd, Barbara		Williams, Harold	
Jacobs, Sarah G.	Plain (Clarence)	Rodd, Cecil		Williams, James B.	
James, Ervin		Rodd, Clifford		Williams, Laird	
James, Larry		Rodd, David		Williams, Lawrence	
James, Ronald		Rodd, Edna	Rogers (S. Fred)	Williams, Lloyd	
Joseph, Eloise	Williams (Ronald)	Rodd, Harvey		Williams, Lloyd	
Joseph, Floyd		Rodd, James		Williams, Reva	Levert (Real)
Joseph, Ida Matilda		Rodd, John		Williams, Virginia	Stager (Herbert)
Joseph, Noah		Rodd, Peter		Yellowman, Ronald	



Indigenous artisans,  
crafters, vendors  
and food vendors

**2ND SATURDAY OF THE  
MONTH FROM MAY -  
DECEMBER  
9:00AM TO 1:00PM  
1972 VIRGIL AVE –  
UNDER THE PAVILION**

# **GWETAANDAAWE MARKET**

For More Information Contact Barb Urlacher at [burlacher@aamjiwnaang.ca](mailto:burlacher@aamjiwnaang.ca)  
or 519 336-8410

April 2022

**in this issue >>>**

- Policy Pleasantries*
- Meet the Post Secondary Team*
- Amishinaabemowin*
- Be Kind to Your Mental Health*
- Fry Bread Recipe*

**Would you like a \$100 VISA GIFT CARD**

What topic would you like to see presented in a virtual workshop? We provided 2 opportunities this year, Financial Literacy, and Bounceback: A Mental Health Program. Please email [post-secondary@amjiwnaang.ca](mailto:post-secondary@amjiwnaang.ca) with your suggestions. Draw will take place on June 1, 2022



**Aamjiwnaang First Nation Post-Secondary Education**

**Mno-biidaajimowin** *To bring good news*

**Student Policy Reminders**

Boozhoo,

As a sponsored student it is your responsibility to become familiar with the Aamjiwnaang Post Secondary Student Assistance Policy. Here is the link:

<https://www.amjiwnaang.ca/wp-content/uploads/2019/09/AFN-PS-Financial-Assistance-Policy-approved-August-6-2019.pdf>

As a gentle reminder you need to submit your mid-term grades and **final grades with 15 days of the completed term** and/or at the request of the Aamjiwnaang Post-Secondary Department.

You will need to upload all documents to your Student portal on Dadavan.

[https://afn.dadavan.com/student/studentpage\\_log\\_in.jsp](https://afn.dadavan.com/student/studentpage_log_in.jsp)

You are also required to maintain a 2.0 GPA (pg.14) to remain in good standing within the post-secondary funding program. However, your program may require you to have a higher GPA to remain in the program for example a college nursing programs.

**EMPLOYMENT OPPORTUNITY**

Are you interested in adding your name to be contacted for potential employment opportunities once you graduate from your program? If so, please contact Aamjiwnaang's Special Projects Liaison Worker, Barb Urlacher at [burlacher@amjiwnaang.ca](mailto:burlacher@amjiwnaang.ca)

**Meet our Post-Secondary Team**



**LAURA SPERO - POST-SECONDARY COUNSELLOR**

My role with post-secondary is to support our sponsored students to ensure they are successful in their academic journey. I can help navigate the post-secondary system, as it can be very daunting. If needing to change a program, course load or anything else as it relates to ones academic goals, then I am the person. I can support, guide, and always help. I will be the first to say, if I do not know the answer right away, I will find out and get back to you! Miigwech!



**JOEL PICHÉ - ACADEMIC ADVISOR**

My role with post-secondary is to prepare our secondary students for a successful transition into post-secondary, help our students apply for post-secondary funding, answer education related questions, and promote educational content through social media. Please never hesitate to reach out with questions! Miigwech!



**MERCEDES REDMOND - NIIGAN GDZHIMAH ASSISTANT**

My role with the post-secondary is inputting student data and information into Outcomes Student Information System, also referred to as Dadavan. I also assist with administrative tasks, as needed.



**CHENOA PLAIN - EDUCATION SERVICES ADMINISTRATIVE ASSISTANT**

My role with post-secondary is the administrative tasks of providing letters to institutions and students as needed, as well as completing financial requirements for post-secondary education. I also assist with compiling application information and reporting to the Education Coordinator as well as the Education Committee. Miigwech!



**VICKI WARE - EDUCATION COORDINATOR**

My role with the post-secondary is overseeing the program as a whole, reporting to the Education Committee as well as Chief & Council. I also handle the appeal process for the post-secondary department. Letters and supporting documents can be sent to [vware@amjiwnaang.ca](mailto:vware@amjiwnaang.ca) Miigwech!



CONTACT US  
 POST-SECONDARY@AAMJIWNAANG.CA  
 WWW.AAMJIWNAANG.CA/EDUCATION  
 978 TASHMOO AVENUE, SARNIA, ON N7T 7H5  
 519.336.8410

# Anishinaabemowin

Good morning	Minogizheb
I am happy to see you.	Niminwendam waabaminaan.
How are you doing?	Aaniin ezhi-ayaayan?
I am fine, and you?	Nimo-ayaa, giin dash?
I shall see you again	Gigawaabamin miinawaa
You take care!	Ayaangwaamizin!

## CHECK OUT AAMJIWNAANG'S YOUTUBE CHANNEL

<https://www.youtube.com/channel/UCV9e8FV3pxnWI2CBMsKdiCQ>

### Be Kind to Your Mind

Mental health problems are common. Here are some tips to reduce stress and promote well being.

#### Pause. Breathe. Reflect

Slow breathing is one of the best ways to reduce stress. It signals your brain to relax your body. Try taking some slow breaths, in through your nose, then exhale slowly through your mouth. Do that 5 times.

#### Connect with Others

Talking to people can help you feel connected. Keep in regular contact with people close to you and those you can trust, Share your feelings and anything that may be bothering you.

#### Keep to a Healthy Routine

Go to bed and get up at the same time every day  
Stay clean, person hygiene is important  
Try and eat healthy at regular times  
Exercise when you can. Even if it is a brief walk or stretching  
Do things that make you happy!!!  
Take screen breaks.

#### Be Kind to Yourself and Others

Go easy on you. You are bound to have days when you are really motivated and productive and then have days when you are really tired. That's OK. Rest and take care of you.  
Helping others is an amazing way to feel good about you too. Offer support to people in your community, you will be happy you did!

#### Reach out for Help

Don't be afraid to seek professional help. It is called self care. YOU must take care of YOU..... See Aamjiwnaang resources next column



### Awesome Fry Bread Recipe

#### Ingredients

- 4 cups flour
- 3 tsp baking powder
- 2 cups warm milk
- Pinch salt
- Splash corn, canola or light olive oil

#### Instructions

- Blend dry ingredienats
- Add oil and milk
- Mix quickly with wooden spoon or hands, avoid over mixing
- Cover bowl with a clean white cotton cloth and set in a warm area for 15 minutes.
- Remove the cloth and dust the dough with a little more flour
- Pull out pieces of dough and form into flat discs
- Gently place into a (cast iron) fry ping pan ½ full of hot frying oil- a canola oil works well
- Use tongs to turn bread. Cook both sides until golden brown



### AAMJIWNAANG Mental Wellness

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

#### Crisis Lines:

In an emergency call 911

National Indian Residential School Crisis Line 1-866-925-4419

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

Child & Youth Crisis Line 1-833-622-1320

Kids Help Phone 1-800-668-6868

Text CONNECT to 686868

Sarnia Distress Line 519-336-3000

#### Business Hours:

Tracey George 226-349-5712

Max Cryderman 519-330-1140

Ashley Maness 519-332-6770 ext. 324

Gabby MacDonald 519-332-6770 ext. 328

Roberta Bressette 519-332-6770 ext. 313

Amy Vandersteen 519-384-1955

Michelle Walters 519-333-8787

Alphonse Aquash 519-490-5956

You can connect with any of the Mental Wellness Team through the Aamjiwnaang Health Centre Facebook page as well. *Migwech- Stay Safe.*

# Anishinabek Education System *Scholarship and Award Program*

The Kinooaadziwin Education Body, in partnership with the Anishinabek Nation 7th Generation Charity, is pleased to announce the launch of this year's Anishinabek Education System Scholarship and Award Program!

The Anishinabek Education System is dedicated to maximizing the learning journeys of Anishinabek students. The scholarship and award program seeks to honour and celebrate the many educational achievements of Anishinabek students and educators through three categories of interest.

\$1,500

MURIEL SAWYER  
NISHNAABEMWIN  
MEMORIAL  
SCHOLARSHIP

\$1,000

ACADEMIC  
ACHIEVEMENT  
SCHOLARSHIP

\$1,500

EDUCATOR  
EXCELLENCE  
AWARD

## CONTACT:

Andrea Crawford  
Senior Operations Manager  
Kinooaadziwin Education Body  
[andrea.crawford@a-e-s.ca](mailto:andrea.crawford@a-e-s.ca)

Jason Restoule, Manager  
Anishinabek Nation 7th Generation Charity  
[an7gc@anishinabek.ca](mailto:an7gc@anishinabek.ca)

VISIT

[WWW.AN7GC.CA/EVENING-OF-EXCELLENCE](http://WWW.AN7GC.CA/EVENING-OF-EXCELLENCE)

FOR DETAILS AND APPLICATION FORMS

APPLICATION DEADLINE:

MAY 31, 2022



# Babysitter's Certificate Course with Bluewater First Aid

DATE: MAY 28TH, 2022

TIME: 9:00 AM - 4:00 PM

LOCATION: YOUTH ROOM, MAAWN DOOSH GUMIG

FOR AGES 11 - 15\*

COST: FREE

**LUNCH AND SNACKS WILL BE PROVIDED!**

## COURSE INCLUDES:

- HOW TO BE RESPONSIBLE AND DEMONSTRATE LEADERSHIP
- HOW TO MAKE GOOD DECISIONS AND MANAGE DIFFICULT BEHAVIOURS
- INFORMATION ON CHILDREN'S DEVELOPMENT STAGES, AND SPECIFIC STRATEGIES FOR EACH STAGE
- HOW TO FEED, DIAPER, DRESS, AND PLAY WITH CHILDREN AND BABIES
- HOW TO RECOGNIZE AND PREVENT UNSAFE SITUATIONS, MAKE SAFE CHOICES AND PROMOTE SAFE BEHAVIOURS
- FIRST AID SKILLS
- THE BUSINESS OF BABYSITTING



## TO REGISTER:

Contact Adreena

email: [abenner@aamjiwnaang.ca](mailto:abenner@aamjiwnaang.ca)

phone: (519) 491-2160





# CULTURAL NIGHTS

**JOIN US FOR A SOCIAL NIGHT OF  
SINGING, DRUMMING, SEWING &  
BEADING**

Bring out all your unfinished projects as we get ready for powwow season with good company. Please bring your own materials and machine

**5:00 PM - 7:00 PM**

**MAAWN DOOSH GUMIG**

**EVERY FRIDAY APRIL 29TH - JUNE 10TH**

**QUESTIONS: [NMANESS@AAMJIWNAANG.CA](mailto:NMANESS@AAMJIWNAANG.CA)**

# Women's Wellness

**Topic**  
**"How to respond to a crisis"**

**Thursday, April 28th**  
**Location: Health Center**  
**Time: 5:00-7:00**

**Call Gabby to sign up**  
**519-332-6770 Ext 325**



WEDNESDAY, APRIL 20

*Ethan Wilde* **6 - 8 PM** *Nolan Wilde*

SARNIA LIBRARY THEATRE

Learn how country rock duo, Brothers Wilde, entered the music industry and how you can too! The workshop, hosted by members of the band, will be followed by an acoustic concert.

*Rhythms of Lambton*

# BROTHERS WILDE

# FREE

REGISTER Online at <https://lclibrary.libnet.info/event/5771933>  
By phone 519-845-0801 ext. 5237  
In person at any Lambton County Library location



LAMBTON COUNTY  
LIBRARY

[lclibrary.ca](http://lclibrary.ca)  
@LCLibraryCA

# *Family Well-being*

**FREE Swimming at Mooretown Arena**

*For the Community of Aamjiwnaang*

Please let them know at the front you're from  
Aamjiwnaang.

**April 16, 23, & 30 from 1-3**

**April 22 & 29 from 4-7**

**May 6, 13, 20, & 27 from 4-7**

**May 7, 14, 21, & 28 from 1-3**

**May 8, 15, 22, & 29 from 10- 12**





Aamjiwnaang Children & Youth Services

May is Better Speech & Hearing Month and to celebrate we are hosting a



# PARENT & CHILD LITERACY NIGHT

Parents and their children (*ages 4-8 years old*) are welcome to join us for a literacy night at the Community Centre.

- Parents will attend an informational workshop about the important connection of language and literacy
- Children will participate in literacy related games and activities designed to improve their literacy skills
- Each family will take home a book and activities to do at home

**When: Thursday, May 26th | 5-6:30pm**

**Where: Maawn Doosh Gumig**

May is...



Speech  
&  
Hearing  
MONTH

#communicateawareness



Sign up by emailing  
[mlefaive@aamjiwnaang.ca](mailto:mlefaive@aamjiwnaang.ca)  
by Monday, May 16th.  
(Limited space available)

Open to Aamjiwnaang Community Members



**MAY 5TH**

**RED DRESS DAY & NATIONAL DAY  
OF AWARENESS FOR MMIWG**

**PAINTING WITH MOSES**



**6pm  
Live on Zoom**

**To sign up please call Roberta at 332-6770 Ext. 313.**



*Aamjiwnaang*  
**VETERINARY**  
*clinic*

**SIGN UP**

**MONDAY, MAY 2ND**

**9AM - 12PM**

**AAMJIWNAANG HEALTH CENTRE**

**\$35/PET DUE AT SIGN UP.**

**PLEASE DO NOT BRING ANIMALS TO SIGN UP DAY!**

**ACTUAL CLINIC IS ON SATURDAY, JUNE 4TH**

**QUESTIONS: CALL ROBERTA @ 332-6770 EXT. 313**

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

**SATURDAY, APRIL 23, 2022**  
**10:00 AM – 1:00 PM**  
**AAMJIWNAANG COMMUNITY CENTRE**



Environmental Education Booths  
 10 AM – 1:00 PM

**CONTEST!**  
 Recycling/ Garbage Clean-up  
 Fun Activities for the Whole Family!!  
 Seed Planting & Tree Give-Away  
 Community Barbeque

## AGENDA

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



### Community Clean-Up:

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

### Volunteers Needed:

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

\*\*Please keep an eye for more updates!\*\*

 Like us on Facebook:  
**Aamjiwnaang Environment**

This event is sponsored by multiple companies.

**"Saving our Home and Native Land"**



# Aamjiwnaang's Annual Earth Day Celebration Contest & Activity

**'Saving Our Home & Native Land'**

## Paint Night w/Moses

**When:** April 23, 2022 – 6:00 PM

**How:** Comment on the Facebook event notice or call 519-336-8410 Ext-296 and sign up with Lynn Rosales in environment.

**Why:** Because it's fun and a great way to end the day with family & friends.

**Where:** In the comfort of your home or wherever you choose to paint.

### **Details:**

- 50 names will be selected using the wheel of names on April 20<sup>th</sup>.
- Paint kits that will be ready for pick-up on April 21<sup>st</sup>, at the Annex Building behind the Administration (band) Office.
- Alternatively, you can pick-up at the Earth Day event on April 23<sup>rd</sup>.
- And, per past practice, if you have your own painting supplies you can be provided the Zoom paint night link from Moses.



## Garbage Scavenger Hunt

This year while participating in the Earth Day Community Clean-Up activity, participants will have an opportunity to participate in the first ever garbage scavenger hunt. A list and separate bag for this activity will be provided when you register your team for the community clean-up from 10:30-12 noon.

## Aamoo – Bee Fun Facts

Did you know:

- Bumblebees only live for one season before they die.
- Bumblebees can sting more than once.
- According to the experts there are 225 different species of bumblebees around the world.
- About 46 species of bumblebee can be found in North America.
- The rusty patched bumblebee is very close to extinction.
- A bumblebee will leave a scent on every plant / flower it lands on.
- A worker bumblebee will fly over 2 km to find food and has no problem finding its way home.
- Males will travel up to 10 km to find a mate.
- Did you know that about 78% of our plant and trees are pollinated by bees?



Aamjiwnaang Children & Youth Services

**April is Autism Awareness Month!**

# LET'S CELEBRATE AUTISM IN OUR COMMUNITY!

**Families with children with Autism are  
welcome to enter for a chance to win a  
beaded Autism Awareness Pin!**



Post below, message, or Email [nmaness@aamjiwnaang.ca](mailto:nmaness@aamjiwnaang.ca)

**- A FUN FACT ABOUT YOUR CHILD  
- SHARE A PHOTO IF YOU WOULD LIKE**

**Open to children 0-18  
with Autism**





Aamjiwnaang Children & Youth Services

# April is Autism Awareness Month!

## Colouring Contest!

**Who:** Children & Youth 0-18 years

**How:** Colouring pages can be picked up at the Aamjiwnaang Health Centre, Community Centre, or printed at home!

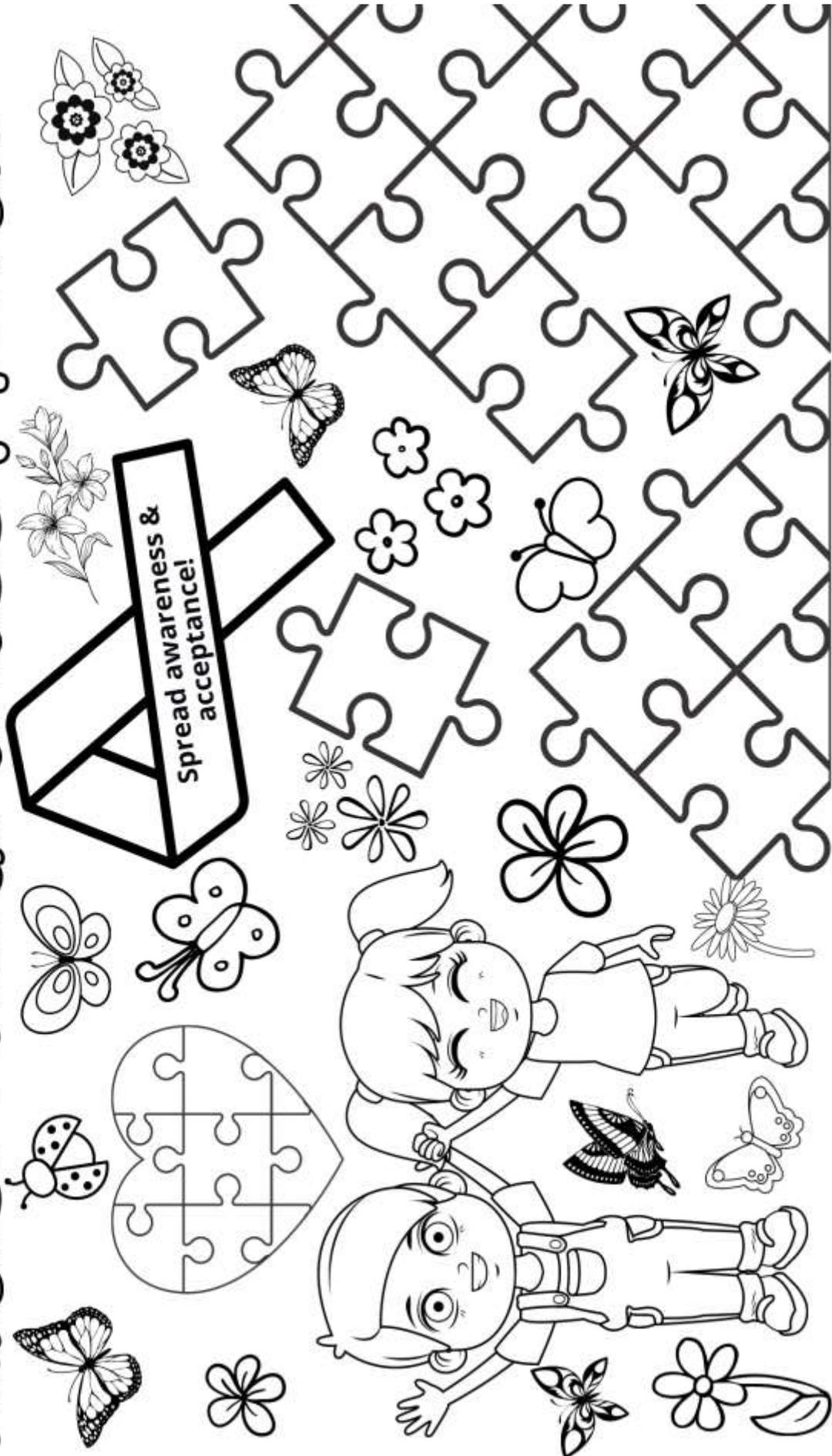
**When:** Drop off your finished colouring page to the Aamjiwnaang Health Centre by Friday, April 29th to be entered to win!



3 prizes to be won!

# APRIL IS... Autism Awareness Month

Spread awareness & acceptance!



Finished colouring pages must be returned to the **Aamjiwnaang Health Centre by Friday, April 29th** to be entered to win!

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

# Bear Witness Day

**MAY 10** is Spirit Bear's birthday and an important date in the history of Jordan's Principle. The Canadian Human Rights Tribunal's first non-compliance order called for Canada to fully implement Jordan's Principle by May 10, 2016.



Jordan's Principle is a child-first principle and legal rule named in memory of Jordan River Anderson. It ensures First Nations children receive the services and supports they need when they need them.

Join us for a Lunch n' Learn to acknowledge Jordan River Anderson and to understand how Jordan's Principle application process works

**Tuesday, May 10, 2022**  
**12:00 pm - 1:00 pm**  
via Zoom



To register please email:  
[nmaness@aamjiwnaang.ca](mailto:nmaness@aamjiwnaang.ca)

[jordansprinciple.ca](http://jordansprinciple.ca)

# **Children's Grief Circle**

**For children ages 6-9 who've experienced the death of a loved one within the last 2 years**

**Every Tuesday for 7 weeks**

**Starting May 3rd- June 14th 4:00- 5:30pm**

**At the Health Center**

**For more information contact Gabby**

**519-332-6770 Ext 325**

**Background Photo Credit: Melissa Jackson,**

**Aamjiwnaang First Nation**





Gaawiin Nchke Gda'aasii.  
*You are not alone.*

**CITIZENS OF AN ANISHINABEK NATION FIRST NATION CAN ACCESS FREE, ADDITIONAL MENTAL WELLNESS SUPPORT THROUGH...**

**Community Assistance Program**

24/7, non- crisis support with relationship concerns, anxiety, depression, addictions, grief, or coping with health issues.

Dial 1-800-663-1142, press 1 for English and 2 to access services

**Trauma and Crisis Support**

For those affected by the Indian Residential School system.

24/7, trauma and crisis support, one-on-one and group counselling is available via telephone and video. Indigenous counsellors are available upon request.

Dial 1-800-663-1142, press 1 for English and 1 for crisis

**Book an appointment online, no phone line**

Crisis and non-crisis counselling appointments can be booked online, no need to phone the support line.

one-on-one and group counselling is available via telephone and video. Indigenous counsellors are available upon request.

To use the online counselling request form, go to:

<https://voxco.homewoodhealth.com/SE/1/ResidentialSchoolSupport/>

For complete list of Anishinabek Nation member First Nations, visit:  
[www.anishinabek.ca/first-nations/](http://www.anishinabek.ca/first-nations/)

In partnership with:



**PENSIONS + BENEFITS**  
an advisory & brokerage firm



We wish to acknowledge the support of the Province of Ontario for this project.

# Feasting the DRUM

## Attention Senior Men & Woman



**We are finally able to come together and  
have a FEAST for our DRUMS**

**May 19th 2022**

**Banquet Room—Community Center**

**5-8 pm**

**Cecil Isaac is honouring us with his knowledge and  
giving us a teaching (song) on our Drums.**

**This is pot luck, I will take care of the venison & berries,  
please bring a dish to share.**

**Contact Seniors Worker Becky 519-332-6770 to put your  
name on the list**

**Thank you**

# Senior Coffee Time DROP -In



**AS we SLOWLY start to re-open**

**I would like to start Senior Coffee—Time**

**Come on out to enjoy a coffee / tea and sit and talk ...let's get out of being all couped up in the house. Snacks will be provided**

**Tuesday's April 12, 19, 26th 2022**

**From 1-3pm**

**Seniors Room located at Community Center**

**COME ON OUT and SIT and CHAT ... See you soon**

# Congregate dining UPDATE

**So EXCITED to announce as of April 6th, 2022**

**Congregate Dining is OPEN to the GYM for sharing a meal together**

**YAY!!! We have waited so long, to come together . Looking forward to**

**seeing your faces... so come on out and share sometime together every Wednesday @ Noon**



**Remember Congregate means  
“ Activities are planned with participants. Health, well-being and social stimulations are promoted”**

**Senior's Worker—Becky Adams**



Dago Maaigiigoog Binoojiinyag  
Waawaaskone Giizis-Flower Moon

May 2022

Legend: Zoom In person Posted On Facebook

Please look for specific sign up times Contact Becky to sign up through Facebook or email bmaness@aamjiwnaang.ca



Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	2 Mothers day craft 6pm 10 Families	3 Land Base Exploration Canatara Park 10am	4 Anishinaabemowin Book Club 7pm	5 Mothers Day hair cuts Sign up required 10am	6 Regalia Making 10am	7 Fire teachings 10-12
8 Happy Mothers Day Ask your child(ren) how old is mommy?	9 Beading with Chenoa Limited to (10) Signed up required 5pm	10 Parent and tot swim 3 months-4years 9:30 ymca Sign up required	11 Anishinaabemowin Circle with Sophie 7pm	12 Intention Bracelets 10am Sign up required 20 kits	13 Regalia Making 10am	14
15 Question of the week?	16 Very hungry Caterpillar story & Craft 6pm 10 Families	17 Flower prints crafts 9-11 1-3 3 families per slot	18 Anishinaabemowin Circle with Sophie 7pm	19 Woodland Flower Painting with John 10am	20	21
22 what do you do for self care?	23 Closed	24 Butterfly Craft 9-11 1-3 3 families per slot	25 Anishinaabemowin Circle with Sophie 7pm	26 Womens song Teachings 10am	27	
29	30 Outside Fun Dinner over fire 5pm 10 Families	31 Animal Farm & Park 10 am	Sign up still required on Monday & Tuesday		Programming for prenatal & families 0-6	

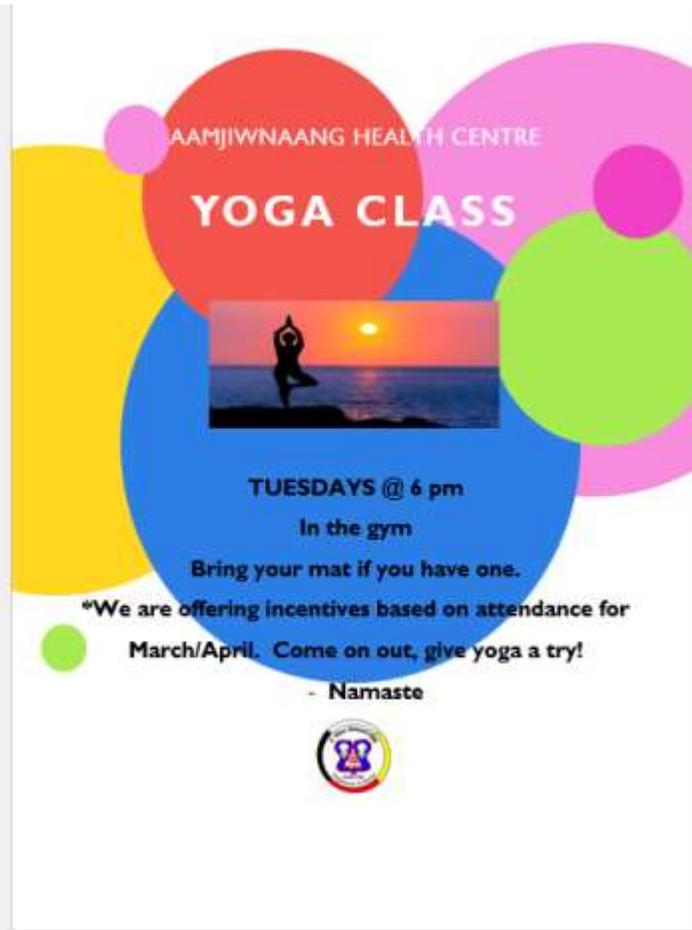
We also have transportation for programming! Please Contact Becky



**RIGHT TO PLAY**

# May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Regular Programming	3 Sports Night (No meals only snacks)	4 <b>No Program</b>	5 Regular Programming	6 <b>No Program</b>
9 Regular Programming	10 Sports Night (No meals only snacks)	11 <b>No Program</b>	12 Cooking Night	13 <b>No Program</b>
16 Senior Tech Night	17 Sports Night (No meals only snacks)	18 <b>No Program</b>	19 Regular Programming	20 <b>No Program</b>
23 <b>No Program</b>	24 Sports Night (No meal only snacks)	25 <b>No Program</b>	26 Movie Night With The Seniors	27 <b>No Program</b>
30 Regular Programming	31 Sports Night (No meal only snacks)	<b>No Program</b>	Regular Programming	<b>No Program</b>



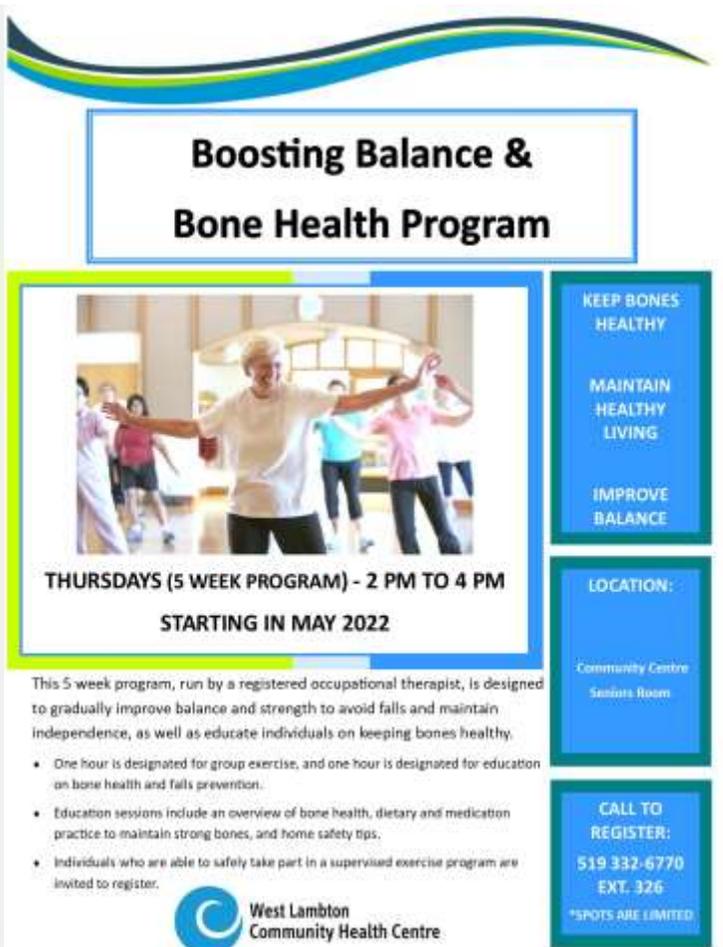
AAMJIWNAANG HEALTH CENTRE  
**YOGA CLASS**



**TUESDAYS @ 6 pm**  
In the gym  
Bring your mat if you have one.

**\*We are offering incentives based on attendance for March/April. Come on out, give yoga a try!**

- Namaste

**Boosting Balance & Bone Health Program**



**THURSDAYS (5 WEEK PROGRAM) - 2 PM TO 4 PM**  
**STARTING IN MAY 2022**

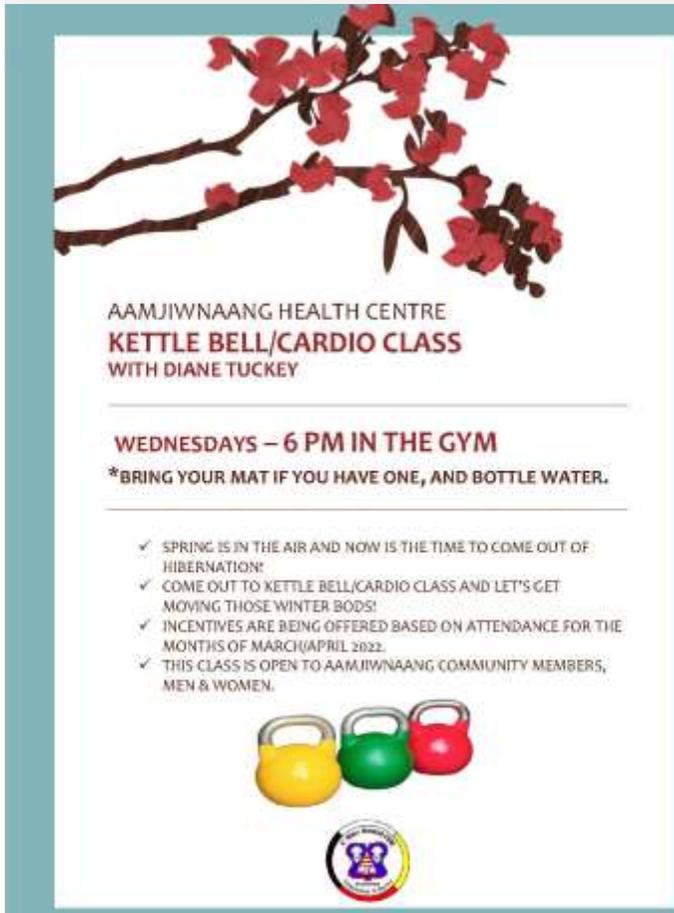
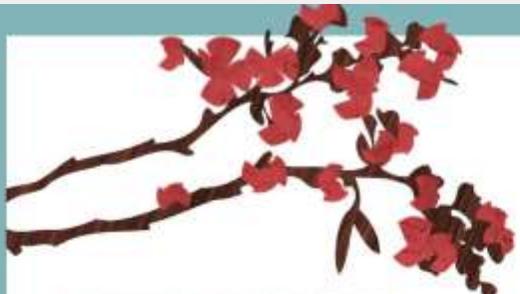
KEEP BONES HEALTHY  
MAINTAIN HEALTHY LIVING  
IMPROVE BALANCE

LOCATION:  
Community Centre  
Seniors Room

CALL TO REGISTER:  
519 332-6770  
EXT. 326  
\*SPOTS ARE LIMITED

This 5 week program, run by a registered occupational therapist, is designed to gradually improve balance and strength to avoid falls and maintain independence, as well as educate individuals on keeping bones healthy.

- One hour is designated for group exercise, and one hour is designated for education on bone health and falls prevention.
- Education sessions include an overview of bone health, dietary and medication practice to maintain strong bones, and home safety tips.
- Individuals who are able to safely take part in a supervised exercise program are invited to register.

AAMJIWNAANG HEALTH CENTRE  
**KETTLE BELL/CARDIO CLASS**  
WITH DIANE TUCKEY

**WEDNESDAYS – 6 PM IN THE GYM**  
**\*BRING YOUR MAT IF YOU HAVE ONE, AND BOTTLE WATER.**

- ✓ SPRING IS IN THE AIR AND NOW IS THE TIME TO COME OUT OF HIBERNATION!
- ✓ COME OUT TO KETTLE BELL/CARDIO CLASS AND LET'S GET MOVING THOSE WINTER BODS!
- ✓ INCENTIVES ARE BEING OFFERED BASED ON ATTENDANCE FOR THE MONTHS OF MARCH/APRIL 2022.
- ✓ THIS CLASS IS OPEN TO AAMJIWNAANG COMMUNITY MEMBERS, MEN & WOMEN.





**Interested in becoming an Alternative Caregiver?**

What is Mnaasged's Alternative Care Program?

- Rooted in our cultural values and beliefs
- utilizes the Heart & Spirit training program
- Family based residential care for children in need of protection and out-of-home placement which includes
  - Alternative (foster) Care
  - Kinship Care
  - Formal Customary Care

more info at [www.mnaasged.ca/customary-care](http://www.mnaasged.ca/customary-care)

Aamjiwnaang Social Services department will be hosting Mnaasged for in person training. Dates to be determined!

To get started call Ciara at 519-918-4186 or email [chuard@aamjiwnaang.ca](mailto:chuard@aamjiwnaang.ca)



Tuesday 5-7 PM

AAMJIWNAANG COMMUNITY MEMBERS

# RECOVERY Group



- Peer Support
- Life Skills
- Addiction Education
- Mental Health Support
- New Connections

Please call ahead and book a spot because space is limited.

Rides are provided - call Amy to set up transportation.

**AT COMMUNITY CENTRE**  
519-332-6770 EXT: 301

**Safe place to share your recovery journey with others. Dinner, story sharing, song, smudge, and prayers to aid in the healing of wounds caused by addictions.**



## JOIN US!

**Nurturing the Seed**  
*relationships matters*

Nurturing the Seed is a resource that was developed by Infant Mental Health Promotion with the guidance of Elders and Indigenous advisors.




**ABOUT THE PROJECT**  
Your community leaders from Aamjiwnaang First Nations are excited about it and want to understand if the activities will help young children grow and learn in your region.

**WHAT IS THE PROJECT?**  
With your permission, a staff member will meet with you and your child and will complete the *Ages and Stages Questionnaires (ASQ)*.



**WHY SHOULD I PARTICIPATE?**

- Your child will get a plan to support their growth and development
- Your community will learn more about the well-being of its youngest children and their families.

Provides families with everyday activities to help your little one grow and learn to be happy and healthy in **Heart, Mind, Body and Spirit**, by supporting the **parent/caregiver relationship** with their young child.

**CONTACT:**  
Rachael Simon  
Supervisor, Children/Youth Services  
Aamjiwnaang E' Mino Bmaad-Zijig Gamig  
1300 Tashmoo Ave. , Sarnia, ON N7T 8E5  
T: 519-332-6770 Ext. 330 | F: 519-332-8925  
rsimon@aamjiwnaang.ca

As a **thank you** for participating, you will receive a total of **\$50** worth of gift cards.

# Aamjiwnaang Spring Cleanup!!!

Pickups will take place during the week of May 2nd to the 6th, 2022

Larger items can be placed curbside for pickup

NO REGULAR HOUSEHOLD GARBAGE PLEASE!!!!

Want to learn Ojibwe from the comfort of your own home on your Apple device? Now you can!!

# AAMJIWNAANG DA ANISHNAABEMYING

"Aamjiwnaang Let's Speak Ojibwe!"

**NOW AVAILABLE ON THE APPLE APP STORE!**

Brought to you from the Aamjiwnaang Education Department, Language & Culture

**Our own Aamjiwnaang Language App features 23 categories with audio recordings, spelling, and songs.**






**Are you interested in Violin Lessons for your kids? At no cost to the family! Instrument and music supplied**

**El Sistema is a free community supported music program for kids, offering high-level instruction outside school programs, with millions enrolled across the world**



**Comprehensive instruction straight from orchestra professionals to new students**

**Opportunity for onstage performance with regular concerts through the year**

**Aamjiwnaang project will start with violin instruction**

**This is an El Sistema Aeolian project, delivered by the International Symphony Orchestra of Sarnia & Port Huron**

**If there is an interest, this program could start as early as mid January 2022. Please call the Community Centre 519-491-2160, leave name/name of child and contact info.**

	<p style="text-align: center;">Roxanne White MSW, RSW</p> <p>A community minded wholistic practice which uses a trauma informed, anti-oppressive approach. Using strategies from leading frameworks as well as</p>	<p style="text-align: center;">Can Help in the following areas:</p> <ul style="list-style-type: none"> <li>Grief and Loss</li> <li>Stress, Anxiety, Low Mood and Depression</li> <li>Healthy relationships</li> <li>Mental health &amp; Addictions</li> <li>Support for those who have a family member with a mental illness</li> <li>Cultural Identity</li> </ul>
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Life is full of challenging times and everyone needs a helping hand occasionally. I support clients in identifying the issues surrounding those challenges that are stopping them from experiencing their lives to the fullest.

**Currently servicing clients online or by telephone**

Appointments and inquiries can be made on my website at [www.circleofdiscovery.ca](http://www.circleofdiscovery.ca)

or by calling 519-464-2270

**\*Counselling fees are covered through Indigenous Services Canada**

**for those who qualify for NIHB    \*Approved Sunlife provider**

**\*Independently owned and operated.**

**\*Not affiliated with any other organization.**

# Willie's Adventures



**@ Comerica Park, Detroit**

**Sunday July 10th at 4:00 PM**

**"COACH BUS ONLY"**

**\$60 CDN**

Bus leaves Two Waters, Corunna at 11:00 AM, Food Basics at 11:30 AM and Pt.Edward Arena at 12:00 PM. Soft Sided Coolers Allowed . We will be stopping at Tom & Jerry's Party Store. Contact Willie's Adventures at 519-332-6771, 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca).

Also PREFERRED Charters Port Huron 1-810-982-7433. Payment can be made by E-transfer.

## DETROIT TIGERS

"SWEET LOU NIGHT"

**Tampa Bay Rays vs Tigers**

Saturday August 6<sup>th</sup> @ 6:10 pm



First 10,000 get a Jersey

**\$150 CDN PP**

Coach Bus and Terrace Seat (Sec.116)

Bus leaves Two Waters Corunna 2:00 pm Sharp and Food Basics Sarnia 2:30 pm Sharp. Soft Sided Coolers allowed with a Stop at Tom & Jerry's Party Store. Contact Willie's Adventures at 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)

## TORONTO BLUE JAYS

**VS**

## DETROIT TIGERS

*At Comerica Park, Detroit*



**Saturday June 11<sup>th</sup> @ 4:10 PM**

**\$120cdn Per Person**

**Bleacher Seat (Sec.105)**

Includes: Coach Bus, Ticket, Shuttle from Nemo's Bar & Grill Bus leaves *Two Waters Corunna @ 12:00pm SHARP* and *Food Basics, Sarnia @ 12:30pm SHARP.*

Ticket's Available from

Willie's Adventures at 519-384-1957 & 519-332-6771

## TORONTO BLUE JAYS

**VS**

## DETROIT TIGERS



*At Comerica Park, Detroit*

**Sunday, June 12<sup>th</sup> @ 1:10pm**

**\$ 150cdn pp**

**Terrace Seat (Sec.116)**

Includes: Coach Bus, Ticket, Bus leaves Two Waters, *Corunna* at 9:00 am SHARP, Food Basics at 9:30 am Sharp. Soft Sided Coolers allowed & stopping at Tom & Jerry's Party Store.

Contact Willie at 519-332-6771, 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)

You now pay by etransfer

HIS FIRST SOLO STADIUM SHOW EVER IN DETROIT

# BILLY JOEL

## IN CONCERT



SATURDAY, JULY 9, 2022 | [TICKETS.COM](https://www.tickets.com) | [TIGERS.COM/BILLYJOEL](https://www.tigers.com/billyjoel)



### "PINK OUT THE PARK"

COMERICA PARK, DETROIT

Baltimore Orioles vs Detroit Tigers

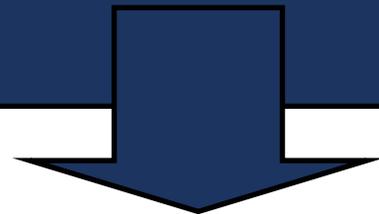
**\$140 CDN per Person**

**Friday - May 13th - 7:10 pm**

Coach Bus, Ticket (Sec.114), Pink Out the Park Shirt & Light Weight Hoodie to First 10,000

Bus leaves Two Waters Corunna at 2:00pm SHARP, Food Basic's at 2:30 pm SHARP. Only soft-sided coolers We are stopping at Tom / Jerry's Party Store.

Ticket's available from Willie's Adventures at 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)



"Limo Bus Only, Must purchase your own ticket". \$100 CDN PP. Limo leaves Two Waters Corunna at 4:00 PM SHARP and Food Basics Sarnia at 4:30 PM Sharp. CanArrive App on Phone. Stopping at Tom & Jerry's Party Store. Contact Willie's Adventures at 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)

# Mino Dbishkaayin-Happy Birthday

Priscilla Cottrelle	Apr. 22	Leanne Williams	Apr. 29
Nancy Jackson	Apr. 22	Jeremy Fisher	Apr. 30
Alysha Ross	Apr. 22	Caleb Hallett-Plain	Apr. 30
Brianna Malone	Apr. 22	Landen Plain	Apr. 30
Nesyre Plain	Apr. 22	Lilyan Plain	Apr. 30
Sandra Smith	Apr. 22	Kim Rogers	Apr. 30
Everly Walker	Apr. 22	Jasmyne Westbrook	Apr. 30
Isabelle Ambrecht	Apr. 23	Niigaanii Gray	May 1
Alexander Baker	Apr. 23	Hailey Daws	May 1
Tanner Bird	Apr. 23	Lori Jackson	May 1
Ryan Bois	Apr. 23	Dawn Maness	May 1
Cheyenne Cloud-Siefker	Apr. 24	Carl Oliver	May 1
Elizabeth Worrell	Apr. 24	Debra Plain-McGregor	May 1
Tanya Gray	Apr. 24	Nathanial Rogers-Stonefish	May 1
Sarah Jackson	Apr. 24	Crystal Williams	May 1
Donald Jacobs	Apr. 24	Cory Gray	May 2
Allison Kirkby	Apr. 24	Carol Louis	May 2
Joseph Maness	Apr. 24	Logan Williams	May 2
Jason Nahmabin	Apr. 24	Chloe Aquash	May 3
Lynn Rosales	Apr. 24	Ellise Cottrelle	May 3
Mia Cottrelle	Apr. 25	Michael Greer	May 3
Garret Gray	Apr. 25	Leslie Hawkins	May 3
Derek Rising	Apr. 25	Felicia Lockridge	May 3
Aimee Branton	Apr. 26	Jacklyn Rogers	May 3
Joshua Campbell	Apr. 26	Lorelei Wilde	May 3
Liana Clark	Apr. 26	Nicole Alexander	May 4
Ethan Joseph	Apr. 26	Lee Johnson	May 4
Edwin Maness	Apr. 26	Ashlee Marie Adams	May 4
Ember Nahmabin	Apr. 26	Alaina Maness	May 4
Tiarra Nahmabin	Apr. 26	Jada Plain	May 4
Telford Francis Adams	Apr. 27	Lennan Plain	May 4
Deborah Cottrelle	Apr. 27	Sheree Plain	May 4
Gail Lapp	Apr. 27	Jacob Rogers	May 4
Gordon McKay	Apr. 27	Gerald Simon	May 4
Jessie Plain	Apr. 27	Trevor Smith	May 4
Ty Robertson	Apr. 27	Jessica Solomon	May 4
Brennan Williams	Apr. 27	Tayah Van Troost	May 4
White-Lightning Strikes Clark	Apr. 28	Wendy Verspagen	May 4
Rebecca Coates	Apr. 28	Robert Archer	May 5
Joshua Coelho	Apr. 28	Ryan Bressette	May 5
Ryan Parkinson	Apr. 28	Brenda Breier	May 5
Blair Williams	Apr. 28	Anita Cloud	May 5
Brittany Williams	Apr. 28	Valerie Farrar	May 5
Ravena Williams	Apr. 28	Madison Jorgensen	May 5
Shy-Ann Williams	Apr. 28	Candy McLaughlin	May 5
Tristan Williams	Apr. 28	Ashley Maness	May 5
Tennie Johnston	Apr. 29	Richard Maness	May 5
Nicholas Olynyk	Apr. 29	Sonja Meza	May 5
Wilfred Plain	Apr. 29	Koma Rogers	May 5
Caleb Riley	Apr. 29	Derrick Rogers-Oliver	May 5
Adam Williams	Apr. 29		

# CROSSWORDS

**Across**

- 1. Slides on the ice
- 6. Anti-racism gp. since 1909
- 11. Fed. money lender
- 14. Beginning
- 15. Embarrass
- 16. Surfboard coat
- 17. In-demand real estate listing
- 19. Right-angled joint
- 20. Stubborn
- 21. "Blue \_\_ Shoes"
- 23. Kenan's TV pal
- 24. Scot's skirt
- 25. Erotica
- 31. Step between landings
- 33. Charged particles
- 34. Flightless Aussie bird
- 35. Buddy
- 36. Rosy face part
- 38. Exceeded the limit
- 39. "Blessed \_\_ the meek ..."
- 40. Mittens fabric
- 41. "A Fish Called Wanda" Oscar winner Kevin
- 42. Intense craving
- 46. Smooch
- 47. Quarterback Marino
- 48. Value
- 50. January 1st contests
- 56. One \_\_ time
- 57. Passionate oration
- 59. R followers
- 60. Superman's pal Jimmy
- 61. Incensed
- 62. Poker winnings
- 63. Betray, as an accomplice
- 64. Toddler's transgressions

1	2	3	4	5		6	7	8	9	10		11	12	13	
14						15						16			
17						18						19			
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39					40						41				
42			43						44	45					
		46							47						
48	49						50	51				52	53	54	55
56						57	58								
59						60						61			
62						63						64			

**Down**

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>1. London district</li> <li>2. Door opener</li> <li>3. Followers: Suffix</li> <li>4. Govt. branch</li> <li>5. Picket-line member</li> <li>6. Flamethrower fuel</li> <li>7. Encourage in crime</li> <li>8. Bern's river</li> <li>9. Ill. clock setting</li> <li>10. Science subject</li> <li>11. Honeybunch</li> <li>12. Like Yul Brynner</li> <li>13. Wheel shaft</li> <li>18. Eligible, to the SSS</li> </ul> | <ul style="list-style-type: none"> <li>22. Last: Abbr.</li> <li>24. Twisted section, as in a hose</li> <li>25. Frank topper</li> <li>26. Country singer McGraw</li> <li>27. On-ramp sign</li> <li>28. Friend's opposite</li> <li>29. Sign of things to come</li> <li>30. Not wearing anything</li> <li>31. Picket-line crosser</li> <li>32. Via, informally</li> <li>36. Swindles</li> <li>37. Grunting farm critter</li> <li>38. 35mm camera type</li> <li>40. Hope to get</li> </ul> | <ul style="list-style-type: none"> <li>41. Chief</li> <li>43. Complaint that's "picked"</li> <li>44. Keenan's actor father</li> <li>45. Mineo and a mule</li> <li>48. Stinging insect</li> <li>49. Germany's von Bismarck</li> <li>50. Second to none</li> <li>51. Lunchbag dessert</li> <li>52. Dynamic lead-in?</li> <li>53. Not at all nice</li> <li>54. Outer: Prefix</li> <li>55. Females</li> <li>58. Dockworkers' org.</li> </ul> |
|---|--|--|



**Rhynos Renovations**  
*Ryan Pitre*  
**519-312-7537**



**Roger Williams' AUTHENTIC NATIVE CRAFT SHOP**

**Lots to choose From & Great Gift Ideas!**

**STORE HOURS**  
 Monday ~ Saturday  
 10:00 am ~ 6:00 pm  
 Phone 519-344-1243

**TNT Auto Detailing & Upholstery**  
*Call for free quote or to book appointment*

**Auto Detailing Upholstery & Carpet Cleaning**

Greg Gray (Owner)- (226)-964-2227  
 1909 Virgil Ave-Sarnia, Ontario



**FURNITURE WAREHOUSE**

Thursday to Saturday 11 am - 5 pm  
 Sunday - 12 pm - 5 pm

**Great Prices!**

1647 Williams Drive  
 (at the end of Indian Road)  
 Sarnia, ON



**AAMJIWNAANG Mental Wellness**

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

Crisis Lines:

In an emergency call 911

National Indian Residential School Crisis Line 1-866-925-4419

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

Child & Youth Crisis Line 1-833-622-1320

Kids Help Phone 1-800-668-6868

Text CONNECT to 686868

Sarnia Distress Line 519-336-3000

Business Hours:

Tracey George 226-349-5712

Max Cryderman 519-330-1140

Ashley Maness 519-332-6770 ext. 324

Gabby MacDonald 519-332-6770 ext. 328

Roberta Bressette 519-332-6770 ext. 313

Amy Vandersteen 519-384-1955

Michelle Walters 519-333-8787

Alphonse Aquash 519-490-5956

You can connect with any of the Mental Wellness Team through the Aamjiwnaang Health Centre Facebook page as well. Miigwech. Stay Safe.



**Aamjiwnaang First Nation Public Works Dept.**

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

Effective Friday, October 8, 2021, there will be a new designated after-hours phone line for the infrastructure service emergencies, basement back-ups, animal control requests, or winter maintenance issues. There will be one main contact number that will be used for those occurrences.

The after-hours phone number is:  
**519-331-3596**

Please continue to use the band garage number during regular office hours. The Garage number is 519-336-0510. Leave a message if no one answers.

Alternatively, you can call Wilson Plain Jr. during regular hours at 519-330-8749.

**Migwech**

**Job Search Websites**

OFIFC [www.ofifc.org/](http://www.ofifc.org/)

Nokee Kwe [www.nokekwe.ca/](http://www.nokekwe.ca/)

Southern First Nation Secretariat, [www.sfns.on.ca/index.html](http://www.sfns.on.ca/index.html)

N'Amerind Friendship Centre (London) [www.namerind.on.ca/](http://www.namerind.on.ca/)

Anishnawbe Health Toronto <http://www.aht.ca/>

SOAHAC London, Chippewas of the Thames, Owen Sound,  
<http://www.soahac.on.ca/>

Six Nations (Ohsweken, ON), [www.sixnations.ca/](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>

**For Up-To-Date News and Information in the First Nations Political Arena you may visit:**

**Chiefs of Ontario visit:**

<http://www.chiefs-of-ontario.org/>

Union of Ontario Indians visit:

<http://www.anishinabek.ca/>

Assembly of First Nations visit:

<http://www.afn.ca/>

Southern First Nation Secretariat

<http://www.sfns.on.ca/>

Aboriginal Affairs & Northern

Development Canada

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

**CROSSWORD SOLUTION**

S	K	I	D	S		N	A	A	C	P		S	B	A			
O	N	S	E	T		A	B	A	S	H		W	A	X			
H	O	T	P	R	O	P	E	R	T	Y		E	L	L			
O	B	S	T	I	N	A	T	E		S	U	E	D	E			
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A	R	E				W	O	O	L			K	L	I	N	E	
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					K	I	S	S			D	A	N				
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P	O	T				R	A	T	O	N		N	O	N	O	S	

**CHIPPEWA TRIBE-UNE**

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

**The next issue is due out on**

**Friday, May 6th, 2022**

**The deadline for submissions is Wednesday, May 4th, 2022 at 12:00pm**

Please submit your documents in

**Word, Excel, or Publisher** formats or info can be hand written; **jpeg** for pictures.

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

[www.aamjiwnaang.ca](http://www.aamjiwnaang.ca)

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

[editor@aamjiwnaang.ca](mailto:editor@aamjiwnaang.ca)