



AAMJIWNAANG FIRST NATION'S

# Chippewa Tribe-UNE



*"It's not if you win or lose, but how much you tried and how fairly you played."*

**49th ANNUAL LNHL 2023**

- Former Chief Jim McGregor, LNHL Co-Founding Father

Download the EventConnect mobile app here:  
[https://760w.app.link/events?association\\_id=501](https://760w.app.link/events?association_id=501)

Find the Tournament by searching for "49th Annual Little NHL"

CITIZENSHIP  
SPORTSMANSHIP  
EDUCATION  
RESPECT

## LNHL

### LITTLE NATIVE HOCKEY LEAGUE

#### PLEDGE

As a player of the Little NHL, I will show true **sportsmanship** and play with pride for my community;

As a parent of the Little NHL, I will model **respect** at all times throughout the tournament;

As a fan of the Little NHL, I will model nation-to-nation **citizenship** to honour all hockey players and fans;

And together, we will promote the importance of getting an **education** to build stronger nations.

**These four pillars... sportsmanship, respect, citizenship and education will honour all people.**

## 49TH ANNUAL LITTLE NATIVE HOCKEY LEAGUE TOURNAMENT

### MARCH 12-16, 2023

**Opening Ceremony @ 5 p.m. on Sunday, March 12**  
 Pre-show entertainment @ 4 p.m.  
 Indigenous NHL Alumni autograph signing following Opening Ceremony  
 Paramount Fine Foods Centre - 5500 Rose Cherry Place, Mississauga

**The Little NHL tournament is set to begin**



Jamie Maness  
Executive Committee Member

**and we can't wait to get back to the action. Everyone sends our support with our teams hoping they have a great experience and capture a couple of wins too. Good Luck to all our Aamjiwnaang Youth!!**  
**- from Maawn Doosh Gumig Staff**



## **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:

**March 20th, 2023**

Your information is due by:

**March 14th, 2023**

Miigwech, for your co-operation and understanding.

Ashley Jackson, Aamjiwnaang Council Clerk

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

## **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

## **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: [pnaahmabin@aamjiwnaang.ca](mailto:pnaahmabin@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 - 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

# Mino Dbishkaayin-Happy Birthday

Courtney Bird-Little	Mar. 10	David Nyquist	Mar. 16
Lindsay Gray	Mar. 10	Tyler Plain	Mar. 16
Jordan D'amato	Mar. 10	James Stanley III	Mar. 16
Andrew Leavitt	Mar. 10	Josephine Stone	Mar. 16
Jasmine Wright	Mar. 10	Sharon Archer	Mar. 17
Camilla-Jasmine Adams	Mar. 11	Molly-Anne Beauchamp	Mar. 17
Tanya Bird	Mar. 11	Eon Bird	Mar. 17
Cameron Crowley	Mar. 11	Martin Maness	Mar. 17
Becky Stewart-Maness	Mar. 11	Cassandra Vallieres	Mar. 17
Madison Bois	Mar. 12	Andrew Durston	Mar. 18
Annette George	Mar. 12	Madison Hemphill	Mar. 18
Michelle Kilbourne	Mar. 12	Roger Jackson	Mar. 18
Danielle Miller	Mar. 12	Sandra Mok	Mar. 18
Kristen Nahmabin	Mar. 12	Journey Nahmabin-Cady	Mar. 18
Diana Stewart	Mar. 12	Brandon Pimental	Mar. 18
Derrick Williams	Mar. 12	Peggy Rogers	Mar. 18
Jackie Day	Mar. 13	Reese Shipman	Mar. 18
Mason Hurd	Mar. 13	Christopher Simon	Mar. 18
Janelle Nahmabin	Mar. 13	Rachelle Gentner	Mar. 18
Rachel Nahmabin-Reid	Mar. 13	Alfred Joseph Jr.	Mar. 19
Levi Plain	Mar. 13	Felicity Simon	Mar. 19
Jana Simon-Montemayor	Mar. 13	Michael Shorey	Mar. 19
Cody Stewart	Mar. 13	Phoebe Plain	Mar. 20
Winona Wright	Mar. 13	Valerie Cottrelle	Mar. 21
Danielle Nahdee	Mar. 14	Taylor Drakes	Mar. 21
Brian Rogers	Mar. 14	Siera Hare	Mar. 21
Eric Smith	Mar. 14	Wesley Nahmabin	Mar. 21
John Snake	Mar. 14	Coral-Lee Oliver	Mar. 21
Amber Williams	Mar. 14	Jason Simon	Mar. 21
Waasnode Adams	Mar. 14	Seth Sinopole	Mar. 21
Kyleigh George	Mar. 15	Cori Williams	Mar. 21
Linda Kimmel	Mar. 15	Alexis Clark-Nahmabin	Mar. 22
Megan Kolberg	Mar. 15	Janet Fawcett	Mar. 22
Cheryle Mason	Mar. 15	Christopher James	Mar. 22
Alexandra Nunnamaker	Mar. 15	Vincent Walker	Mar. 22
Leslie Peters	Mar. 15	Abigail Gravelle	Mar. 22
Everleigh Rogers	Mar. 15	Isabella Gravelle	Mar. 22
Derek Simon	Mar. 15	Amber Stewart	Mar. 22
Jaclyn Gray	Mar. 15	Brandon DeLauter	Mar. 23
Amanda Westfall	Mar. 15	Shawn Pouget	Mar. 23
Kayla White	Mar. 15	Theodore Ranger	Mar. 23
Brianne Brooks	Mar. 16	George Rogers	Mar. 23
Sanford Cottrelle	Mar. 16	Robert L White	Mar. 23
Raiyah James	Mar. 16		
Harland Joseph	Mar. 16		





Happy 4th Birthday Dex!  
Love always: Grandma, Papa  
& Auntie Mar

Happy 4th  
Birthday Dex,  
Love Mama!!



"Happy  
Birthday  
Becky!  
Love, your  
family"



## ATTENTION TO ALL MEDICAL DRIVERS!!!

**Medical Travel slips are now due Fridays before 4:30pm.**

### 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

### CHECK OUT THIS HEALTH INFORMATION

#### Did you know:

Community Members:

Please remember that if you have a prescription for any kind of equipment; you should try to go to a registered provider to see if the items can be covered under Non-Insured Health Benefits (NIHB). If you are unsure if they are a registered provider, you can always ask them before ordering or paying for an item. Give the provider your status card number and they will check or send off forms to NIHB to see if the items are covered. In some cases, you may have to pay a fee if the item is not fully covered but you could be reimbursed. Some recognized providers are:

Shoppers Wellwise - Exmouth St., True North - Confederation St.,



[This Photo](#)

If you are unsure, you can give me a call at 519-332-6770, ext. 320. If I am unavailable, please leave a detailed message with your contact information.

#### Hospital information:

If you have an appointment at the Hospital or are admitted, don't forget to self-identify as First Nations and that they have your status card on file.

If you have needed to take an ambulance to the hospital and have received a bill from the hospital, contact the Patients Account Office at the hospital and submit your status card. The Patients Accounts Office will submit your bill to NIHB for payment. You also can contact me at 519-332-6770, ext. 320 if you need assistance.

### Attention ODSP Clients

Pam Kelly will be returning for in person appointments

**April 12th, 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



**Aamjiwnaang First  
 Nation  
 Public Works Dept.**

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

The designated after-hours phone line for the infrastructure service emergencies, basement back-ups, animal control requests, Security Issues 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.

## 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



## 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

**TAX FREE**

## 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

## Rhynos Renovations

*Ryan Pitre*  
**519-312-7537**

*Calm 'n Scents®*

AROMATHERAPY & METAPHYSICAL STORE

**WE MAKE  
CUSTOM KITS!**

HERBAL TEAS  
ESSENTIAL OILS  
SMUDGE SUPPLIES  
INCENSE  
CLASSES & WORKSHOPS  
BOOKS  
BATH & BODY PRODUCTS  
JEWELRY  
CRYSTALS  
CEREMONY ITEMS

**100%**

ANISHINABE  
OWNED & OPERATED

174 CHRISTINA ST. N  
SARNIA, ONTARIO



## Intention A Natural

CUSTOM ALL NATURAL BATH AND BODY & WELLNESS PRODUCTS

## Company



To order visit: [intentionnatural.ca](http://intentionnatural.ca)  
free delivery within Lambton county

If you would like to submit artwork,  
drawings or anything at all for the Tribe-  
une, leave them at the Community Centre  
for the editor or email them to  
[editor@aamjiwnaang.ca](mailto:editor@aamjiwnaang.ca)  
All submissions subject to editor approval.





**AAMJIWNAANG  
FIRST NATION  
Band Council**

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

## **Clench Defalcation Settlement**

Attention Aamjiwnaang Members;

On February 27, 2023 Aamjiwnaang Band Council passed a Band Council Resolution regarding the Clench Defalcation Settlement, which was a per capita payment to members. This payment represents the remaining settlement funds.

Please see the link below for payment information.

Council appreciates the involvement and patience of the Membership in resolving this claim.

Miigwetch,

Chief and Council



## **Aamjiwnaang First Nation**

### **Clench Settlement Notice to Members**

On February 27, 2023, Aamjiwnaang Chief & Council passed a Band Council Resolution regarding the Clench Trust Defalcation settlement stating that the remaining funds shall be paid to Aamjiwnaang Band Members.

**When:** Thursday, May 18, 2023  
Between the hours of 9:00AM- 12:00PM and 1:00PM- 4:30PM

**Where:** **Aamjiwnaang Band Office**  
**978 Tashmoo Ave**  
**Sarnia, ON**

#### **Payment Details**

- Applications are **not** required.
- Funds will only be paid to Aamjiwnaang members.
- Must be a Registered Aamjiwnaang member as of February 27, 2023
- Payment will be issued in the amount of \$2,220 per member.
- Aamjiwnaang members who are 18 years of age or older will receive a final payment in the amount of \$2,220 per member.
- For minor children under the age of 18, payment will be split. \$1,110 will be paid to the custodial parent provided that person is an Aamjiwnaang member and the remaining \$1,110 paid into an existing trust and held until such minor children reach the age of 18 where they shall be entitled to receive the balance of the money due to him or her from the Trust.
- If you received your 2022 Distribution by direct deposit, payment will be issued to the same banking information on file.
- To update or verify mailing addresses or direct deposit information, please contact the Finance department at (519) 336-8410 or email [finance@aamjiwnaang.ca](mailto:finance@aamjiwnaang.ca)
- **Updates to banking information and mailing addresses must be received by Friday, April 21, 2023.**
- US cheques will be available for in-person pick up. Any US cheques not picked up by the end of day on Friday, May 19 will be mailed the following week.
- ID will be required for in-person pick up and cheques will only be released to the individual they are issued to.



# **ATTENTION AAMJIWNAANG YOUTH**

- **FIRST AID/CPR – May 13/14 @ 9am**
- **SAFE FOOD HANDLING – April 15 @ 9:30am**
- **HEALTH & SAFETY/WHMIS –  
April 28 @ 9:30am and June 3 @ 9:30am**
- **BUDGETING TBA**
- **CUSTOMER SERVICE – May 27 @ 9am**
- **RESUME BUILDING TBA**
- **INTERVIEW SKILLS TBA**

For the Summer Student Program 2023 all Aamjiwnaang Youth/Students wanting to participant will require the above training courses to apply for the Aamjiwnaang Summer Employment Program.

All training programs offered will be open to all Aamjiwnaang Band members that are interested.

Lunch and light snacks will be served at each training course.

Please contact: Melissa Medeiros – Employment & Training

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

519-336-8410 Ext. 249

An Employment & Training application must be filled out prior to training start date.



## SEEKING MEMBERS TO JOIN OUR COMMITTEES OF THE BOARD



St. Joseph's Hospice Resource Centre of Sarnia-Lambton (Hospice) is seeking candidates to serve on its Committees reporting to the Board of Directors, in a volunteer capacity. Hospice relies heavily on our volunteers, and along with our dedicated staff, we are able to deliver an excellent level of service to those approaching end-of-life, those caring for them, and those grieving for them. As a Board Committee Member, you will provide your input and recommendations to the Board of our not-for-profit organization as we strive to carry on the legacy of the Sisters of St. Joseph.

St. Joseph's Hospice Resource Centre of Sarnia Lambton is a faith-based organization that provides quality of life at the end of life, offering compassionate, holistic care and support to individuals living with a life limiting illness. Support for their family members, caregivers, and those grieving the loss of a loved one is offered at no cost and is available irrespective of age, gender, religion, race, ethnicity, or economic status.

Committee Members are elected for a one-year term, with the opportunity to serve on the Board of Directors in future if skills are required. All applicants are required to reside in Lambton County and candidates with the following skills and expertise are desired to sit on our Committees for 2023-2024:

- |                              |                              |
|------------------------------|------------------------------|
| ✓ Board and Governance       | ✓ Finance/Accounting         |
| ✓ Human Resources Management | ✓ Information Technology     |
| ✓ Risk Management            | ✓ Healthcare/Palliative Care |

Along with a skills-based Board and Board Committees, we are currently seeking increased membership of indigenous and rural community populations, to address the needs and serve all Sarnia Lambton. The ideal candidate will be deeply rooted within the community, have a collaborative working style, possess both visionary and leadership qualities.

To be considered for a position on Board Committees, please submit your resume and application form to Karen Merritt at [kmerritt@sjhospice.ca](mailto:kmerritt@sjhospice.ca) by April 3, 2023. Applications are also available at <https://www.stjosephshospice.ca>. Interviews will be conducted later in the month of April 2023. Hospice will accommodate candidate needs under the Ontario Human Rights Code and processes will be modified to remove barriers to accommodate disabilities, if required.

*We thank all applicants for their interest, however only those candidates selected for interviews will be contacted.*

*Thank you for your interest!*





**Seniors of Aamjiwnaang**

**Meat Bingo**

**Will be held at the**

**Maawn Doosh Gumig Community and  
Youth Centre**

**On**

**March 30, 2023**

**Bingo to start at 6pm**

***Kitchen opens at 5pm***

***Everyone welcome to play***

***Ages 10+ with adult supervision***



Small and Large  
Scondogs,  
Hamburger Macaroni  
soup and oven bread  
on the menu







# GWETAANDAWE MARKET

*Indigenous Artisans, Crafters,  
Vendors & Food Vendors!*

*9am - 2pm*

1st Saturday of the Month - April, May, June, November, December

\*Please Note\* - 2nd Saturday of October



For more information contact Barb Urlacher at:  
[burlachere@aamjiwnaang.ca](mailto:burlachere@aamjiwnaang.ca) or at  
 519-336-8410



## Seniors of Aamjiwnaang Notice of Meeting

There will be a meeting to  
plan out the next Bingo event.  
The meeting will take place in  
the Seniors Room of the  
Maawn Doosh Gumig  
At 6pm.

## Senior Coffee Time DROP-In

Senior Coffee Time will be  
March 7, 21, 2023  
Seniors Complex from 1 to 3pm

May your troubles be less  
and your blessings be more  
And nothing but happiness  
come through your door



## GAME NIGHT UPDATE

Game Night will be  
March 28, 2023  
Which it is also  
**POTLUCK NIGHT**  
from 5 to 8pm

Located at Senior's Building

## Senior Updates

Congregate Dining there will be NO CONGREGATE DINING  
On March 1st, and March 15th, 2023  
Massages with Joanne Cheechoo (Dixon) can be booked with Becky  
March 2023 Bookings - are available

This is for SENIORS ONLY

Becky will be off on Holidays March 13 to 17, 2023



# SENIORS 55+

## ST. PATRICK'S DAY -

### WORD SCRABBLE

- 1.) RIHIS
- 2.) EGENR
- 3.) CLYUL
- 4.) TARPICK
- 5.) AHROCKMS
- 6.) PRELAUNCHE
- 7.) LDOG
- 8.) IBROWNA
- 9.) LHAYDOI
- 10.) APOTTO
- 11.) AITTIONDR
- 12.) ERICKLIM
- 13.) CHARM
- 14.) LOERVVC
- 15.) AADERP



Submit back to Health Center Mail Slot

Attention Becky Adams

Deadline March 27, 2023

Draw FACEBOOK LIVE

March 28, 2023

**A CHANCE to WIN NO FRILLS Gift Card**

Name \_\_\_\_\_

Number: \_\_\_\_\_





AAMJIWNAANG CHILDREN &  
YOUTH SERVICES

# MARCH BREAK FUN-TIVITIES

We've got your March  
Break covered with fun  
activities!

For children and youth 0-18!

Tuesday, March 14  
10:00-11:30 AM

**CROCK A  
DOODLE**

Wednesday, March 15  
1:30-3:30 PM

**PAINTING  
WITH MOSES**

Thursday, March 16  
10:00-11:30 AM

**COOKIE  
DECORATING**

## Reminders:

- ✓ Children must be accompanied by an adult
- ✓ Limited quantities available
- ✓ Light snacks, juice, and water will be provided

## Maawn Doosh Gumig

Aamjiwnaang Community  
Centre Banquet Room  
1972 Virgil Ave.

## Register with Nicole!

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

**Transportation available upon request!**





## Notice to the Aamjiwnaang Community

Beginning the week of March 12, the Suncor Sarnia refinery is beginning a period of planned maintenance that is expected to last approximately seven weeks.

As part of this work, there may be periods of visible flaring and increased noise. We have plans in place to minimize the potential for both. We will be conducting monitoring around the perimeter of our site throughout the duration of the work.

To help manage traffic flow during peak traffic periods (shift changes), we will be directing traffic at our Turnaround parking lot on South Vidal Street, ensuring all vehicles exit to the north. Also, in response to community concerns over increased traffic during turnarounds, we will use a radar sign on River Rd. to promote awareness among motorists of their speed.

If you have any questions or concerns, please contact Jennifer Meharey at: 519-346-2419 or [jmeharey@suncor.com](mailto:jmeharey@suncor.com).

We will be sharing information via the My Community Notification Network. To [sign up for notifications](#), please visit the Bluewater Association for Safety, Environment and Sustainability website at: [www.lambtonbases.ca](http://www.lambtonbases.ca).




Aamjiwnaang Health Centre SOAHAC Nurse  
Monday to Friday - 8:30AM-4:30PM  
519-332-6770 ext. 309 or [mbressette@soahac.on.ca](mailto:mbressette@soahac.on.ca)



- Free Condoms
- Pregnancy Tests
- COVID Testing
- Tobacco Cessation with Nicotine Replacement Therapy
- STI testing
- Free birth control
- Headlice Screening/Treatment
- Diabetic Retinopathy Screening





Please join us...

# ST. CLAIR RIVER

Knowledge &  
Feedback

Door  
prizes!

## Area of Concern Event !!

### St. Clair River - Area of Concern

The St. Clair River is one of 43 Areas of Concern that the International Joint Commission has identified within the Great Lakes basin where there are known environmental impacts.

Aamjiwnaang Environment Department Staff invites you to attend a day of learning through games and discussions on the following Beneficial Use Impairments (BUIs). This is a family event.

### Activities:

- #1 Restrictions on Fish and Wildlife Consumption (Impaired)
- #3 Degraded Fish and Wildlife Populations (Requires Further Assessment)
- #6 Degradation of Benthos (Impaired)
- #9 Restrictions on Drinking Water Consumption or Taste and Odour Problems (Impaired)
- #14 Loss of Fish and Wildlife Habitat (Impaired)
- And more...

### Mark your Calendar!!

Date: March 11, 2023

Time: 11 AM – 1 PM

Where: Aamjiwnaang

Community Centre \* (Banquet Room)

Lunch is provided!

Variety of Gift Cards as Door

Prizes to help with March  
Break Adventures!!

Family Event!

FUN!

Please contact the  
Environment Department if  
you have any questions  
(519) 336-8410. Miigwech!

Students!! Do you need volunteer hours? We are looking for VOLUNTEERS!



# WORLD WATER DAY POLLUTION DATA DINNER

Community members are invited to join members of the University of Toronto's Technoscience Research Unit for dinner and an opportunity to check out documentation of spills and releases. We invite you to share your ideas to visualize the data

*Family friendly event*

## WHEN

---

Wednesday, March 22nd,  
2023 @5PM-8PM

## WHERE

---

Banquet Room  
Maawn Doosh Gumig  
1972 Virgil Ave, Sarnia  
ON



[landandrefinery.org](http://landandrefinery.org)

Please contact Beze Gray for questions at  
[beze.gray@utoronto.ca](mailto:beze.gray@utoronto.ca)



# Community Energy Newsletter

Community consultation in the form of a survey, information sessions, and an open house, to assist in the development of our Community Energy Plan (CEP) highlighted a desire from members to receive more education about energy initiatives. In 2022, Aamjiwnaang First Nation was successful in securing funding through the Independent Electricity System Operator's (IESO) Education and Capacity Building Program. These funds will be used for:

- Youth Engagment Support (part-time student paid position)
- Monthly workshops
- Seasonal newsletters
- End of season field trips
- Developing a Step-by-Step Community Energy Guide
- Creating a Community Energy Club



## Introducing Trent

Hello everyone, my name is Trent Smith and I have started in the role of Youth Engagement Support to work alongside our Community Energy Champion, Emma Franklin. We are located at the Chippewa Industrial Developments Ltd. (CIDL) office building at 510 Williams Drive. Emma and I will be running monthly Community Energy Workshops and seasonal field trips to offer energy efficiency, generation, and conservation experiential learning opportunities.

A little bit about me, I grew up in Thunder Bay, Ontario and I am a status first-nations individual, my home community is Webequie. Webequie is an isolated, fly-in community located in northern Ontario. I am a father to two children, Colin who is 4 years old and Kaydence who is 8. They are my pride and joy and the reason I do not stop everyday.

I moved to Windsor, Ontario in 2015, where I completed the two-year college course in accounting at St. Clair College and welcomed my son Colin in April of 2018. My family and I relocated to the Sarnia-Lambton area in the summer of 2020 and fell in love with the community here and I am proud to call this place my home. While working with Aamjiwnaang, I will be continuing my studies to achieve a Bachelor of Commerce in Accounting.

If there is one message I could give from my student career, is you are never to late go back to school and the sky is your limit for your level of education.

**If you would like to receive an electronic version of the seasonal newsletters, please contact Community Energy Champion, Emma Franklin via e-mail at [efranklin@aamjiwnaang.ca](mailto:efranklin@aamjiwnaang.ca)**



# Community Energy Workshops and Field Trips Planned for 2023

## Spring

March Workshop - Energy & Transportation  
April Workshop - Household Energy Efficiency  
May Workshop - What is Carbon Net Zero?  
June Workshop - Community Building Retrofits  
Spring Field Trip - University of Western Green Campus Tour  
& Picnic at Fanshaw Dam

## Summer

Summer workshops will focus on renewable energy generation.  
July Workshop - Biomass Energy  
August Workshop - Solar Energy  
September Workshop - Wind Energy  
Summer Field Trip - Giiwedini Noodin tour - Grand Bend Wind Farm

## Fall

Fall workshops and field trips will focus residential energy initiatives.  
October Workshop - Energy Conservation Night - Family Awareness Night!  
November Workshop - Smart Appliances & Thermostats  
December Workshop - Household Solar Solutions  
December Field Trip - Solar Farm

**We encourage community members of all ages to join the workshops.  
There will be fun energy themed activities for kids.**

**Food will be provided during the workshops and fieldtrips.  
Transportation will be provided for the field trips.  
Priority for the field trips will be given to those who have attended workshops.**

**For more information, please contact Community Energy Champion,  
Emma Franklin via e-mail at [efranklin@aamjiwnaang.ca](mailto:efranklin@aamjiwnaang.ca)**

**Events are subject to change & space availability.  
Keep an eye out for any changes or updates in the Tribe-Una or on the  
Aamjiwnaang First Nation Community Energy Champion Facebook page.**

# Community Energy Workshop #3: Energy & Transportation

## JOIN US FOR A DISCUSSION ON ENERGY & TRANSPORTION

The third monthly Community Energy Workshop will explore how energy and transportation are interconnected, different modes of transportation, and ways to save money while reducing greenhouse gas emissions.

Workshop participants will receive a **FREE** Energy Saving Kit (one per household)

**WEDNESDAY, MARCH 15TH  
6 PM - 7 PM**

### Senior's Lounge

Maawn Doosh Gumig  
Community & Youth Centre

- Dinner & Desserts
- Draw Prizes

## WORKSHOP TOPICS



Public transportation  
opportunities &  
limitations



Carpooling &  
car sharing



Exploring electric &  
hybrid vehicle options



Active  
transportation  
alternatives



For more information please contact  
Community Energy Champion  
Emma Franklin  
[efranklin@aamjiwnaang.ca](mailto:efranklin@aamjiwnaang.ca)



Aamjiwnaang First Nation Community Energy Champion





Aamjiwnaang Children/Youth Services Presents:

# Land Based Youth Exchange

Open to Aamjiwnaang Children,  
Youth, and their families!



**FRIDAY, MARCH 17, 2023  
10:00 AM**

**SUGAR BUSH - AAMJIWNAANG**

Join us for a day of storytelling, teachings,  
a demonstration of tree tapping, and sap tasting.

We will end our day with a fish fry and soup around a fire.

**Space is limited. Registration is required.  
Rides are available.**

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





MAAWN DOOSH GUMIG COMMUNITY AND YOUTH CENTRE  
1972 VIRGIL AVE, AAMJIWNAANG FIRST NATION



### SERVICES AVAILABLE

- Naturopathy
- Reflexology
- Massage
- Yoga
- Live Blood  
Cell Analysis
- Nutrition
- Reiki
- Life Coaching
- Aromatherapy
- Chippewa  
Medicine Way
- Herbal Remedies &  
more!



## WELLNESS EXPO

This Wellness Expo will introduce  
you to local practitioners,  
treatments & resources available  
that are here to assist you along  
your own personal path of health  
& wellness.

### EVENT DETAILS

*The first 20  
people will receive  
a free gift bag!*

**FREE ADMISSION**

**Saturday  
March 18th  
10 A.M. to 2 P.M.**

*Mini Workshops  
Meditations  
Yoga  
Massages*

**TO REGISTER, CONTACT JANELLE NAHMABIN**  
*call 519-332-2929  
email [calmnscents1001@hotmail.com](mailto:calmnscents1001@hotmail.com)*



# AAMJIWNAAG HEALTH CENTRE **WELLNESS CLINIC**

## **SATURDAY, JUNE 3RD**

**\$45 Dog \$40 Cats**

- Rabies & Core vaccinations
- Heart Worm Testing
- Microchip
- Deworming
- Flea & Tick Medications available  
for additional \$



**GRAND RIVER  
VETERINARY  
HOSPITAL**



**TORONTO  
HUMANE  
SOCIETY**

To schedule your appointment please call Roberta at 332-6770 ext. 313.

Payment to finance must be made to confirm your appointment.

Payment can be made in person or by e-transferring to [finance@aamjiwnaang.ca](mailto:finance@aamjiwnaang.ca)

**MAAWN DOOSH GUMIG | 1972 VIRGIL AVE.**

*You're invited*



# WOMEN'S WELLNESS M O V I E Night

**Thursday, March 23 5PM**

Wear your pajama's or something comfy.  
We will have pizza and snacks!

Please sign up on this post, call, or email Amy.  
519.384.1955 or [awilliams@aamjiwnaang.ca](mailto:awilliams@aamjiwnaang.ca)

*Aamjiwnaang Health Centre*







# INTRODUCTION TO AAMJIWNAANG CULTURAL NIGHTS

**JOIN US FOR DINNER AND AN  
INTRODUCTION NIGHT TO KICK OFF  
OUR CULTURAL GATHERINGS**

**We will be showcasing dance demonstrations  
with teachings about the different dance styles**

**FRIDAY, MARCH 24, 2023**

**5:30PM - 8:00PM**

**MAAWN DOOSH GUMIG**

Dinner at 5:30 pm  
Dance demonstrations 6:00 pm

**Registration required - Rides are available**

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





# HEALTHY COOKING

On A Budget

WITH SAMANTHA DOXATOR

FRIDAY, MARCH 24TH  
10AM - 3PM  
Maawn Doosh Gumig

To sign up please call Roberta @  
519-332-6770 Ext.313

Deadline to signup is March 17th.  
Draw if necessary on March 20th.

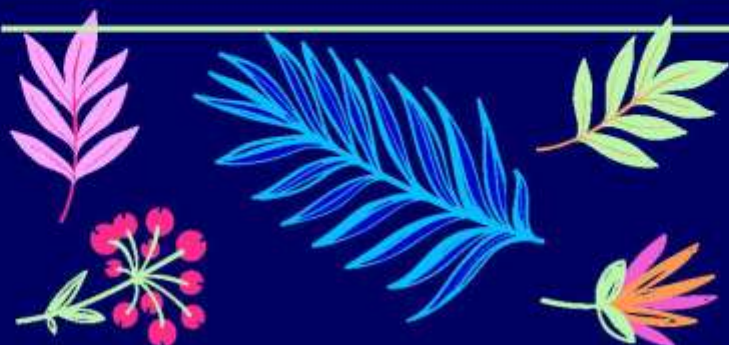
In Partnership with Ontario Works.



**AAMJIWNAANG HEALTH CENTRE**  
**REFLEXOLOGY WITH SHELLY NELSON**

---

---



- **Mondays in March 2023 (Mar. 6, 13, 20)**
- **1 hr. appointments starting at 9 am til 3 pm.**
- **Call Health Centre reception at (519) 332-6770 to book your appt.**



**\*Open to Aamjiwnaang community members 18+.**





Door Prizes!!

Food!!

Crafts!!

We are also looking for 2SLGBTQAI+ volunteers.

Please send an email to [mbressette@soahac.on.ca](mailto:mbressette@soahac.on.ca) if interested.

Come join as we make tote bags!  
SIGN UP REQUIRED. Please call Mikeesha at the health centre.



AAMJIWNAANG HEALTH CENTRE

# 2SPIRIT YOUTH DROP-IN



IN PARTNERSHIP WITH DIVERSITY ED.

A safe space for 2SLGBTQAI+ folks and allies to hangout, socialize and explore our culture

Location: Maawn Doosh Gumig Community Centre  
Date: 4th Thursday of every month, beginning March 23  
Time: 2:30PM-5PM  
Open to 14-18 yr old 2SLGBTQAI+ members and allies

Any questions? Please contact Mikeesha at  
519-332-6770 ext. 309





**THURSDAY, MARCH 16TH**  
*Sweatlodge Teaching*  
**With**  
**WENDY HILL**



10AM - 12PM  
AAMJIWNAANG  
HEALTH CENTRE

Please call Natalie @ 332-6770 ext. 326 to sign up.

*Women's Sweat*

BEGINS @ 6PM  
AAMJIWNAANG  
COMMUNITY CENTRE





*Please join us*

# Recovery Group

**EVERY other Tuesday from  
5PM - 7PM**

**March 7 & 21**

**April 4 & 18**

**May 2, 16, & 30**

## Aamjiwnaang Health Centre

**1300 Tashmoo Ave**

For more information please contact  
Kayla/Michelle/Alphonse/Amy at  
519.332.6770







The 2023 Pow Wow Committee is seeking quotes for sashes.

#### SASH TENDER

- 1) Jr. Aamjiwnaang Princess
- 2) Sr. Aamjiwnaang Princess
- 3) Aamjiwnaang Ambassador
- 4) Aamjiwnaang Brave

#### Must have:

- 1) Aamjiwnaang logo
- 2) Ojibwe floral design
- 3) Wording (60th Aamjiwnaang Pow Wow)
- 4) Year (2023 - 2024)
- 5) Fringe

#### Tender must include:

- 1) Drawing of design and colors.
- 2) Cost/Materials being used.
- 3) Start/finish date.
- 4) Length and width of sash.
- 5) Name, Phone number, Address, Email & preferred method of contact.

Sashes are required to be finished by June 1, 2023, and submitted to the pow wow coordinator.

**DEADLINE TO SUBMIT QUOTE: MARCH 17, 2023, BY 4:00PM TO:**

Tracy Williams  
978 Tashmoo Ave.  
Sarnia, Ontario N7T 7H5 or by email to  
twilliams@aamjiwnaang.ca



The 2023 Pow Wow Committee is seeking quotes for beaded crowns.

#### BEADED CROWN TENDER

- 1) Jr. Aamjiwnaang Princess
- 2) Sr. Aamjiwnaang Princess
- 3) Aamjiwnaang Ambassador

#### Must have:

- 1) Aamjiwnaang logo
- 2) Ojibwe floral design

#### Tender must include:

- 1) Drawing of design and colors.
- 2) Type of closing on back of crown (elastic, lacing).
- 3) Size.
- 4) Start/finish date.
- 5) References or photos of previous beaded crowns.
- 6) Name, Phone number, Address, Email & preferred method of contact.

Crowns are required to be finished by June 1, 2023, and submitted to the pow wow coordinator.

**DEADLINE TO SUBMIT QUOTE: MARCH 17, 2023, BY 4:00PM TO:**

Tracy Williams  
978 Tashmoo Ave.  
Sarnia, Ontario N7T 7H5 or by email to  
twilliams@aamjiwnaang.ca



AAMJIWNAANG JIBWAAGAMOWAS YOUNG PEOPLES COUNCIL &  
AAMJIWNAANG HEALTH CENTRE PRESENTS:

## Honoring New Life - Spring Round Dance

March 31st, 2023  
Feast 5pm  
Singing to follow  
Midnight Snack 10pm

Maan Doo! Gung Community and Youth Centre  
1972 Vinyl Avenue, Sarnia, ON  
N7T 8G2

Emcee: B.Indigirhig Deleary  
Stickmen: Matthew Isaac

#### INVITED SINGERS:

William Sticks Cottrelle  
Nolan Smoke  
Kyle Big Cande  
Lorne Pauls  
Hunter Shipman  
Sheldon Primeaux  
Caden Pego

\*All singers welcome and will be recognized\*

Best Dressed:  
1st: \$100.00  
2nd: \$75.00  
3rd: \$50.00

Hand Drum contest:  
\$300, winner takes all  
\*NON-INVITED SINGERS ONLY\*

All children must be accompanied by an adult. (Substanced free event)

#### SPECIALS:

Spool Dances  
Youth Side Step  
Adult Side Step  
Potato Dance  
Children's Dance  
Two-Step

#### Contact:

Patrick Mahmat, Community Information Officer | Phone: (519) 336-8410 | Email: youthcouncil@aamjiwnaang.ca



Aamjiwnaang Children & Youth Services and Doo  
Maan Doo! Gung are pleased to present our



## 2023 Virtual Conference CREATING SYSTEMS THAT SUPPORT INDIGENOUS CHILDREN & YOUTH

Children and youth are the future agents of change. As service providers, it is our job to support the dignity and well-being of Indigenous children and youth, their families and communities. Join us as we explore how we can improve services to meet the needs of Indigenous children and youth, as well as foster the achievement of their full potential.

**MARCH 1ST | 1-3:30 PM:**

### Decolonizing Trauma Work

TINA ARMSTRONG

**MARCH 22ND | 1-3:30 PM:**

Creating Safer Spaces for  
2SLGBTQAI+ folk, Their Families  
and Allies

CRYSTAL FACH (GIIZHIIK)

**MARCH 8TH | 1-3:30 PM:**

Supporting Indigenous Children  
and Families impacted by Prenatal  
Opioid Exposure

DR. SERENE KERPAN &  
DR. JENNIFER WALKER

**MARCH 29TH | 1-3:30 PM:**

Promoting the Wellbeing of  
Indigenous Children and Youth  
through Healthy Relationships

DR. CLAIR CROOKS

**REGISTRATION IS NOW OPEN!**  
Email [rsimon@aamjiwnaang.ca](mailto:rsimon@aamjiwnaang.ca) to get  
the link to register!

#### Please Note:

You will be required to register for each day you would like to attend!

FIRST 100 PARTICIPANTS REGISTERED WILL RECEIVE  
AN ECO FRIENDLY SWAG BAG!





Hosted by: Indigenous Student Council & Indigenous Student Centre

# POW WOW

@ Lambton College

**Thursday, April 6, 2023**  
11am to 3pm  
Athletics & Fitness Centre

**FREE ADMISSION**

Head Female Dancer: Marie Cameron  
Head Male Dancer: Talon White-Eye  
Head Drum: Black River  
Emcee: Danny Deleary  
Arena Director: Ernest Walker

**Doors Open – 10:00 am**  
**Grand Entry – 11:00 am**

**EVERYONE WELCOME**

- Drums must register to attend
- First 50 dancers registered will receive honorarium
- Schools must register
- Feast to follow pow wow

**SPECIAL: HAND DRUM CONTEST**  
1ST = \$300, 2ND = \$200, 3RD = \$100

**INFORMATION / REGISTRATION**  
Holly Altman:  
519-479-2383 | holly.altman@lambtoncollege.ca

**Vendors - Food Booth - Participation Prizes - Information Booths**

**Aamjiwnaang A.C.E.**

## \*New Program Hours

DO YOU NEED HELP WITH ENGLISH, MATH OR COMPUTER SKILLS?  
DO YOU WANT TO WORK ON YOUR JOB READINESS SKILLS?

*Come see us at the Adult Learning Program!*

Classroom Hours with Teacher Available:

Monday	9:30am - 2:00pm
Tuesday	9:30am - 2:00pm
Wednesday	9:30am - 2:00pm
Thursday	9:30am - 2:00pm

Effective: Wednesday February 22, 2023

Call us: 519-336-8410 ext. 285  
Email us: lbs@aamjiwnaang.ca

Monday to Friday 8:30am - 4:30pm  
Resource Centre 976 Tashmoo Avenue, Sarnia

**AAMJIWNAANG**

## MEMORY BOOKS

### NEW DATES

A scrapbook to hold the memories of a loved one who has died.

Pictures, writings, drawings, keepsakes, etc. compiled in a scrapbook to celebrate and honour the life of the one you lost. Timing of your loss is not a qualifier to participate in this group. Loved ones who recently began their Spirit Journey or those who have been gone for some time. This will be a safe place to mourn and celebrate your loved one with others who are grieving as well.

**HEALTH CENTRE**  
**February 27—April 17, 2023**  
**1pm—3pm**  
**This group is open to adults.**  
**Light snacks will be provided.**

Please call or email Tracey to register. 519-332-6770 ext. 317  
tgeorge@aamjiwnaang.ca

**Miigwech**

Photo Credit: Matthew Goulais

Mental Health Commission of Canada | Commission de la santé mentale du Canada | Mental Health First Aid Canada

## AAMJIWNAANG

### Mental Health First Aid

MHFA is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or a worsening of their mental health.

**Topics to be covered:**

- Mental Health and Stigma, Substance-related disorders
- Mood-related disorders, Anxiety and trauma-related disorders
- Psychotic disorders

**Please call or email to register:**  
519-332-6770 ext. 317 or tgeorge@aamjiwnaang.ca

**MARCH 20—21, 2023**  
**830am—430pm**  
**MAAWN DOOSH GUMIG**  
**Snacks and a light lunch will be provided**



## AAMJIWNAANG HEALTH CENTRE FOOD BANK



### Food Bank hours:

Tuesdays, 10 am til noon.

Thursdays, 10 am til noon.

**\*3 day rations based on family size.**

*This is on-reserve, once a month assistance, head of household (one per household).*

*\*Bring bags if you have them.*



## SOME MORE IMPORTANT HEALTH INFORMATION

### Community Members:

Please remember that if you have paperwork or reimbursements, PLEASE include your contact details: name, phone number, or email address.

If you are expecting a payment or reimbursement, you may not have included your phone number or email for me to contact you. I do follow up phone calls/emails when I receive your paperwork. I can be reached at 519-332-6770, ext. 320, Peggy.

The deadline for submissions is Mondays, noon, miigwech!

### 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. The 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.

### Are you interested in becoming a Medical Driver?

#### Responsibilities:

- Transportation to and from medical appointments for on-reserve members.
- Maintaining accurate records of all trips.

#### Requirements:

- Must have a valid driver's license, clean driver's abstract, proof of insurance related to the 'carriage of passengers', provide recent police check and Safety Standards Certificate for your vehicle.
- Some financial assistance is available to help offset these additional expenses. To learn more, please contact Peggy Rogers at the Health Centre.
- Ability to maintain strict confidentiality

Please contact Peggy Rogers at the Health Centre (519) 332-6770. Miigwech!



## 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

#### EMERGENCY 911

Southwest First Nations Crisis Response	1-866-289-0201
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
National Indian Residential School Crisis Line	1-866-925-4419

### BUSINESS HOURS 519-332-6770

Tracey George	ext. 317	cell: 226-349-5712
Max Cryderman	ext. 327	Secondary School Mental Wellness
Ashley Maness	ext. 324	Elementary School Mental Wellness
Gabby MacDonald	ext. 325	School Mental Wellness
Roberta Bressette	ext. 313	Community Wellness
Amy Vandersteen	ext. 301	Administration & Family Wellbeing
Kayla Joseph	ext. 328	Addictions & Diversion Youth
Michelle Walters	ext. 321	cell: 519-333-8787 Addictions & Diversion
Alphonse Aquash	ext. 315	cell: 519-490-5956 Addictions & Diversion

**Miigwech. Stay Safe.**

## Aamjiwnaang Housing Department

### Spring home maintenance & tips

- Check furnace and air exchanger filters. Clean or replace filters when they are dirty.
- Test the smoke detector and replace the battery.
- Check the fire extinguisher pressure gauge. Get extinguisher re-charged if needed.
- Inspect the basement for signs of water leakage.
- Check the siding and outside of your home for winter damage.
- Clean any debris from the eaves trough and downspouts. Reattach any sections that are loose.
- Inspect the grade and landscaping for property damage.
- Inspect windows and doors for operation and screens for needed repairs.
- Inspect foundation walls for cracks and leaks.
- Check furnace and air exchanger filters. Clean or replace filters when they are dirty.
- Check the chimney for and wood-burning appliance at the end of the heating season.



### Contents Insurance Reminder

It is the responsibility of the tenant to provide contents insurance for their unit. The Housing Department is not responsible for sewer damage, sewer backup, or flooding.

As per the Housing Policy and your signed housing agreement, each tenant is to provide a copy of their contents insurance policy to the housing department.

Contact an insurance broker for more information.

**NOTE:** Inspections are available every Monday. Call to book an appointment.

### Housing Committee

**June Simon** – Chairperson, Councillor  
**Lareina Rising** – Councillor  
**Ashley Jackson** – Committee Member  
**Frieda Stewart** – Committee Member  
**Randi Rogers** – Committee Member  
**Rachael Simon** – Youth Council Member

### Housing Staff

**Tracy Williams** – Housing Coordinator  
 973 Tachmoo Ave.  
 Sarnia, ON N7T 7H5  
 Phone: 519-336-8410 ext. 237  
[tracy.williams@aamjiwnaang.ca](mailto:tracy.williams@aamjiwnaang.ca)

**Sidra Yellowman** – Youth Housing Assistant  
 Phone: 519-336-8410 ext. 238  
[sidra.yellowman@aamjiwnaang.ca](mailto:sidra.yellowman@aamjiwnaang.ca)

**Garnet Williams** – Housing Maintenance  
[garnet.williams@aamjiwnaang.ca](mailto:garnet.williams@aamjiwnaang.ca)



AAMJIWNAANG HEALTH CENTRE/WEST LAMBTON HEALTH CENTRE

**ADULT (18+) Wii Fun & Games Drop In**  
We are back to Monday afternoons! - 1 PM




Come out and play bowling, golf, balance exercises, skiing, yoga, soccer, so much to choose from!  
Contact Natalie at (519) 332-6770, ext. 326 for further info.

Feb. 13/23      1 pm – 3 pm      Comm. Centre  
Mar. 6/23  
Mar. 20/23



**AAMJIWNAANG HEALTH CENTRE &  
WEST LAMBTON HEALTH CENTRE**

## MEN'S COOKING CLASS



**Tuesday, March 21, 2023**

**Noon – Health Centre**

**Come on out and try delicious recipes while learning  
about ways to improve your health.**

**Call Natalie at (519) 332-6770, ext. 326 to sign up.**

**Rides provided if needed.**



**UPCOMING  
MEN'S WELLNESS**  
with Alphonse Aquash

**FEB 2** DINNER, CRAFTS & CONVERSATION 4-7PM

**FEB 16** DINNER, CRAFTS & CONVERSATION 4-7PM

**MAR 2** DINNER, CRAFTS & CONVERSATION 4-7PM

**MAR 16** DINNER, CRAFTS & CONVERSATION 4-7PM

**MAR 30** DINNER, CRAFTS & CONVERSATION 4-7

Transportation available please call Amy at 519.384.1955  
**Aamjiwnaang Health Centre**



## WOMEN'S MONTHLY COOKING CLASS

Aamjiwnaang Health Centre

**TUESDAY, MAR. 14, 2023 | 12:00 PM**  
**HEALTH CENTRE**

COME OUT AND TRY DELICIOUS RECIPES WHILE LEARNING ABOUT WAYS  
TO IMPROVE YOUR HEALTH!

CALL (519) 332-6770, EXT. 308 TO SIGN UP.





AAMJIWNAANG HEALTH CENTRE

**CHAIR YOGA**  
(Adults 18+)  
WITH LISA ARNOLD



Starts on Thursday, January 12 – 1 pm (for 45 min.)  
Senior's Lounge – Community Centre

Contact Natalie, Health Promotion Worker, at (519) 332-6770, ext. 326 for further info.



AAMJIWNAANG HEALTH CENTRE

**KETTLE BELL & CARDIO CLASS** (with Diane Tuckey)



RING IN 2023 WITH A HEALTHIER & FIT 'NEW YOU'! YOUR BODY WILL THANK YOU FOR IT!

CLASS WILL RESUME ON WEDNESDAY, JAN. 11, 2023 – 6 PM IN THE GYM.

BRING MAT IF YOU HAVE ONE AND A BOTTLE OF WATER.




## BOOST YOUR WELLNESS (WITH DIANE TUCKEY)

EVERY TUESDAY AND THURSDAY –  
10:30 am – 11:30 am

- Open to Aamjiwnaang community members 18+.
- BRING YOUR WATER BOTTLE!

BOOST YOUR WELLNESS!

TO PROMOTE WELLBEING, COME OUT TO FAMILIARIZE YOURSELF WITH THE EQUIPMENT IN THE EXERCISE ROOM AT THE COMMUNITY CENTRE. THERE IS A PERSONAL TRAINER (DIANE TUCKEY) WHO WILL BE ON SITE TO ASSIST YOU.


AAMJIWNAANG COMMUNITY CENTRE – EXERCISE ROOM



Contact Gail at the Health Centre for further information at (519) 332-6770.

AAMJIWNAANG HEALTH CENTRE

**YOGA CLASS**




**\*\*YOGA WILL RESUME ON TUESDAY, JAN. 10, 2023!\*\***

Tuesdays 6 pm in the pavilion (gym if weather not good).

Bring your mat if you have one.

Come on out, give yoga a try for your mind, body & spirit!

- Namaste





RIGHT TO PLAY

## March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Senior and Youth movie and dinner (Off site)	2 Teen Cuisine (Cooking night)	3 No Program
6 No Program	7 No Program	8 Regular Programming	9 Regular Programming	10 No Program
13	14	15	16	17
<div> <div>←----- March Break No Program -----→</div> </div>				
20 No Program	21 Sports Night	22 Guest Speaker	23 Senior and Youth Movie and a Dinner (Off site)	24 No Program
27 No Program	28 Live and Learn (Guest Speaker)	29 Regular Programming	30 Regular Programming	31 No Program



- YOUR MENTAL HEALTH MATTERS -

WEEKLY BEGINNING  
WEDNESDAY'S 11TH JAN

# Grief & Trauma COUNSELLING

With Pam Plain MSW

Aanii, Booshee  
Waabshki Giizhik Nagek Kew ndigo Migiiz ndoodem, Aamjiwnaang ibendaagwas.  
Greetings, my name is Pam Plain, my roots are in Aamjiwnaang First Nation and reside in London, ON.  
Pam is a registered social worker who has been working in the field in multiple capacities, including healing & wellness with a cultural foundation to her field of practice since 2009. Pam is considered a natural helper & uses her spiritual intuition and ways of knowing to assist her clients on their healing path, utilizing many cultural practices and traditional medicines embedded throughout her work. She is very knowledgeable with western counselling theories and intermixes cultural practices with a two-eyed seeing approach to her work. Pam works with children, youth, and adults (ages 10 & up).

**AAMJIWNAANG HEALTH CENTRE**  
1300 Tashmoo Ave., Sarnia ON

To schedule an appointment please call the Health Centre reception @ 332-6770.

Visit us at [www.AamjiWnaang.ca](http://www.AamjiWnaang.ca) or [MyWall.com](http://www.MyWall.com)

*Your Mental Health Matters*

**NEED TO TALK?**





# Willie's Adventures



## DETROIT RED WING GAME LIST 2022-23

Coach Bus and Lower Bowl Ticket  
to Little Caesars Arena, Detroit Mi

Oct. 14<sup>th</sup> – Friday- Montreal Canadians - \$240 CDN  
"OPENING NIGHT"

Nov. 28<sup>th</sup> – Monday - Toronto Maple Leafs - \$230 CDN

Jan. 12<sup>th</sup> – Thurs. - Toronto Maple Leafs - \$230 CDN

Feb. 7<sup>th</sup> – Tuesday - Edmonton Oilers - \$200 CDN

Mar. 8<sup>th</sup> – Weds. - Chicago Blackhawks - \$200 CDN

Mar. 12<sup>th</sup> – Sunday - Boston Bruins - \$230 CDN

Mar. 18<sup>th</sup> – Sat. - Colorado Avalanche - \$230 CDN

April 8<sup>th</sup> – Sat. - Pittsburgh Penguins - \$230 CDN

Any questions you can Contact Willie at Willie's  
Adventures 519-384- 1957 or willie@cogeco.ca

## ST.PADDY'S IN PORT HURON



## PORT HURON ST.PADDY'S PUB CRAWL

\$60 CDN - Coach Bus

Saturday, March 11th, 2023

Bus leaves Two Waters (Corunna) at 10:30 am SHARP  
& Food Basics at 11:00 am SHARP and goes to the  
Brass Rail and returns at 7:00 pm SHARP Contact  
Willie at 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)



Boston Bruins

vs

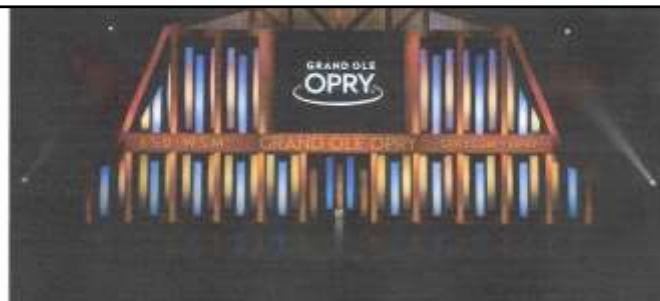
Detroit Red Wings

@ Little Caesars Arena, Detroit

Sun. March 12<sup>th</sup>, 2023 at 1:30 PM

\$230 CDN Sec.104, Coach Bus & Ticket

Bus leaves Twin Waters, Corunna at 9:00 am Food Basics  
at 9:30 am SHARP & Pt. Edward Arena 9:45 am. Small Soft  
Sided Coolers Allowed "NO STYROFOAM" stopping at  
Tom & Jerry's Party Store. Contact Willie's Adventures at  
519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)  
Preferred Charters at 1-810-982-7433



Nashville

March 30 - April 3/23

Included: Coach Bus, 4 Nights Accommodation at "HYATT  
PLACE DOWNTOWN NASHVILLE with Breakfast, 2 Queen Beds,  
and Sofa Bed in each Room. Ticket's to Grand Ole Opry and  
before Opry \$30 Gift Card for Supper at the Aquarium Restaurant,  
and Dinner, Show and Dancing at Wild Horses Saloon, and Lunch  
going to and from Nashville at the Golden Corral, Dayton Ohio. 4  
in a room \$1065 US per Person, 3 in a Room \$1165 US per Person  
and 2 in a Room \$1365 US per Person. Bus leaves Two Water  
Brewing Co, Corunna at 5:00 am SHARP, Maawn Doosh Gumig at  
5:30 am SHARP and Food Basics at 6:00 am SHARP. Contact  
Willie at 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)

A \$100 US Deposit secures your spot.:

Non-Refundable with remainder due February 27, 2023.



## TRIP TO TAMPA BAY



VS



### April 11-14/23

**2 to a Room \$1165 US Per Person****3 To a Room \$975 US Per Person****4 To a Room \$900 US Per Person**

INCLUDES: Flight to Tampa and Return (Southwest), 3 Nights Hotel (Embassy Suites- 2 Queen Beds and Sofa Bed with 2 Hr. Managers Party each Day and Breakfast), Ticket's to Both Games, Shuttle to and from Airport (Preferred Charters & Blu One Transit). Sting Stamkos T-Shirt. Bus leaves Bad Dog Corunna at 2:00 am, Food Basics Sarnia at 2:30 and Pt. Edward Arena at 2:45. \$100 US Non-Refundable Deposit required to secure seat ONLY 30 AVAILABLE. With remainder due Feb. 20<sup>th</sup>. Contact Willie at 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)

## TORONTO BLUE JAYS

VS

## DETROIT TIGERS

*At Comerica Park, Detroit*

### Saturday July 8<sup>th</sup> @ 1:10 PM

**\$140 cdn Per Person****Bleacher Seat (Sec.105)**

Includes: Coach Bus, Ticket,

Bus leaves Two Waters Corunna @ 9:30am SHARP and Food Basics, Sarnia @ 10:00am SHARP.

Ticket's Available from

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

## TORONTO BLUE JAYS

VS

## DETROIT TIGERS

*At Comerica Park, Detroit*

### Sunday, July 9<sup>th</sup> @ 1:40pm

**\$ 160cdn pp****Terrace Seat (Sec.140)**

Includes: Coach Bus, Ticket, Bus leaves Two Waters, Corunna at 10:00 am SHARP, Food Basics at 10:30 am Sharp. Soft Sided Coolers allowed & stopping at Tom & Jerry's Party Store.  
Contact Willie at 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca)  
You now pay by etransfer



## BUS TRIP TO CHICAGO

### August 24-27 / 23

Includes: Badder Coach Bus, 3 Nights at the Embassy Suites, State Street, Chicago - 2 Queen Beds, 2 Hour Managers Party and Breakfast each Morning - 2 Day Double Decker Bus Pass, and Boat Ride Saturday Night featuring Fireworks - 2 people in a room per person \$900, 3 people in a room per person \$750, and 4 to a room in a room per person \$625. All prices in American Funds. Bus will pick-up in Two Waters Corunna at 7:00 am Sharp and Maawn Doosh Gumig at 7:30 am Sharp and Food Basics Sarnia at 8:00 am Sharp. Contact Willie - 519-384-1957 or [willie@cogeco.ca](mailto:willie@cogeco.ca) \$100 US secures your spot with balance due July 10th





Sunday School starts at 10AM

**St. Clair United Church**  
978 Tashmoo Ave.

**SEE YOU in OUR Community CHURCH THIS Sunday**

 Service starts | **10:30AM**

**Everyone welcome!**

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



THE LIGHTHOUSE MINISTRY

Invites you to

**Sunday Service**


At 2pm

With Pastor Crystal Dowling



*"Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious oil upon the head, Running down on the beard, The beard of Aaron, Running down on the edge of his garments. It is like the dew of Hermon, Descending upon the mountains of Zion: For there the Lord commanded the blessing— Life forevermore." Psalms 133:1-3 NKJV*

978 Tashmoo Ave • Potluck dinner



THE LIGHTHOUSE MINISTRY

Invites you to join us for

226-886-3812



**Wednesday SERVICE**

At 6pm

With Pastor Crystal Dowling

*"Behold, how good and how pleasant it is For brethren to dwell together in unity! It is like the precious oil upon the head, Running down on the beard, The beard of Aaron, Running down on the edge of his garments. It is like the dew of Hermon, Descending upon the mountains of Zion, For there the Lord commanded the blessing— Life forevermore." Psalms 133:1-3 NKJV*

978 Tashmoo Ave • Fellowship

# Nishnaabeman! - Speak Ojibwe!

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

## Aaniish Na? – How are you?

Use the kidwinan with your family and friends in language!

Zhaagnaashimowin	Anishinaabemowin	Pronunciation
I am happy	N'gchi-nendam	N-gi-chi-nen-dum
I am tired	Nda-yekos	N-du-ye-kos
I am well	Mino ya	Min-o-ya
I am sick	N'daakwos	N-dawk-wos
I am sad	N'maanaadendam	N-maw-naw-den-dum
I am scared	N'zegis	N-ze-gis
I am angry	N'shkaadzi	N-sh-kaw-d-zi
I am laughing	N'baapi	N-baw-pi
I am hungry	N'bakde	N-buk-deh
I am full	N'depsinii	N-dep-sin-ee
I am shy	N'zhagwenim	N-zhug-we-nim
I am crying	N'mwi	N-mw-e
I am sorry (Didn't mean to)	Gaawiin Jida	Gaw-ween-ji-du
I am cold	N'biingej	N-been-gej

Created by Jessie Plain

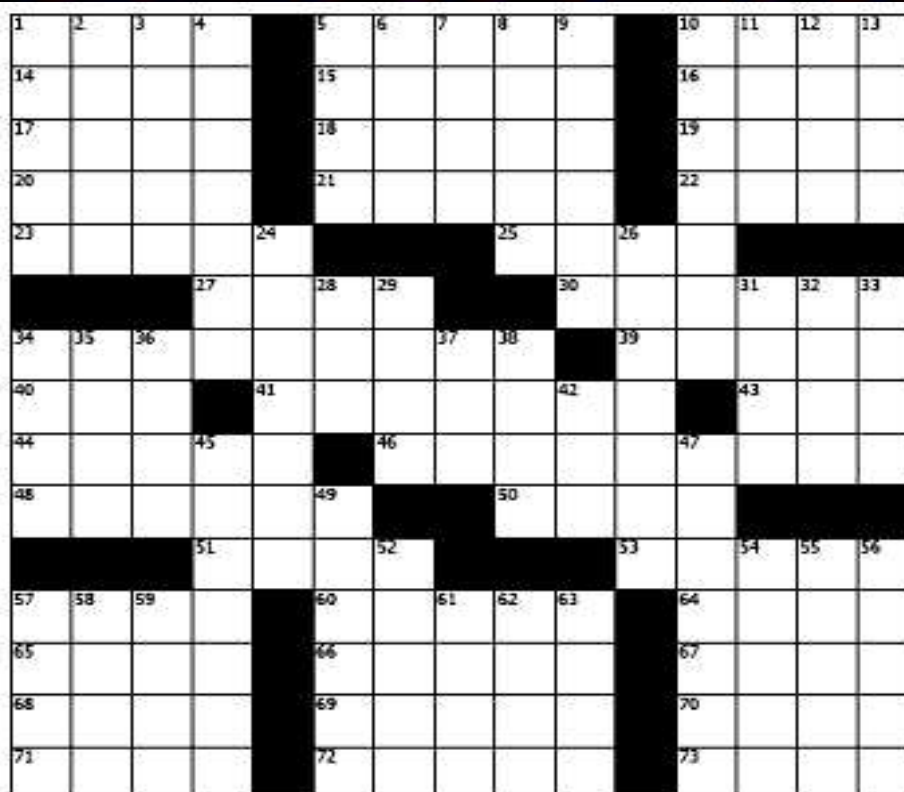




# CROSSWORDS

## Across

1. Rank and \_\_\_\_
5. Stockpile
10. Fellow
14. Thought
15. Steam bath
16. German mister
17. Male sheep
18. Singer \_\_\_\_ John
19. Famed canal
20. Injection
21. Audibly
22. Whirlpool
23. Hues
25. Poise
27. Musician \_\_\_\_ McEntire
30. Detest
34. Cleaned (clothes)
39. Transparent
40. Swiss peak
41. Lure
43. Gun lobby (abbr.)
44. Portly
46. Love songs
48. 14-line poem
50. Ship's bottom
51. Comedian Sandler
53. Speaks wildly
57. Store away
60. Pulls apart
64. Royal address
65. Minnesota's neighbor
66. "Sesame Street" character
67. Acute
68. Layer
69. Wash lightly
70. Served perfectly
71. More
72. Direct
73. Loch \_\_\_\_ monster



## Down

1. Earliest
2. Boise's state
3. Yellow fruit
4. Opposite of western
5. Yachting
6. Shopping center
7. Detroit product
8. Muzzle
9. Summer shoe
10. Speedy cat
11. Cattle group
12. Desertlike
13. Hunted animal
24. Tranquilized
26. Kevin \_\_\_\_ of "Dances with Wolves"
28. Gamble
29. Martial \_\_\_\_
31. Care for
32. Present!
33. Periods in history
34. Girl
35. Choir member
36. On top of
37. Browning's "before"
38. Unlit
42. So-so grade
45. Not cognizant
47. Juneau native
49. Spuds
52. Deserve
54. Female relative
55. Orchard members
56. Transmits
57. Spot
58. Work hard
59. Is indebted
61. English princess
62. Move upward
63. Fortuneteller

### 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

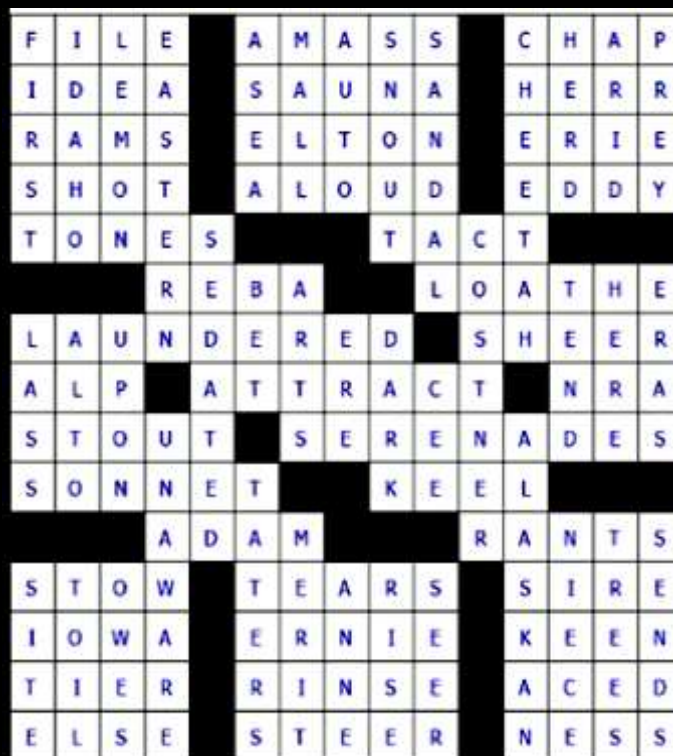
<http://www.sfns.on.ca/>

Aboriginal Affairs & Northern

Development Canada

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

## CROSSWORD SOLUTION



### 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, March 24th, 2023**

**The deadline for submissions is  
Wednesday, March 22nd, 2023 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)