



# AAMJIWNAANG FIRST NATION'S Chippewa Tribe-UNE



## Little NHL 2024

50<sup>th</sup> Annual Tournament

March 10-15, 2024

*Hosted in Markham by your Little  
NHL Executive*

### THE HISTORY

The Little Native Hockey League (Little NHL) tournament began in 1971 through the efforts of five very special people who wanted to start a tournament for our First Nation youth. These people were the late Earl Abotossaway, former Chief Jim McGregor, the late James D. Debassagie, the late Reverend Leonard Self and the late Norman Debassagie. Their collective dreams became a reality when they held their first tournament during the Christmas break of 1971.

It is a great honour to keep up the tradition of the Little NHL tournament started by these special individuals. Many First Nation communities have hosted the tournament over the 49 year history, including Aundeck Omni Kaning, Curve Lake, Dokis, Fort William, Garden River, M'Chigeeng, Moose Cree, Nipissing, Sagamok, Saugeen, Six Nations, Walpole Island, Wausauksing, Wikwemikong, Whitefish Lake, Whitefish River, and Aamjiwnaang. Many of our former L'NHL'ers have gone on to various levels of Hockey excellence with "AA", "AAA", Tier II, Junior B, College /

University, OHL and NHL level of play. The caliber of players gets better with each passing year, while the spirit and intent of the tournament created by the founders remains the same. The tradition continues today with the four pillars of Education, Citizenship, Sportsmanship and Respect. "It's not if you win or lose, but how much you tried and how fairly you played." Former Chief Jim McGregor

\*Please note: specific divisions at specific arenas are subject to change\*

### TYKE

i - Stouffville Arena - [click for google map](#)

1C2, 12483 Ninth Line, Whitchurch-Stouffville, ON

j - Stouffville Clippers Sports Complex - [click for google map](#)

120 Weldon Rd, Whitchurch-Stouffville, ON L4A 1N2

Games will run from Mon March 11 – to Wed March 13 at noon

### U9 (Novice)

Tom Graham Arena – Richmond Hill - [click for google map](#)

1300 Elgin Mills Rd E, Richmond Hill, ON L4S 1M5

### U11 (Atom)

b - Angus Glen - [click for google map](#)

3990 Major Mackenzie Dr E, Markham, ON L6C 1P8

### U13 Peewee

c - Thornhill Community Centre - [click for google map](#)

7755 Bayview Avenue, Markham, Ontario, Canada, L3T 4P1

### U15 (Bantam)

d - R.J. Clatworthy Arena - [click for google map](#)

2400 John Street, Markham, Ontario, Canada, L3T 6G7

Elvis Stojko Arena - [click for google map](#)

350 16th Ave, Richmond Hill, ON L4C 7A9

### U18 (Midget)

f - Centennial Arena - [click for google map](#)

8600 McCowan Road, Markham, Ontario, Canada, L3P 3M2

h - Markham Village Community Centre - [click for google map](#)

6041 Highway 7, Markham, Ontario, Canada L3P 3A7

### Girls Divisions

e - Milliken Arena - [click for google maps](#)

7600 Kennedy Road, Markham, Ontario, Canada, L3R 9S5

a - Crosby Memorial Community Centre - [click for google map](#)

210 Main St Unionville, Unionville, ON L3R 2G9

# Mino Dbishkaayin-Happy Birthday

Kareem Alexander	Mar. 8	Megan Kolberg	Mar. 15
Nicholas Cottrelle	Mar. 8	Cheryle Mason	Mar. 15
Elizabeth Jackson	Mar. 8	Alexandra Nunnamaker	Mar. 15
Vincent Joseph	Mar. 8	Leslie Peters	Mar. 15
Bailey Maness	Mar. 8	Everleigh Rogers	Mar. 15
Cain Gould	Mar. 9	Derek Simon	Mar. 15
Miimiikwe Spring Bird	Mar. 9	Jaclyn Gray	Mar. 15
Anthony M Plain	Mar. 9	Amanda Westfall	Mar. 15
Sean Rogers	Mar. 9	Kayla White	Mar. 15
Rain Simpson	Mar. 9	Brianne Brooks	Mar. 16
Ashley Williams	Mar. 9	Raiyah James	Mar. 16
Ashton Williams	Mar. 9	Harland Joseph	Mar. 16
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		



Happy 3rd  
Birthday Cain.  
Love Your  
Family

WTF....What the Forty!!  
Happy 40th Birthday  
Becky.  
Best wishes for a  
healthy trip around the  
sun.  
Lots of Love from your  
Lucky Family.



3Times the fun  
3Times the  
cuteness  
Happy 3rd  
Birthday Cain.  
Lots of love  
always  
Uncle Dan, Aunt  
Buck and your  
Cousins.



## TOBACCO ALLOCATION DISTRIBUTION NOTICE

February 2023

All Aamjiwnaang Band Members who are interested in retailing quota cigarettes through the Ministry of Finance are asked to submit a complete application in a **SEALED ENVELOPE** to:

Band Manager  
978 Tashmoo Ave  
Sarnia, ON  
N7T 7H5

APPLICATIONS AND THE APPROVED POLICY ARE AVAILABLE AT THE BAND OFFICE **STARTING MARCH 8<sup>TH</sup>, 2024.**

- Complete application must be received by **4:30 PM on March 15, 2024.**
- Applicants must have the ability to purchase a minimum number of cartons in advance.
- Copy of Registered Business Number. Supporting documents included.
- Insurance Policy
- Late applications for request of quota cigarettes **will not** be considered.
- Incomplete applications **will not** be considered.
- Cigarettes include Export A, Players, DuMaurier and other non-generic brands.
- A decrease in allocation may occur year to year due to an increase in retailers.
- For business that received an allocation in 2023/2024 **YOU MUST PAY THE TOBACCO surcharge** for the period of April 1, 2023, to March 31, 2024 by **March 15, 2024.** If this fee is not paid you will not be eligible for quota for 2024/2025.
- **TOBACCO CONTROL FOR MINORS**
  - a) Chief and Council is conscious of provider compliance to eliminate the ability of children and youth younger than nineteen to purchase tobacco products in community retail operations.
  - b) Retailers shall sell tobacco in accordance to federal guidelines regarding "the sale of tobacco to minors".



**AAMJIWNAANG  
FIRST NATION  
Band Council**

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

**NOTICE**

Aamjiwnaang Leadership Council is seeking Letters of Interest for Aamjiwnaang members to fill a vacant spot on the Education Committee for the remainder of the 2022/ 2024 term. Please submit your Letter of Interest to:

Education Committee  
c/o Ashley Jackson, Council Clerk  
978 Tashmoo Ave Sarnia, ON N7T 7H5 or Fax: 519-336-8410 or  
Email: [ajackson@aamjiwnaang.ca](mailto:ajackson@aamjiwnaang.ca)

**DEADLINE** for submissions: March 22, 2024 at 4:00 PM.

**Miigwech/Thank You**



**AAMJIWNAANG  
FIRST NATION  
Band Council**

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

**NOTICE**

Aamjiwnaang Leadership Council is seeking Letters of Interest for Aamjiwnaang members to serve on a Community Safety Committee. Please submit your Letter of Interest to:

Community Safety Committee  
c/o Ashley Jackson, Council Clerk  
978 Tashmoo Ave Sarnia, ON N7T 7H5 or Fax: 519-336-8410 or  
Email: [ajackson@aamjiwnaang.ca](mailto:ajackson@aamjiwnaang.ca)

**DEADLINE** for submissions: March 22, 2024 at 4:00 PM.

**Miigwech/Thank You**

## Notice to Community

### Re: Bluewater Power Water Arrears

Due to long standing individual collection issues Bluewater Power and the City of Sarnia will now perform *water disconnections for non-payment*.

Bluewater Power will adhere to the following guidelines for notices and enforcement of disconnections:

**Notice 1** – Once an account reaches \$300.00, the customer will receive an Overdue Notice which is a friendly reminder of the amount owing. This notice will be mailed out.

**Notice 2** – Once the account hits \$500.00 the customer will receive a Disconnection Notice that will include the date range of the disconnection period. The disconnection period will start 14 calendar days from the date on the letter and the range for the disconnection will be 14 calendar days (ie. within a 2-week period the water supply will be disconnected). This notice will be mailed out.

**Notice 3** – If the account remains unpaid and no suitable payment arrangements have been made, the customer will receive a Tag order that will indicate the water will be disconnected in 3 business days. This notice will be hand-delivered by BWP. At this time, we will notify AFN as well as the City of the possibility of a disconnection in 3 days.

**Notice 4** – 24 hours before the disconnection, BWP will attempt to contact the customer one last time by phone to inform them their water will be shut off the following day. BWP will notify AFN and arrange the disconnection with the City.

A total of four (4) notices will be issued prior to disconnection and every effort will be made to work with customers to avoid disconnection. Each mailed notice will include resources available to help in situations of financial hardship. We believe the above guidelines will allow for adequate notice to avoid disruption of services.

Miigwetch for your understanding and cooperation.



**AAMJIWNAANG FIRST NATION****HOUSING DEPARTMENT**

978 Tashmoo Ave.

Sarnia, ON N7T 7H5

Telephone: 519-336-8410

Fax: 519-336-0382

[www.aamjiwnaang.ca](http://www.aamjiwnaang.ca)**ATTENTION AAMJIWNAANG FIRST NATION MEMBERS:**

The Aamjiwnaang First Nation Housing Department is now accepting **NEW APPLICATIONS** for a two (2) bedroom seniors rental unit. Applications must be completed and have all requested information attached. Incomplete applications will **NOT** be accepted.

Band Rental Unit is located at **1171 Chippewa Cres**, the rental rate for this two (2) – bedroom unit is \$425.00 utilities included (hydro, gas and water).

This successful applicant will have to pay the first month's rent of \$425.00. The successful applicant will have to sign a rental agreement with the First Nation.

- The successful applicant will have to sign a rental agreement with the First Nation.
- The successful applicant must provide proof of content's insurance coverage.
- The successful applicant must have a move in inspection done before moving in.
- Applicant must be 55+.

Applications are available online at [www.aamjiwnaang.ca](http://www.aamjiwnaang.ca) or by emailing [oforestell@aamjiwnaang.ca](mailto:oforestell@aamjiwnaang.ca). Applications must be returned to the Housing Department no later than **March 15, 2024 by 4:00pm.**

**\*\*\* IF YOU SUBMITTED AN APPLICATION PRIOR TO THIS POSTING YOU WILL HAVE TO RE-SUBMIT A NEW APPLICATION. NO EXCEPTIONS. \*\*\***



**Rhynos**  
**Renovations**

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



**Roger Williams'**  
**A U T H E N T I C**  
**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

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**WE MAKE  
CUSTOM KITS!**

- HERBAL TEAS
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- SMUDGE SUPPLIES
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- CLASSES & WORKSHOPS
- BOOKS
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- JEWELRY
- CRYSTALS
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**100%**  
ANISHINAABE  
OWNED & OPERATED

174 CHRISTINA ST. N  
SARNIA, ONTARIO



SCENT LIST, JETSON SCENT:

SHEDDING, PAGE, CEDAR, LAVENDER,  
CHAMBERLAIN, THISTLE, VANILLA, SHEET  
ORANGE, THE AMBLES, WYOMING, THE  
PINEAPPLE, THE LITTLE, THE LITTLE,  
STRAWBERRY, GINGER, LATE, PINK, CHERRY,  
COCONUT, FRAGRANCE, PINK, CHERRY,  
THE AMBLES, SATE, THE LITTLE,  
PEACHES & CREAM, CASSIOWAY, NAG, CHAMPA,  
BRONCO, BLOOM, PINK, PINK, PINK, PINK,  
CANDY, FULL, APPLE, CHERRY, CHERRY, CHERRY,  
CHRISTMAS, THE, CREAM, BROWN, BROWN,  
WAGONS, THE, CHERRY, CHERRY, CHERRY,  
CHERRY, CHERRY, CHERRY, CHERRY, CHERRY,

Natural Bodycare

### Natural Skincare

### Coconut Soy Candles

PLEASE VISIT:  
WWW.INTENTIONNATURAL.CA  
FOR THE MOST UPDATED  
INFORMATION

FREE DELIVERY WITHIN  
LAMBTON COUNTY

### Featured Products:

Body Mist, Bath bombs,  
Vitamin C face cleanser,  
Deodorant, Face serum,  
Whipped Body butter,  
Tinted lip balms, Natural  
cream, Magnesium Cream,  
Coconut soy candles, Sago  
buddles, Sweetgrass  
buddles.

**INTENTION**  
**A NATURAL**  
**COMPANY**  
Indigenous  
OWNED BUSINESS

**intentionnaturalco@gmail.com**

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 Chippewas of Sarnia

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## EMPLOYMENT OPPORTUNITY

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**Position Title:** Resource Teacher

**Location:** Sarnia, ON

**Duration:** Permanent, September – June annually

**Posting Closes/Deadline:** March 18<sup>th</sup>, 2024

**Tentative Interview Date(s):** March 21<sup>st</sup>/22<sup>nd</sup>, 2024

### Overview of the Position

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The Resource Teacher is an education professional who provides support to the school in a variety of areas to support student achievement and wellbeing. The Resource Teacher will provide opportunities for differentiating instruction, build literacy and numeracy strategies and work with classroom teachers to strengthen our instructional capacity; case manage students in a small school environment and ensure adequate data collection to monitor student academic and social growth and report learning outcomes.

### Responsibilities

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- Coordinate early learning supports for primary students
- Work collaboratively with special education team to develop programming
- Implement Applied Behavioural Analysis (ABA) strategies
- Implement and enforce Universal Supports
- Provide coaching and modeling to classroom teachers and support staff and participate in small group instruction
- Provide resource support to classroom teacher and assist and implement accommodations put in place for student success.
- Attend school-based team meetings and other meetings when required
- Work collaboratively with AKG staff and outside agencies for student assessments
- Build continued growth of literacy and numeracy success for students by utilizing programs such as Heggerty Phonemic Awareness, UFLI and MathUP
- Be willing to participate and offer in-house training for school staff
- Act as a liaison between the family and community/clinical services to support the development and implementation of student support services
- Participate in student transition meetings
- Submit internal reports to supervisor as required

### Other:

- Other duties as assigned.

### Minimum Requirements

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- Degree in Education in good standing with the Ontario College of Teachers
- Ability to work positively in a team environment
- Proven successful experience working with students with a range of exceptionalities.
- High level of appreciation and sensitivity to Indigenous issues, beliefs, and values.
- Must successfully pass the vulnerable sector screening and criminal record check.

- Excellent technology skills and ability to multi-task
- Knowledge of Indigenous culture an asset.
- Excellent oral and written communication skills
- Ability to deliver to accept constructive criticism and feedback

### **Other Considerations**

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

Preference may be given to First Nation candidates with relevant on reserve employment and/or those with knowledge and understanding of Aamjiwnaang and history and community.

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The above statements are intended to describe the general nature and level of work being performed by the incumbent(s) of this job. They are not intended to be an exhaustive list of all responsibilities and activities required of the position.

### **Application Process**

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If you are interested in this opportunity, kindly forward your resume and cover letter via mail, email, or fax to:

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)



Tribal Custom Insurance Services Inc.

### Employment Opportunity

**Position:** Receptionist

**Location:** Tribal Custom Insurance Services Inc.

**Duration:** Full Time

**Hours:** Full Time Hours: Monday – Friday , 8:30 a.m. – 4:30 p.m.

**Posting Closes:** April 1, 2024

**Summary:** We are looking for a front desk receptionist. Pay to be determined based on experience. Start date to be determined.

#### Responsibilities:

- Answering phone calls
- Maintaining client records
- Undertaking general administrative duties
- Filing and scanning
- Data entry
- Other duties as assigned

#### Requirements:

- Detail oriented
- Excellent written and communication skills
- Must be reliable and punctual
- Understanding of Microsoft Office Products (Word, Excel)
- Ability to work with the public in a friendly and courteous manner

**Application Process:** If you are interested in this opportunity, kindly forward your resume and cover letter via email or fax to:

Tribal Custom Insurance Services Inc.  
2-1000 Degurse Drive, Sarnia, ON N7T 7H5  
Attention: Burk Peters, CEO  
[bpeters@tribalcustominsurance.com](mailto:bpeters@tribalcustominsurance.com)  
or  
Fax: 519-332-5982

**Please note only successful applicants will be contacted for an interview.**



## Aamjiwnaang Mental Wellness Drop In

- Open to community members of Aamjiwnaang.
- Our Outreach staff will be there to provide information, supportive services and advocate for your needs.
- You can visit to warm up in the winter and cool off in the summer.
- If you need, we will provide transportation to showers and laundromat.
- There is access to a computer for information and filling out forms.
- Nurses can be available for information or to assess health conditions as needed, other community supports can be met here as well.
- You are welcome to come over for a coffee and conversation.
- If you'd like to donate items for our guests please stay tuned, we'll let you know what is needed. MIIGWECH

**OPEN Monday—Friday**  
**9am—4pm**

**970 Tashmoo (Blue Building)**

**You can reach us at**  
**519-336-8410 ext 211**  
**or 519-332-6770**

## ***Hospice like Space***

### **Artwork**

The Health Committee and the Home and Community Care Program are looking for Artwork made by members of our community for the Hospice Like Space.

If you have some artwork you would like to submit for consideration please submit a photo, a description including the size, background of the art, your contact information, and the cost of your artwork to:

Robin Wood

At the Health Centre

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

Examples of art that we are looking for: wall art, painted pictures, quilts, decorative pillows, wall hanging woodwork, wood carvings, wind chimes.

Deadline for submissions: April 12, 2024



### **Year End Medical Transportation Payments**

All trips dated March 31 or prior must be handed in by Friday, April 5.

If you have trips dated March 31 or prior and you miss the deadline we cannot reimburse them due to funding criteria.  
Miigwech.

## **Volunteer Tax Clinics**



**Need help with your Income Tax return?**

If your income is modest and your tax situation is simple, volunteers from our Community Volunteer Income Tax Program can help you free of charge!

**Friday April 12  
9:30am - 3:30pm**

**Maawn Doosh Gumig Community Centre  
1972 Virgil Ave.  
Aamjiwnaang FN**

**To book an appointment please contact  
Winterson at 519-491-2160**

This service is provided by The Inn of the Good Shepherd



Go to [canada.ca/taxes-help](https://canada.ca/taxes-help) or call 1-800-959-8281 for more information.



Canada Revenue  
Agency

Agence du revenu  
du Canada



United Way  
Samia-Lambton



## SECURITY GUARD TRAINING

Complete a 40 hour Security Licence Training Program with a First Aid and CPR Certification and receive your Training Completion Number

The Hughes Intelligence Security Guard Training Course meets the Ontario requirements for security guard training. It covers all the requirements and is designed to fully prepare you for the Ontario exam. The course is easy to follow and engaging with a practice test that lets you gauge your own readiness for the licensing exam.

Upon completion of the security guard training course, you will receive a Training Completion Number which you will need to register for the Ontario Security Guard exam.

To be eligible for an Ontario security guard licence you must:

- Be 18 years of age or older
- Have a clean criminal record
- Complete the mandatory training and exam requirements
- Have a current Emergency First Aid/CPR certificate

If you have been convicted (and not pardoned) of any of the 80+ criminal offences listed in the Ontario regulation, Eligibility to Hold a Licence – Clean Criminal Record, you will not be able to obtain or renew a security guard license.

**Maawn Doosh Gumig**

**March 25 – 29, 2024**

**9:00am – 4:00pm**

First Aid & CPR will be offered on April 2-3, 2024 from 9am-4pm

Smart Serve will be offered on April 4, 2024 from 10am-2pm

This will complete the security training.

Employment & Training application form must be complete and handed in by March 15<sup>th</sup>, 2024 at 4:00pm

Contact Melissa Medeiros at 519-336-8410 ext. 249 or [mmediros@aamjiwnaang.ca](mailto:mmediros@aamjiwnaang.ca) to register.

## SOCIAL INSURANCE NUMBER

CLINIC



This is not an information session or a workshop; instead, the representative will meet with each applicant privately, review documents, and issue the SIN confirmation on the spot if the applicant qualifies. All are welcome to attend; this is on a first come, first serve basis.

Must have birth certificate and another form of identification.

The representative will also be able to assist with Passport applications, unemployment insurance, and old age pension.

**Aamjiwnaang Community Centre**

**Tuesday, March 26th, 2024**

**2:00—5:00pm**

If you have any questions please contact Mellissa Medeiros at (519) 336-8410 ext. 249



- YOUR MENTAL HEALTH MATTERS -

**WEDNESDAY'S**

# Grief & Trauma COUNSELLING

With Pam Plain MSW

**Aanii, Boozhoo**

Waabshki Giizhik Nagek Kew ndigo Migizi ndoodem, Aamjiwnaang dbendaagwas.

Greetings, my name is Pam Plain, I am from and reside in my community of Aamjiwnaang First Nation. 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.

*Your Mental Health Matters*

Power My Wall.com

**NEED TO TALK?**



# **ATTENTION AAMJIWNAANG YOUTH**

## **LEADERSHIP TRAINING**

- **FIRST AID/CPR – April 20 & 27 @ 9:00am**
- **SAFE FOOD HANDLING – April 13 @ 9:00am**
  - **LEADERSHIP – April 6 @ 9:00am**
  - **BUDGETING April 6 @ 12:30pm**
- **CUSTOMER SERVICE – May 4 @ 9am**

For the Summer Student Program 2024 all Aamjiwnaang Youth/Students wanting to participate will require the above training courses to apply for the Aamjiwnaang Summer Employment Program. I will be offering the Program on Saturdays to accommodate all youth wishing to take the training programs.

The training program offered will be open to all Aamjiwnaang Band members that are interested.

**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 the training start date.**

# ANISHINAABE LODGE



Aamjiwnaang's Anishinaabe Learning Lodge has undergone some improvements and is ready for community use!

Acceptable uses include:

- Teachings
- Community Events
- Gatherings
- Practicing Culture

## FOR BOOKINGS

Contact Joel Piché

519-336-8410 ext 218

or email

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

# BOWLING

## Family Pass

SPENDING TIME TOGETHER HELPS STRENGTHEN BONDS BETWEEN FAMILY MEMBERS, FOSTERING TRUST, UNDERSTANDING, AND OPEN COMMUNICATION. ENGAGING IN ACTIVITIES AND SHARING EXPERIENCES WITH FAMILY WILL CREATE LASTING MEMORIES!

AAMJIWNAANG FAMILIES WITH CHILDREN AGES 17 YEARS AND UNDER ARE WELCOME TO COME PICK UP A PASS FOR AN EXCURSION TO MARCIN BOWL AT YOUR LIESURE.

ONE PASS  
PER FAMILY



PICK UP FROM LEANNE OR MATT AT THE PREVENTION BUILDING

## ORGANIZING

## COOKING ON A BUDGET



With Samantha Doxator

# MARCH 26TH & 27TH

# MAAWN DOOSH GUMIG

# 10AM-3PM

To register please call Roberta at 519-332-6770 ext. 313



## Senior & Youth Presents March Break BINGO & Lunch

**Games • Food • Prizes**

**Monday March 11, 2024 11 am - 1pm**

Maawn Doosh Gumig - Banquet Room

Contact Megan Nahmabin for sign up

1 senior/1 youth  
Phone Number &  
Age of both  
participants

**AWESOME PRIZES  
AWAITS YOU!**

**519-491-2160 extension 104**

# Senior Coffee Time DROP-In

**Senior Coffee Time**  
**Senior's Building 1-3pm**  
**March 5 & 19, 2024**



**Happy St. Paddy's Day**  
**On March 17, 2024**  
**Hopefully someone will get lucky**  
**and find that pot of gold.**

# GAME NIGHT UPDATE

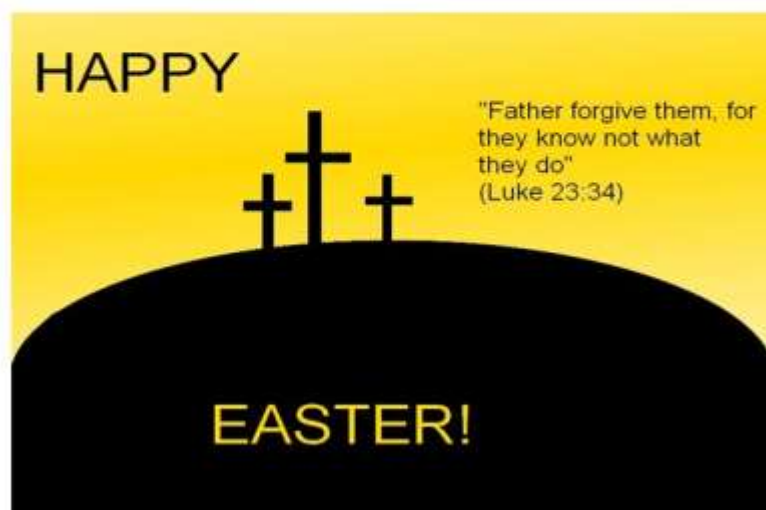
**Game Night**  
**Seniors Building 6—8pm**  
**March 12, 2024**  
**Pot Luck Game Night**  
**March 26, 2024**  
**From 5 -8pm**  
**Seniors Feasting the Drum**  
**With Ryan Joseph**  
**March 20, 2024**  
**Seniors Building 5-8pm**  
**POT LUCK—Sign up with Becky**

**NO Congregate Dining on**  
**March 6 & 20, 2024**

**Congregate Dining on**  
**March 13, 2024**  
**&**  
**Congregate Dining**  
**& Easter Bingo on**  
**March 27, 2024**

**Please bring your dabbers**

**Senior & Youth**  
**Lunch & Bingo**  
**March 11, 2024**  
**Community Center**  
**MUST SIGN UP—Check Flyer**



**Falls Prevention**  
**Lunch & Learn**  
**11-1pm**  
**Health Center**  
**Must sign up with Becky**

# **Feasting the DRUM**

## **Attention Senior Men & Woman**



**FEAST for our DRUMS**

**March 20, 2024**

**Senior's Building**

**5-8pm**

**Ryan Joseph is honouring us with his  
knowledge and  
giving us a teaching on our Drums.**

**I would like to do this in every season**

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

**MUST SIGN UP PLEASE**

**Contact Becky 519-332-6770 ext\*\*\*312**

**Thank you**

# Senior 55+ Fall Prevention

## Easy Home Modifications TO PREVENT FALLS

### Install Handrails

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



### Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.

Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.



### Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



### Install grab bars

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.



Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.



### Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



### Repair steps and flooring.

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.



For other strategies and tips to avoid falls, check out "Preventing Falls," the online guide from Harvard Medical School.  
[www.health.harvard.edu/fall](http://www.health.harvard.edu/fall)

**LUNCH& LEARN - Monday March 25, 2024**

**Health Center - CHR**

**11- 1pm**

**Come on out and learn some safety tips**

**Please sign up call 519-332-6770 ext\*\*\*312**

**MUST SIGN UP with Becky**

**Celsie & Mikeesha Bressette will be sharing their knowledge**

**To help prevent Falls—So come on out & Learn**



# SHARE MEMORIES ★ NOT ILLNESS ★

- Make sure your vaccinations are up to date
- Do not share personal items (e.g., water bottles, cups, eating utensils, toothbrushes)
- Wash your hands often with soap and water, or an alcohol-based hand rub
- Watch for signs of illness, stay home if you are sick and limit contact with others
- Cover your mouth and nose with a tissue or your upper sleeve when coughing or sneezing

Protect Your Team, Family, Friends and Community



Contact your healthcare provider or community health nurse for more information

# Aamjiwnaang Spring Equinox

## March 23, 2024

Starts at Noon (12:00 pm)

At the Maawn Doosh Gumig  
and Bear Park



Female And  
Male Sweat  
Bring a towel, at 3:30ish

Be sure to bring Semaa, towels, lawn chairs and feast bundles.  
Don't forget to bring your sacred items to feast.

*Feast to follow the sweat*



Everyone welcome

For more information please contact  
Alphonse Aquash @ 519-490-5956



Hosted by the Indigenous Student Council & the Indigenous Student Centre

# LAMBTON COLLEGE POW WOW

**THURSDAY, APRIL 4, 2024**

**11 AM TO 3 PM**

**Athletics & Fitness Complex**

**Doors Open - 10:00am**

**Grand Entry - 11:00am**

## **EMCEE**

Dan Deleary

## **ARENA DIRECTOR**

Poj Walker

## **HEAD DRUM**

Snye Creek

## **HEAD DANCERS**

NaWalka Geeshy Meegwun  
Anishnaabe Ojokwe

David White Jr (DJ)

Jada Henry

Please bring your own reusable water bottle.

Vendors please bring your own chairs.

Drums must Pre-register.

The first 50 dancers registered will be recognized.

**VENDORS | INFORMATION BOOTHS | PRIZES | FOOD**

## **INFORMATION / REGISTRATION**

519-479-2383 | [holly.altiman@lambtoncollege.ca](mailto:holly.altiman@lambtoncollege.ca)

**ALL SCHOOLS, VENDORS AND DRUMS MUST PRE-REGISTER**



ECONOMIC DEVELOPMENT

Indigenous Artisans, Crafters,  
Vendors & Food Vendors!

# GWETAANDAWE MARKET

1<sup>st</sup> SATURDAY OF THE MONTH  
April, May, June, October,  
November & December  
9am to 2pm

1972 Virgil Ave.  
Aamjiwnaang First Nation  
(South of Sarnia)



For more info, contact Barb Urlacher at: [barburlacher@aamjiwnaang.ca](mailto:barburlacher@aamjiwnaang.ca) • 519-336-6410

## Anishinaabemowin Teg 2024 **30th Annual Language Conference**

*Thursday March 28—Saturday March 30*

If you are interested in entering the draw, please contact the Maawn Doosh Gumig Community and Youth Centre with your *name and contact #* you can be reliably reached at.

**Call (519) 491-2160 to be entered.**

The Draw will be done on March 18, if you are selected then your ticket and travel will be paid for you and a guest to attend.



CALLING ALL

# Indigenous Artists

Hydro One is interested in sourcing creative works from Indigenous artists across the province.

WE ARE LOOKING FOR INDIGENOUS:

- artists
- photographers
- illustrators
- and other visual creators

If you are Indigenous and would like to learn more about this opportunity, please contact:

**Stephanie Lang**  
Stephanie.Lang@hydroone.com



Storm Angecooeb

Aamjiwnaang Children & Youth Services  
Presents:



## BOYS FANCY WHIP STICKS WITH ADRIAN KLEIN

Aamjiwnaang Families with children ages 17 years and under are welcome to sign up and make your child dance sticks for boys fancy regalia!

Questions: Matt or Leanne  
misaac@aamjiwnaang.ca  
lwilliams@aamjiwnaang.ca

Monday March 25th  
5:30pm to 7:30  
Community Centre





## IS YOUR CHILD READY FOR POW-WOW SEASON?

**5:30 PM TO 7:30PM**



Aamjiwnaang Children & Youth Program will offer assistance in altering or creating your child's dance regalia for this upcoming Pow-Wow season! Families with children age 17 and under are encouraged to come out the **SOCIAL** Monday February 12th to learn more about the process and meet our community sewers that will be assisting!

**DROP IN DATES:**  
**THURSDAY FEBRUARY 29**  
**THURSDAY MARCH 7**  
**THURSDAY MARCH 28**  
**THURSDAY APRIL 18**  
**THURSDAY MAY 2**

**5:30 TO 7:30**  
**COMMUNITY CENTRE GYM**

**QUESTIONS:**  
**LEANNE OR MATT**  
**LWILLIAMS @AAMJIWNAANG.CA**  
**MISAAC@AAMJIWNAANG.CA**





Aamjiwnaang Children & Youth Services



## BOYS POW WOW DANCE STICK



Grass Dance  
Stick



Traditional Dance Stick

AFN families with children age 17 and under are welcome to sign up to make a dance stick for your child's specific category. Please use the QR code or link provided

Monday March 18th 5:30 pm to 7:30 pm

Community Centre

QUESTIONS: MATT OR LEANNE  
MISAAC@AAMJIWNAANG.CA  
LWILLIAMS@AAMJIWNAANG.CA





Aamjiwnaang Child & Youth Services

# GIRLS TRADITIONAL OR JINGLE POW-WOW FAN

Thursday  
March 21



A feather fan would be a great addition to your child's regalia!

Come on out and learn how to assemble one.

5:30pm to 7:30 pm Community Centre

Questions: Leanne or Matt

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

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

# MARCH BREAK

WITH AAMJIWNAANG  
CHILDREN + YOUTH SERVICES



**TUESDAY MARCH 12TH, 2024**

1886 LONDON LINE SARNIA

CHILDREN 12 YEARS OLD AND UP ARE WELCOME  
TO SIGN UP FOR AN AFTERNOON OF ARCADE FUN!  
BUS WILL LEAVE THE COMMUNITY CENTRE AT 3PM  
AND RETURN FOR 6PM PICK UP BY PARENTS.  
TO SIGN UP PLEASE SCAN THE QR CODE OR USE  
THE FOLLOWING LINK.



<https://forms.office.com/r/WSb17cVJ2T>

QUESTIONS: LEANNE  
LWILLIAMS@AAMJIWNAANG.CA



**MARCH BREAK MOVIE NIGHT**

**MIGRATION**

**FRIDAY, MARCH 15, 2024**  
**6PM - 8 PM**

Join us at the Sarnia Lambton County Library for a Movie Night!  
Popcorn and refreshments provided before the movie & during breaks.  
(NO FOOD OR DRINKS ALLOWED IN THEATER)  
Sensory items available to provide your kiddo an enjoyable experience.

**REGISTRATION IS REQUIRED**

 **Lambton County Library**  
124 Christina St S, Sarnia

Please register by scanning the QR code or go  
to <https://forms.office.com/r/dBhmhparmC>



 **AAMJIWNAANG CHILDREN & YOUTH SERVICES**

## Aamjiwnaang Children & Youth Services



Saturday March 23rd, 2024

**AFN Families with children age 17 and under are welcome to sign up for Toronto Rock VS Halifax Thunderbirds Lacrosse Game at the First Ontario Center Hamilton**

**The bus will be leaving the Community Centre at 3pm sharp!  
Game time is 7pm.**

**To sign up please fill out the form by scanning the QR code or use the following link.**



**<https://forms.office.com/r/gXFZsw9CHEr>**

**Questions: Leanne/Matt  
[lwilliams@aamjiwnaang.ca](mailto:lwilliams@aamjiwnaang.ca)  
[misaac@aamjiwnaang.ca](mailto:misaac@aamjiwnaang.ca)**

## Aamjiwnaang Children & Youth Services



**FRIDAY APRIL 5th 2024**

**Little Ceasars Arena Detroit Mi  
Bus will leave the Community Centre  
at 4pm sharp!**

AFN families with children ages 17 and under. To sign up complete the form by scanning the QR code or use the link provided.



<https://forms.office.com/r/WAtXB3YUEBext>

Questions: Leanne / Matt  
[lwilliams@aamjiwnaang.ca](mailto:lwilliams@aamjiwnaang.ca)  
[misaac@aamjiwnaang.ca](mailto:misaac@aamjiwnaang.ca)

AAMJIWNAANG HEALTH CENTRE



**‘The Art of Thankfulness’  
Self-Care Workshop  
with Samantha Doxtator**

(Ages 18+)

Tuesday, March 12, 2024

1 pm—4 pm

Seniors Lounge - Community Centre

**\*This workshop helps participants make their own connections and realizations of how Self-Care was always part of our original way of life. It concludes with a Foot Soak and Guided Meditation. Participants receive a Self-Care kit after completion.**

**\*Please sign up with Natalie at (519) 332-6770, ext. 326. Space is limited. Will do draw if necessary.**



The YMCA Celebration of Youth Awards recognize deserving youth in Sarnia-Lambton, 17-20 years of age whose outstanding talents and achievements have made a difference in our community. The awards focus on youth who have demonstrated leadership, sensitivity to others, innovation, development of personal talents, overcoming personal challenge and service to community. Special consideration is given to youth faced with financial barriers.

## What would you do with \$1,000?

The YMCA and its sponsors are extremely proud of the opportunity to recognize these unique individuals in our community. Each recipient will receive \$1,000 and will be invited to the Awards Celebration in May 2024.

**APPLICATIONS OPEN JANUARY 2024 – APPLY ONLINE AT [YMCASWO.CA/CELEBRATION-YOUTH-AWARDS](http://YMCASWO.CA/CELEBRATION-YOUTH-AWARDS)**



### 2023 Award Recipients

#### Health, Wellness & Perseverance



**KATE WALLS**  
Belongence Training Award  
Sponsored by Belong & Belong



**MARLOWE ROBINSON**  
YMCA Clean Values Award  
Sponsored by YMCA of Southwestern Ontario



**GABRIELLE JONES**  
Thelma McMurtry Award  
Sponsored by Jim McMurtry



**MARISSA VAESSEN**  
Elaine McMurtry Memorial Award  
Sponsored by Jim McMurtry



**SOPHIE VICTOR**  
Mental Health Champion Award  
Sponsored by Canadian Mental Health Association



**PAETAH BURGESS**  
Sutton Prevention Award  
Sponsored by Sutton Lambton-Sarnia Prevention Committee



**JACKSON POLICICCHIO**  
Belongence Founders Award  
Sponsored by Sarnia-Lambton Belongence

#### Skills Development & Creative Expression



**ALAINA BURNS**  
Leadership Award  
Sponsored by Sarnia-Lambton Tourism & Local Businesses



**MATT MATER**  
Apprenticeship Award  
Sponsored by Sarnia-Lambton Workforce Development Board



**TAYLOR HUMES**  
CDN St. Clair Auto Award  
Sponsored by CDN St. Clair Auto



**RYAN DAVIES**  
Business Innovation Award  
Sponsored by Sarnia-Lambton Business Development Committee



**KRISH MODI**  
Creativity Award  
Sponsored by YMCAS



**MOIRA MCMURTRIE**  
Arts & Culture Award  
Sponsored by The Sarnia-Lambton House of the Arts



**ELISABETH MARK**  
Environmental Stewardship Award  
Sponsored by The Rotary Club of Sarnia-Lambton-Art House

#### Volunteerism, Advocacy & Community Service



**SASHA TAYLOR**  
A Career Wins Award  
Sponsored by Aikido Sarnia



**ALEENA IQBAL**  
Volunteerism Award  
Sponsored by United & Resource Development



**ANNABELLE RAYSON**  
Social Justice Award  
Sponsored by Social Services Network of Sarnia-Lambton



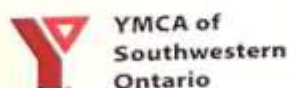
**ALEXA MCCLOSKEY**  
International Ambassadors Award  
Sponsored by Rotary Club of Sarnia



**JACE MCGRAIL**  
Volunteerism Award  
Sponsored by Rotary Club of Sarnia (Sarnia-Lambton)



**TRINITY TRUDELL**  
Champion of Inclusion Award  
Sponsored by Community Living Walkersburg



YMCA Learning & Career Centre  
660 Oakdale Ave. Sarnia ON, N7V 2A9  
[sarniacoy@swo.ymca.ca](mailto:sarniacoy@swo.ymca.ca)  
[www.ymcaswo.ca](http://www.ymcaswo.ca)

**APPLICATION CLOSING DATE:**  
**Sunday, March 17, 2024**



AAMJIWNAANG HEALTH CENTRE



# SELF-DEFENSE CLASS FOR WOMEN & YOUNG WOMEN(AGES 14+) (WITH ROWAN CUNNINGHAM, FORGE TRAINING CENTRE)




\*NOTE, DATE CHANGE! WEDNESDAY, MARCH 20 2024 - 6:30 PM - 8 PM IN THE COMMUNITY  
CENTRE GYM



## Go Guarded®

Please Contact Natalie at (519) 332-6770, ext. 326 to sign up.





AAMIJWNAANG HEALTH CENTRE/WEST LAMBTON  
HEALTH CENTRE


## DIABETES SUPPORT GROUP

**MONDAY, MARCH 18, 2024**  
**10 AM PROMPT!**

HEALTH CENTRE

\*This is an open support group which is facilitated by a dietitian, Diabetes educator/nurse and Health Centre staff.

\*Transportation is available if needed. Please contact Natalie at (519) 331-6770, ext. 326.



Aamjiwnaang Health Centre



## Community Grocery Giveaway

\*Open to Aamjiwnaang members, on and off reserve.  
One person per household.  
Bring your bags.

**Thursday, March 28, 2024 – 10 am.**  
**Community Centre gym**



Aamjiwnaang Health Centre



## Community Spring Thrifting Days

Time to get started with your spring decluttering and gather things you don't want or need anymore! Bring in spring/summer clothing, shoes, purses, jackets, small household items, books, etc. We also always need bags for those who want to 'shop' and not spend a dime!


**Where:** Community Centre gym

**When:** Friday, April 12, 2024 & Saturday April 13<sup>th</sup> – 10 am each day til Community Centre closing.




AAMIJWNAANG HEALTH CENTRE

## YOGA CLASS



**WEDNESDAYS 6:30 pm**  
**at the Comm. Centre.**  
**Bring your mat if you have one.**  
**Come on out, give yoga a try for your mind,  
body & spirit!**  
**- Namaste**



## Ziisbaakdoke Giizis Sugaring Moon - March



Sugaring Moon is the third moon of creation. This is a time when new life begins to show itself and provide medicines from all of creation. The sugar maple is one of the medicines that the creator has given us to balance our blood with the coming of Mnookmi, Spring.

### Kidwinan - words

Gjib-dan - taste

Mnopgod - it tastes good

Ninatig- man tree/maple

Ziiwaagmide- maple syrup

Ziisbaakdaaboo - sap

Paapaase - woodpecker

Bineshiiyag - birds

Mnookmi - Spring

Zhoonya - money

Nimkii napkowaagan - rainbow

Paa'iinsag - little people

Kokbinaagan - basket

Pichi - robin

Ziisbaakwod - sugar

Shkode - fire

Nesobgag - clover

Akiiyaande - brown



Zhawshkwaa - green

Throughout the month we will be experimenting with ziiwaagmide, (maple syrup) tasting, crafts, story of ninatik (man tree/maple tree) and making yummy treats!



## Dago Maajiigoog Binoojiinyag Ziisbaakdoke Giizis-Sugar Moon March 2024



Sunday-Name Giizhi-gad	Monday Shkintan Giizhigad	Tuesday-Niizho Giizhigad	Wednesday-Nswi Giizhigad	Thursday-Niiwo Giizhigad	Friday-Naano Giizhigad	Saturday-Ngodwaaswo Giizhigad
			Dental Screening with Courtney 11am-12pm		1	2 Windsor Water Park Sign up now CLOSED
3	4 No Program Staff in training	5 No Program Staff in training	6 Rainbow Name Craft 10am-12pm 5pm-7pm	7 Junk shopping & Brunch 10am-12pm Sign up required	8 Sign up required limited	9 Easter Bunny Craft with Elissa 10am-12pm
10	11	12	No Programming March Break			16
17 St. Patrick's Day	18 Rainbow food Craft 10am-12pm Rainbow craft 5pm-7pm	19 Sugar Bush Trip 12pm-2pm	20 Paper Plate Chicks 10am-12pm 5pm-7pm	21 Aprons With Carrie 10am-12pm	22 Sign up required limited to 8	23
24	25 Foot and Hand Waabooz craft 10am-12pm Easter Fun 5pm-7pm	26 Sponge Waabooz Craft 1pm-3pm	27 Easter Craft 10am-12pm Easter Craft 5pm-7pm	28 Unfinished projects 10am-12pm	29 Good Friday Closed	
31 National Indigenous Languages Day						

We have transportation available from Paula text or call 226-349-2427

 <b>RIGHT TO PLAY</b>				
<b>March 2024</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 No Program	2 No Program
4 No Program	5 Sports Night	6 No Program	7 No Program	8 No Program
11	12	13	14	15
←-----March Break No Program----->				
18 No Program	19 Sports Night	20 Regular Programming	21 Youth cooking	22 No Program
25 No Program	26 Sports Night	27 Mental Wellness	28 Sports Night with Constable Tyler	29 No Program

# Willie's Adventures

## ST. PADDY'S IN PORT HURON



### PORT HURON ST. PADDY'S PUB CRAWL

**\$70 CDN - Coach Bus**

**Saturday, March 16th, 2024**

Bus leaves BAD DOG Corunna at 10:30am SHARP & Food Basics Sarnia at 11:00 am SHARP & Point Edward Arena at 11:30am 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)

## ROAD TRIP TO BUFFALO NY



At KEYBANK CENTER, Buffalo New York

**March 29 - 31/24**

Includes: Badder Coach Bus, 2 Nights at the Howard Johnstons Hotel by The Falls ( 2 Queen Beds ), Lower Level Ticket to March 30<sup>th</sup> Game. Then returning Sunday.

2 in a Room - \$550 PP CDN

3 in a Room - \$500 pp CDN

4 in a Room - \$460 pp CDN

\$100 NRF deposit secures your spot with the remainder due Friday Jan.19<sup>th</sup>

Bus leaves Two Water Corunna at 4:30 pm Sharp and Food Basics Sarnia at 5:00 pm Sharp

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

## TORONTO BLUE JAYS

VS

## DETROIT TIGERS

*At Comerica Park, Detroit*



**Friday, May 24<sup>th</sup> @ 6:40 PM**

**\$160 cdn & \$110 us**

Includes: Coach Bus, Ticket (Pepsi Deck), Fireworks  
Bus leaves Foodland Corunna at 2:00 pm SHARP and Food Basics Sarnia at 2:30 pm SHARP and Pt. Edward Arena at 2:45 pm SHARP. Soft Sided Coolers allowed and Stopping and Picking Up at Walsh's Party Store at 4:00 pm SHARP. Ticket's Available from New Willie's Adventures at 519-384-1957 & [willie@cogeco.ca](mailto:willie@cogeco.ca)

## TORONTO BLUE JAYS

VS

## DETROIT TIGERS



*At Comerica Park, Detroit*

**Saturday May 25<sup>th</sup> @ 1:10 PM**

**\$140 cdn Per Person**

**Bleacher Seat (Sec.103)**

Includes: Coach Bus, Ticket,  
Bus leaves Foodland Corunna @ 9:00am SHARP and Food Basics, Sarnia @ 9:30am SHARP and Pt. Edward Arena 9:45am SHARP. Soft Sided Coolers allowed and Stopping and Picking Up at Walsh's Party Store Port Huron at 10:30am 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, May 26<sup>th</sup> @ 1:40pm**

**\$ 160cdn pp**  
**Seat (Sec.113)**

**Includes: Coach Bus, Ticket, Bus leaves Foodland, Corunna at 9:00am SHARP, Food Basics at 9:30am SHARP and Pt. Edward Arena 9:45am SHARP. Soft Sided Coolers allowed & stopping and picking up at 10:30am at Walsh's Party Store.**

**Contact Willie at 519-384-1957 or willie@cogeco.ca**

**You now pay by etransfer**

# **TRIP TO CMA FEST** **NASHVILLE 2024**

**VISITCMAFEST.COM**

**June 6-10, 2024**

You will need to go on line at [VISITCMAFEST.COM](https://visitcmafest.com) and make your own reservation or contact me with payment and I'll do it. It's \$300 US "The Drury Downtown with the Willie's Adventures Group and place your deposit with them." We will be put in the same Block of rooms at Hotel as well as seats at Nissan Stadium. The price will vary as how many are in a room up to 4. Once you have done this contact me with a \$100 CDN deposit to secure your spot on the Badder Coach Bus. The price of the bus is \$380 CDN and a meal going and coming will be provided at the Golden Corral.

Contact Willie at 519-384-1957 or willie@cogeco.ca



## **"PINK OUT THE PARK"**

*COMERICA PARK, DETROIT*

**Milwaukee Brewers vs Detroit Tigers**

**\$170 CDN per Person**

**Saturday – June 8th - 4:10 pm**

**Coach Bus, Ticket (Pepsi Porch), Pink Out the Park Shirt**  
**Bus leaves Bad Dog Corunna @ 11:00am SHARP,**  
**Food Basic's @ 11:30am SHARP. Point Edward Arena @**  
**12:00 pm. Only soft-sided coolers allowed.**  
**Ticket's available from Willie's Adventures at**  
**519-384-1957 or willie@cogeco.ca**

# **TRIP TO CHICAGO**



**AUGUST 17<sup>TH</sup> – 21<sup>ST</sup>, 2024**

4 Nights at Holiday Inn & Suites Chicago North Shore (Stokie, Ill.) including Breakfast each morning, Badder Coach Bus, Tickets (Sec. 133) to BlueJay Game Sunday and Tigers Game on Tuesday. Ride to and from Chicago Navy Pier on Saturday and Monday.

**2 in a Room – 1000.00 US**

**3 in a Room – 890.00 US**

**4 in a Room – 800.00 US**

Coach Bus leaves Bad Dog Corunna at 8:00 am, Food Basics Sarnia at 8:30 am, Point Edward Arena at 9:00 am. And stopping at Walsh's Party Store for pickup at 10:00 am approximately. \$250 US Deposit secures your spot. Only 10 Rooms Booked. Remainder due by July 1<sup>st</sup>, 2024.

Contact Willie at 519-384-1957 or willie@cogeco.ca



**THE LIGHTHOUSE MINISTRY**  
Is offering you

# Preloved Treasures



**EVERYTHING IS 100% FREE**

**SATURDAYS  
1PM-4PM**

Hello fellow community members, friends and family,  
I have decided to start Preloved Treasures as it has been a great desire of mine for some time. I enjoy helping people both spiritually as well as physically. My husband and I are opening our home to the public for this to commence as advertised. Available are clothing, household items, toys and infant items. Feel free to stop by and have a look about, please note all items are in the basement of home and is not wheelchair accessible. We also accept donations you may want to rid of and pass along to another cheerful venturer.  
Thank you kindly and God Bless  
Pastor Crystal Dowling of The Lighthouse Ministry Aamjiwnaang

 **123 Maness CRT  
Aamjiwnaang, ON**  **226-886-3812**

Hosted by  
Pastor Crystal Dowling



**The Lighthouse Ministry**

# FELLOWSHIP CELL GROUP

**FRIDAYS | 7PM**



"So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart,"  
Acts 2:46 NKJV

**Please contact Pastor Crystal Dowling for more information 226-886-3812**  
**Location will be announced weekly**

**THE LIGHTHOUSE MINISTRY**  
Matthew 4:4 NKJV

*Join our midweek*

# BIBLE STUDY



**Praise & Worship**  
*With*  
**Lee Font**

**With**  
**Teacher**  
**Craig McFarlane**

**Wednesdays**

**6:00 PM**

 **978 TASHMOO AVE**  
**HOSTED BY PASTOR CRYSTAL DOWLING**

**THE LIGHTHOUSE MINISTRY**  
WELCOMES YOU TO

# SUNDAY SERVICE

**HEBREWS 10:25 NKJV**

**PASTOR**  
**CRYSTAL DOWLING**

**2pm**

**PRAISE & WORSHIP**  
**LEE FONT**

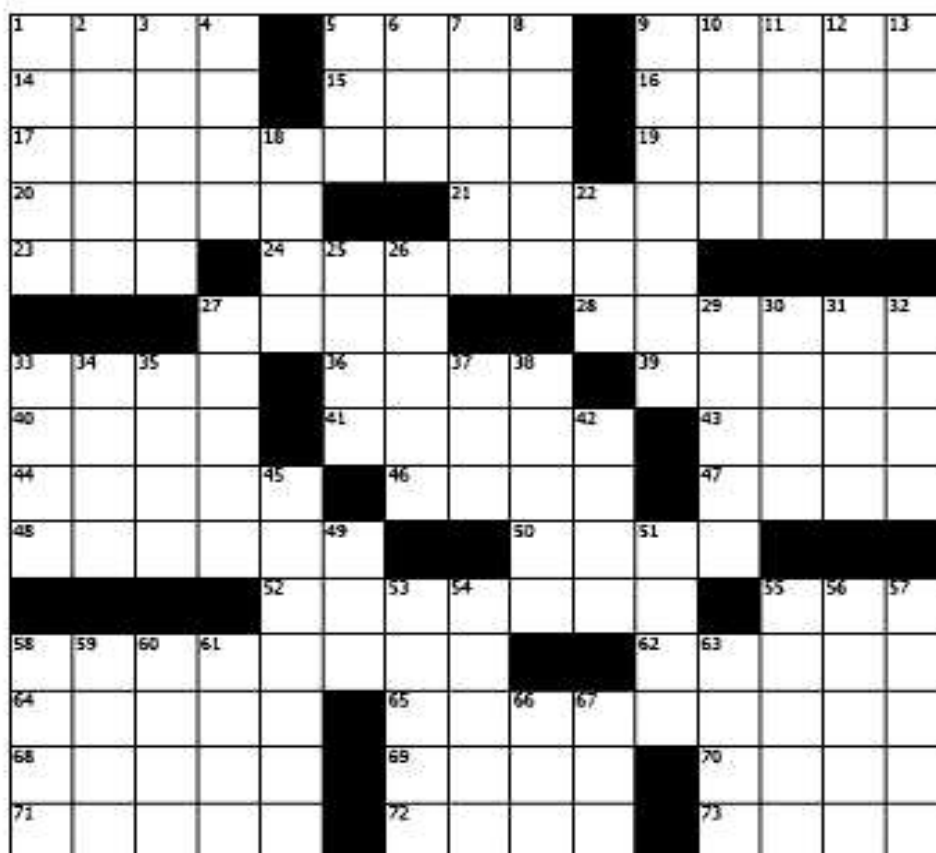
**978 TASHMOO AVE, AAMJIWNAANG**

**226-886-3812** **Potluck dinner following service**  
CrystalDiane.70@hotmail.com **@thelighthouseministryaamjiwnaang**  
Childcare available after praise & worship

# CROSSWORDS

## Across

1. Leave port
5. Pea shells
9. TV Host \_\_\_\_ O'Brien
14. Salad fish
15. "Star \_\_\_\_"
16. Ascended
17. Flexible
19. Jobs
20. Remove soap
21. Having endless energy
23. Shoe tip
24. FDR's wife
27. On the ocean
28. Reno's locale
33. Offers
36. Crossword diagram
39. Mature
40. Change for a five
41. Small porch
43. Plant's beginning
44. Stainless \_\_\_\_
46. Gigantic
47. Military force
48. Fellow leading actor
50. Sunday service
52. Eyelash makeup
55. Oolong, e.g.
58. Musical comedy
62. Urban's opposite
64. Crowlike bird
65. Create
68. Occasion
69. Eye amorously
70. Bakery worker
71. Mails
72. Child's toy
73. Camping need



## Down

- |                          |                           |                   |
|--------------------------|---------------------------|-------------------|
| 1. Commence              | 25. Table supports        | 51. Hindu garb    |
| 2. Of sound              | 26. Our planet            | 53. Got up        |
| 3. Ridiculous            | 27. Plus                  | 54. Freight       |
| 4. Drinks like a dog     | 29. Passport endorsements | 55. Tiny amount   |
| 5. School group (abbr.)  | 30. One who mimics        | 56. Corroded      |
| 6. Globe                 | 31. Regard                | 57. Warn          |
| 7. Letter before epsilon | 32. Singer ____ Williams  | 58. Mine finds    |
| 8. Yarn unit             | 33. Pear type             | 59. Apply asphalt |
| 9. Food provider         | 34. Interested by         | 60. Tied          |
| 10. Uttered              | 35. Inferior grades       | 61. Tear apart    |
| 11. Snout                | 37. Debt letters          | 63. Army division |
| 12. Requests             | 38. Doctrine              | 66. Unwell        |
| 13. Famous loch          | 42. Juicy fruit           | 67. Harden        |
| 18. Casual tops          | 45. Bemoans               |                   |
| 22. L. ____ Hubbard      | 49. Rodent                |                   |



## ATTENTION TO ALL MEDICAL DRIVERS!!!

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

### Medical Travel Drivers:

Rose Cottrelle (requires Notice) 226-776-8971 -Available  
M-F, Thurs/Fri not after 2pm  
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  
Kailey Maness 519-328-5366  
Marina Plain – 519-328-0942: Available after 4:30 pm on  
week days and available weekends

### Wheelchair Accessible Van Driver:

Contact the Health Centre at 519-336-6770  
Mark Rogers 519-383-5405 available anytime  
Rose Cottrelle (requires Notice) 226-977-7128 -Available  
M-F, Thurs/Fri not after 2pm

## FYI - Health Benefits under Indigenous Services Canada

**The Non-Insured Health Benefits Program (NIHB) - (Indigenous Services Canada) is a National Program administered by Health Canada providing coverage for:**

**Dental, Drugs, Medical Supplies & Equipment, Medical Transportation, Vision Care, and Short-Term Crisis Intervention Mental Health Counselling.**

**Client Questions? - contact the NIHB client information line at: 1-800-640-0642**

**Using you Benefits: When you present your status card to any health provider, as if they bill directly to NIHB before obtaining the service. Ensure the health care provider verifies that the product/treatment is an eligible benefit listed on NIHB**

**Be Aware: If you are asked to pay upfront, it can take 6-8 weeks to be reimbursed, and you may not get reimbursed if the benefit was not pre-approved. You may want to seek out a provider that does bill directly to NIHB. The Drug or product may be an exception benefit requiring the provider to call the Drug Exception Centre at 1-800-580-0950**

**Benefits Outside of Canada: You must purchase travel health insurance if you travel outside of Canada. If you are a migrant worker or a full time student working or studying outside of Canada, call NIHB to ask about coverage at 1-800-640-0642 More information can be found at <https://www.sac-isc.gc.ca/eng>**

**Reimbursements: Mail your reimbursement form along with your original receipts and a copy of your prescription to;**

### NIHB/FNIHB

**Health Canada, address locator 1902D  
200 Eglantine Driveway, 2nd Floor  
Ottawa, Ontario K1A 0K9**

**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 \$800/CA per fiscal year. Effective immediately.** 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



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.

**Attention ODSP Clients**

Pam Kelley will be available for in person appointments

**March 13, 2024 from 9am—4pm**

Continuing with every 2nd Wednesday of each month

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

If you need to contact Pam Kelley please call

**519-337-3735 ext 2266**



## **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:  
Monday March 18th, 2024  
Your information is due by:  
Tuesday March 12th, 2024 at 4:00pm**

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.

### 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

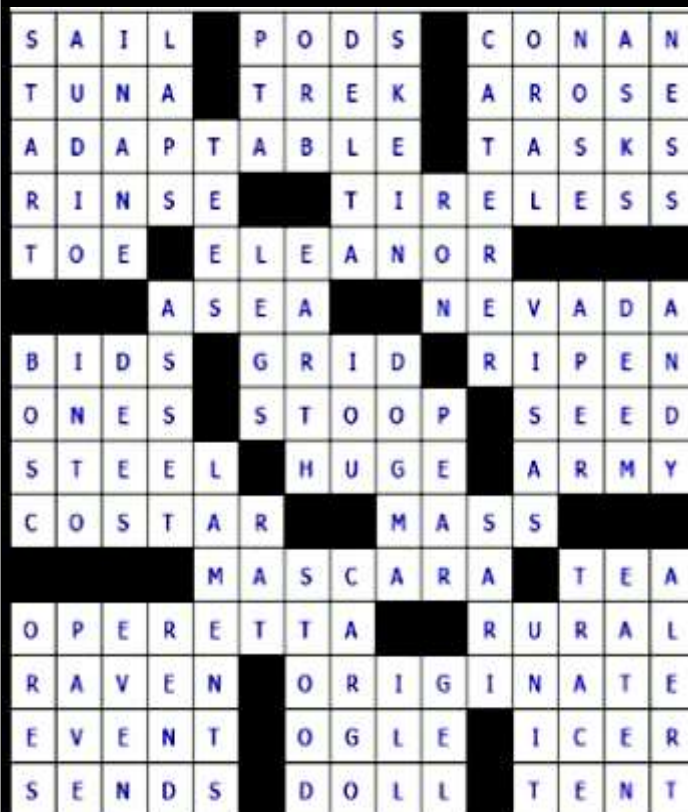
<http://www.sfns.on.ca/>

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 22nd, 2024**

**The deadline for submissions is  
Wednesday March 20th, 2024 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)