



## CHIPPEWA TRIBE-UNE

*Interim Editor,  
Lynn Rosales***Onaabdin Giizis - Snowcrust Moon - March****OPEN LETTER TO TREATY FIRST NATIONS  
IN ONTARIO**

**To:** Ontario Treaty Region / First Nations  
Chiefs and Councils

**From:** Isadore Day, *Wiindawtegowinini* Lake Huron  
Regional Grand Chief

**Cc:** Assembly of First Nations – National Chief  
Perry Bellgarde  
Chiefs of Ontario – Regional Chief Stand  
Beardy  
Prime Minister of Canada, Stephen Harper  
Federal Minister of Transportation Lisa Raitt  
Federal Minister of Environment Leona  
Aglukkaq  
Federal Minister of Natural Resource Greg  
Ricford  
Commissioner of Environment and  
Sustainable Development  
Auditor General of Canada

Premier of Ontario, Kathleen Wynne  
Ontario Minister of Transportation Steven  
Del Duca  
Ontario Minister of Environment and Climate  
Change Glenn Murray  
Ontario Minister of Natural Resources Bill  
Mauro  
Ontario Minister of Aboriginal Affairs David  
Zimmer  
Commissioner of Environment of Ontario  
Auditor General of Ontario

**Respected First Nation Treaty Leaders in Ontario:**

Treaties in Ontario must be respected – the only way for this to occur is through immediate dialogue with government and industry on First Nation jurisdiction through a “treaty” lens.

**The derailment that took place this past weekend on Highway 144 north of the Arctic Watershed near Gogama in Treaty #9, south of Matagami First Nation, is by far one of the most glaring screams of neglect and carelessness on the part of the Crown and the rail industry since the Lac-**

**Mégantic rail disaster of July 13<sup>th</sup> 2013.**

As a Treaty leader and citizen of the Robinson Huron Treaty of 1850, I am calling on all Treaty leaders in Ontario and their citizens to consider the following:

- Support the call for an immediate investigation, and halt, of all rail transportation where obvious systemic safety violations manifest rail disasters and chronic unsafe rail infrastructure;
- Assert by way of mail, media and messages directly to MP’s and MPP’s to support Treaty Regions in Ontario and their leadership being recognized at a formal inter-governmental table regarding all federal rail systems history, current activities and policy affecting treaty lands;
- Advance immediate motions, resolutions, and/or petitions to the Federal Minister of Transportation to implement all of Part IV: Railway Safety Act – Administration and Enforcement where it pertains to all derailments;
- Advance immediate calls to the Transportation Safety Board to implement the full force and effect of the Canadian Transportation Accident Investigation and Safety Board Act with respect to all rail safety issues that impose a detrimental impact on all Treaty lands across Ontario;
- Call on the Federal and Provincial Auditor General and Environment Commissioners to take immediate steps to ensure a “21st Century Recognition of Historical Treaties across the Ontario Region,” by carrying out formally recognized processes and using meaningful mechanisms to ensure a full scrutiny of impacts is considered when a derailment occurs on treaty lands. This would include a clear definition of First Nation jurisdiction;
- Call on the Assembly of First Nations, Chiefs of Ontario and all other organizations that represent the advocacy of First Nations, to observe and to analyze derailments through the lens of “treaty” lands. And for these organizations to immediately urge Canada, Ontario, regulatory agencies that have oversight of the rail industry, and the rail industry itself, to immediately govern themselves

<b>Inside This Issue</b>		according to the treaties and to formally state by way of written response, their recognition of “Aboriginal and Treaty” rights - at this most critical time in First Nation, Government and Industry relations;
Birthday List	3	<ul style="list-style-type: none"> <li>• Issue written notifications and formal advisements to the Railway Association of Canada, putting its members and executive on notice that a “treaty” lands agenda and lens is a critical discussion that would be in their best interest to accommodate, given the critical rise in concerns regarding safety issues and derailments in treaty regions across Ontario;</li> <li>• Demand for the Immediate Resignations of persons responsible for derailments on all regulated railways in our respective treaty lands.</li> </ul>
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Community Notices	5	<p>As First Nation treaty leaders, it would be with clear resolve that we call on Canada, Ontario and Canadian National Railway, to act immediately on these actions and to engage all First Nation Treaty leaders to formalize a recognized process to: identify, re-affirm and to modernize a dialogue on treaty obligations as it pertains to the entire rail network and infrastructure system in Ontario.</p> <p>In total, there are 49,422kms in Canada, and in Ontario there are currently thirteen railways. Of these railways, there are both Class 1 Railways and Short Line Railways that are all subject to safety rules, regulations and laws.</p> <p>It is strikingly clear that as of this point in Canada’s history, the only significant history and tie between railways and treaties is mired in a dark legacy. Remember, this country’s first Prime Minister Sir John A Macdonald and his legacy, as written by Laura J. Murray on January 9, 2015 in the Toronto Star: Insight Editorial called “Sir John A MacDonald: Nation builder of Racist?”</p> <p><i>“That famous railroad? Macdonald engaged in rampant graft to get it through. His government starved aboriginal people on the prairies into submission to get it through. His government treated Chinese immigrants like dirt to get it through, and then came up with a head tax so more people of that “semi-barbaric, inferior race” couldn’t come to Canada.</i></p> <p><i>Yes, the railroad probably did much to make Canada. It is a major Macdonald legacy. But it is inextricably linked to other Macdonald legacies. The effects of treaties negotiated and implemented during Macdonald’s many years in office, his treatment of the Métis, his creation of reserves — these are felt every day across Canada, and continue to demand attention in communities, in political settings and in the courts.”</i></p> <p>It is time to change a national narrative on treaties in this country – railways must be part of that process; especially in light of the issues surrounding derailments and the impact to Land, Air and Water on treaty lands. To its credit, the Ontario government has opened up dialogue on First Nation jurisdiction, treaties and a new working relationship with First Nations in the province. We must see this tragic rail disaster as a clear opening to further define this new dialogue. We must also insist that Canada become part of this dialogue when it comes to federal mandates and responsibilities. To that end – the message to rail companies: “Treaty lands can no longer be a missing part of the rail industry equation. Railway activities must never infringe upon or affect Treaty rights of First Nations – all recourse must be enforced promptly.”</p> <p>As a First Nation leader who’s First Nation (Serpent River First Nation – SRFN) and Treaty Region (Robinson Huron Treaty 1850 – RHT1850) have extensive rail systems, both short-line and Class 1 rail systems, traversing our territory, we can not remain silent to the urgent need for this call. We are seeking to establish a collective voice and formal issuance of concern to ensure that a full response is given to the issue of derailments that impact treaty lands and the rights of future generations, as well as the jurisdictions of Treaty First Nations in Ontario.</p>
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<b>Aamjiwnaang Population Stats Current: 2335</b>		Chief Isadore Day, Wiindawtegowinini Serpent River Anishinabek Lake Huron Regional Grand Chief

# Mino Dbishkaayin-Happy Birthday March 13 - 27, 2015

Danielle	Nahdee	Mar. 14	Valerie	Cottrelle	Mar. 21
Brian	Rogers	Mar. 14	Taylor	Drakes	Mar. 21
Eric	Smith	Mar. 14	Siera	Hare	Mar. 21
Amber	Williams	Mar. 14	Wesley	Nahmabin	Mar. 21
Linda	Kimmel	Mar. 15	Coral-Lee	Oliver	Mar. 21
Megan	Kolberg	Mar. 15	Jason	Simon	Mar. 21
Cheryle	Mason	Mar. 15	Seth	Sinopole	Mar. 21
Alexandra	Maw	Mar. 15	Cori	Williams	Mar. 21
Leslie	Peters	Mar. 15	Alexis	Clark-Nahmabin	Mar. 22
Derek	Simon	Mar. 15	Janet	Fawcett	Mar. 22
Amanda	Westfall	Mar. 15	Christopher	James	Mar. 22
Kayla	White	Mar. 15	Vincent	Walker	Mar. 22
Heather	Williams	Mar. 15	Gravelle	Abigail	Mar. 22
Brianne	Brooks	Mar. 16	Gravelle	Isabella	Mar. 22
Sanford	Cottrelle	Mar. 16	Brandon	DeLauter	Mar. 23
Raiyah	James	Mar. 16	Shawn	Pouget	Mar. 23
Harland	Joseph	Mar. 16	George	Rogers	Mar. 23
Jarod	Maness	Mar. 16	Robert L	White	Mar. 23
David	Nyquist	Mar. 16	Faye	Bird	Mar. 24
Tyler	Plain	Mar. 16	Keely Shaye	Bressette	Mar. 24
James	Stanley III	Mar. 16	Peter	DePaepe	Mar. 24
Josephine	Stone	Mar. 16	Kaylee	Fisher	Mar. 24
Sharon	Archer	Mar. 17	Gregory R	Nahmabin	Mar. 24
Molly-Anne	Beauchamp	Mar. 17	Matthew	Plain	Mar. 24
Eon	Bird	Mar. 17	Wyatt	Sposib-Nahmabin	Mar. 24
Martin	Maness	Mar. 17	Gary	Williams	Mar. 24
Madison	Hemphill	Mar. 18	Makai	Case	Mar. 25
Roger	Jackson	Mar. 18	Joshua	Cottrelle-Greyeyes	Mar. 25
Peggy	Rogers	Mar. 18	Danez	Day	Mar. 25
Reese	Shipman	Mar. 18	Tessa	Hanna	Mar. 25
Christopher	Simon	Mar. 18	Miranda	Plain	Mar. 25
Alfred	Joseph Jr.	Mar. 19	Kaylie	Rogers-Oliver	Mar. 25
Michael	Shorey	Mar. 19	Ty	Tipton	Mar. 25
Phoebe	Plain	Mar. 20	Diana	Williams	Mar. 25
Joshua	Cottrelle	Mar. 21			



# Mino Dbishkaayin-Happy Birthday March 13 - 27, 2015

Cassie	Adams	Mar. 26
Paul	Bird	Mar. 26
David T	Jackson	Mar. 26
Valerie	Nahmabin	Mar. 26
Randall C	Williams	Mar. 26
Paul	Bourgeois	Mar. 27
Leanne	Day	Mar. 27
Jennifer	George	Mar. 27
Mildred	Hawkins	Mar. 27
Cynthia	Lacroix	Mar. 27
Daniel	Nahmabin	Mar. 27
Harrison	Nahmabin	Mar. 27
Jill	Roasting	Mar. 27
Shirley	Rogers	Mar. 27
Bryce	Simon	Mar. 27



Happy 14th Birthday Danez!  
Lots of Love from Auntie Meagan, Carson & Emma



Very Special  
Happy Belated  
Birthday Wishes  
to Sadie; Love  
Mom & Dad



Happy Birthday Netster  
on March 12,  
Love Shelley,  
Yer buddy, ole chum,  
ole pal



Oh my goodness  
where has the  
time gone...  
Makai is turning  
"5" on  
March 25th  
Grammie is sending  
love your way and  
some super hero  
wishes for a fun  
filled day!!

Happy Birthday to Peg  
On March 18th  
Love Shelley

IMAGINE  
And Create

## NOTICE

### Seeking Licensed Security Guards

If you have your Security License and are seeking employment, Please Contact the Aamjiwnaang Employment & Training Department

519-336-8410 Ext. 249

I will be accepting resumes for upcoming employment

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

Chiefs of Ontario visit:

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

Union of Ontario Indians visit:

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

Assembly of First Nations visit:

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

Southern First Nation Secretariat

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

Aboriginal Affairs and Northern Development Canada

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

## NOTICE

The Regularly scheduled Chief & Council meeting of;

Monday, March 16, 2015,

Has been rescheduled for;

Monday, March 23, 2015.

## NOTICE

### **Aamjiwnaang School Bus Transportation Notifications**

Any change must go through the Aamjiwnaang Education Department

- Address change
- Telephone number update
- Change of School
- New students
- Bus Service no longer required

**Please advise the Education Department at the Band Administration Building of any changes.**

**519 – 336-8410**

**Diane Aiken ext. 246, or**

**Vicki Ware ext. 247.**

***Bus Drivers will only accept changes as approved by the Education Department.***

The Aamjiwnaang Bus Transportation Policy is available upon request. To ensure the bus safety of our students, we must all work together.

## ATTENTION COMMUNITY

**The AACE Program at the Resource Centre will be closed for March Break, 16th- 19th**

**Classes will resume Monday, March 23, 2015**

**\*RESOURCE CENTRE WILL STILL BE OPEN TO COMMUNITY\***

**Mon-Fri 8 am - 4 pm**

**Alternative study area available at the Computer Lab at Maawn Doosh Gumig Miigwech, AACE Staff**



## **COUNCIL AGENDA ITEM SUBMISSION DEADLINE!!**

### **FRIENDLY REMINDER**

To whom it may Concern:

Please be advised that the Council Meeting Agenda Item deadline is the Wednesday prior to the next Regular Council Meeting (RCM) at 4:00 p.m. Sorry, no exceptions. Any items submitted after the deadline will placed on the next RCM Agenda/Meeting.

RCM's are every 1st and 3rd Monday of each month. Should the RCM fall on a holiday, then it will be held on the following Tuesday.

Miigwech for your co-operation and understanding.

Respectfully,  
Shelley, Band Council Clerk

Please Note:

If you have any discussion items for  
Chief and Council on:

**Tuesday, March 23, 2015**

The deadline for submission is:

**Wednesday, March 18, 2015, 4:00 PM**



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.**

## **TRIBE-UNE SUBMISSION INFO!! SUBMISSION DEADLINE**

Please Note that the submission deadline for the next Tribe-Une is:

**Monday, March 23 @ 4:00 pm**

This is to ensure that the Tribe-Une will be distributed by the end of the week,  
Meegwech for your support!!

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

### **ANIMAL CONTROL OFFICER**

**Ron Simon - Text/Call 519-330-7450**

### **For animal control issues only!**

- Primary duties are to follow up on loose dog.
- complaints and monitor quarantined dogs.
- If you are a dog owner and your dog is loose, it is your responsibility to retrieve your dog.
- Traps available at Band Garage for use by community members. 519-336-0510

## Information on the PST Exemption Part of the HST

### Harmonized Sales Tax Reimbursement

Status Indians that have paid the eight percent Ontario component of the HST on goods or services that qualify for exemption may claim a refund by submitting an application with accompanying respective receipts by mail to the Ontario Ministry of Revenue.

### Goods and Services Purchased Off Reserve that Qualify for HST Refund

- New and used motor vehicles purchased from a dealership;
- Take-out meals including ‘fast food drive thru’ and pizza delivery;
- Agreements for warranty of qualifying purchases;
- A service of installing, assembling, dismantling, adjusting, repairing or maintaining qualifying personal property;
- Clothing and footwear;
- Child car seats and boosters;
- Basic groceries including diapers;
- Prescription drugs and dispensing services;
- Home and mobile (cell) phone bills; and
- Internet, satellite and cable bills.

### Goods and Services Purchased Off Reserve that Do Not Qualify for HST Refund:

- Dry cleaning;
- Household cleaning services;
- Electricity and heating services;
- Home maintenance or repair service calls;
- Landscaping, lawn care and private snow removal;
- Hotel rooms;
- Taxis;
- Gasoline/diesel;
- Green fees for golf;
- Gym memberships;

- Sports and recreational activities (i.e. karate, ballet, soccer);
- Live theatre tickets less than 3200 seats;
- Hair stylist/barber;
- Tobacco and nicotine replacement products; and
- Hunting and fishing licenses.

### To file a report of a retailer that has not honoured the HST exemption for Ontario status First Nations:

1. Contact the Ontario Ministry of Finance by telephone at 1-866-668-8297 (1-866-ONT-TAXS)
2. When prompted at the voice-activated menu “What program are you calling about?”, say “Retail Sales Tax”
3. When prompted “Do you have a business number or vendor permit number”, say “No”
4. You will then be directed to an operator
5. Ask to be transferred to “Refunds and First Nation Exemptions”
6. When the operator answers, notify the operator that you wish to file a report of a retailer not honouring the HST point-of-sale exemption for First Nations
7. Provide as much of the following information as you are able to give:
  - i) Your name and telephone number (for follow up\contact by the Ministry)
  - ii) The name of the retailer (store name)
  - iii) Telephone number of the retailer
  - iv) Address of the retailer
  - v) Name of the owner/manager

### HST Complaints

The Ministry of Revenue is now able to handle complaints regarding vendors who are not honouring the PST exemption at Point of Sale for Status Indians.

Call the Toll Free number 1-866-668-8297, state that you would like to file a complaint regarding a vendor and give them the vendors name, ad-



dress, and phone number.

## ONTARIO TAX EXEMPTION RIGHTS FOR FIRST NATION CITIZEN

<http://aptn.ca/news/2014/10/01/ontario-tax-exemption-rights-first-nation-citizen/>

### How various telecommunications companies honour the PST exemption

#### FIRSTTEL

First Nations-owned telecommunications company. Visit their website <http://www.firststel.ca/?source=http://anishinabeknews.ca/> I'm sure you'll have no hassle getting either the PST exemption if you live off-reserve!

#### BELL

[http://support.bell.ca/Billing-and-Accounts/Billing/How\\_to\\_apply\\_for\\_Indian\\_status](http://support.bell.ca/Billing-and-Accounts/Billing/How_to_apply_for_Indian_status)

#### TBAYTEL

Fax your name, address, account number and a photo copy of the front and back of your Status Card to 1-807-622-1900.

#### COGECO

Fax the front and back of your Status Card, along with your account number, name and address to 1-905-333-8136.

#### EASTLINK

Call Eastlink customer service 1-888-345-1111 and give them your account number, First Nation you are a citizen of, Registry number and Family number (last three numbers of your registry number). Apparently they have a way to verify your Status Card information.

#### ROGERS

Snail mail them a letter - with your name, account number, address and THIS CODE: TXNI Also state what your Status Card number is and mail to:

**Rogers Telecom INC**

**Attention: Fulfillment Department, GB720  
105 Gordon Baker Road, Suite 700  
Toronto, ON M2H 3S1**

You CAN send in your telecommunications bills (from the last four years) to get the PST exemption back and send with the refund form (you may visit the Union of Ontario website for a direct link to the refund form). This sometimes takes 3 months to get a refund from the Ministry of Revenue.

#### HYDRO ONE FOR HST EXEMPTION LIVING ON RESERVE ONLY

You're exempt from paying the Debt Retirement Charge (DRC) if you're a First Nations person consuming electricity on a reserve, or Individual in the diplomatic community that has an exemption certificate or is exempt from paying the Harmonized Sales Tax (HST). In order to receive this exemption, please fill out and send us an exemption form, contact our Customer Communications Centre with your Certificate of Indian Status card number at 1-888-944-3251, or email: [CustomerCommunications@HydroOne.com](mailto:CustomerCommunications@HydroOne.com).

For complete information visit the Union of Ontario Indians (UOI) website at:

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

All the links for tax forms are provided on the UOI website along with additional news articles, more links and documents.

You need to look for this image posted on the UOI home webpage, click on it, and you will taken to the page where all info is listed.

**HST Reimbursement (NO HST)**



**Aboriginal Sport and Wellness Council of Ontario Basketball Tournament****ATTN: Communities, Coaches, Parents and Athletes**

On behalf of the Aboriginal Sport and Wellness Council of Ontario (ASWCO), we are pleased to announce the launch of our inaugural ASWCO Basketball Championship, scheduled to take place at Rama First Nation from May 15-17, 2015.



The tournament will be for both male and females, for a U18 (born 1997-2000) category. Team registrations will be \$350. Teams must be comprised of a minimum of 6 players, and can carry a maximum of 13. FIBA rules will be in effect, and as such each game will use a shot clock.

**Key Documentation and Timelines:**

- An expression of interest from teams wishing to register must be received (in writing) no later than **Monday March 20, 2015** (see the second page of this document for a template that you can submit)
- Teams who submit an expression of interest will be contacted and provided with registration forms no later than **Friday March 27, 2015**
- Registrations must be submitted by **APRIL 17<sup>th</sup>**, along with payment. Teams will not be considered registered until payment is received in full
- Team roster due **MAY 1ST** (Must be emailed to ASWCO by May 1).
- ASWCO will request a copy of the following from each player at time of REGISTRATION. You must provide copies. ASWCO will not make copies of any documents.
  1. Proof of Aboriginal Ancestry
  2. Proof of High School Enrollment
    - Student I.D., Transcript, Report Card
  3. Waiver & Release Forms
    - Players
    - Head Coach & Assistant Coach

Please note that during the tournament weekend we will also be offering coaching training and certification clinics for any individuals you know who may be interested in coaching.

Additional information regarding the tournament will be distributed to you in the coming weeks. If you are interested in participating in the tournament please email: [aswcobasketball@gmail.com](mailto:aswcobasketball@gmail.com)

We look forward to hosting our inaugural basketball championship and do hope that you will consider participating.

Meegwetch,

Aboriginal Sport and Wellness Council of Ontario

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Aboriginal Sport and Wellness Council of Ontario  
2425 Matheson Boulevard East, 7<sup>th</sup> Floor  
Mississauga ON  
L4W 3K4  
(416) 479-0928

## Medical Travel Drivers

Terry Plain (Monis)	.....402-5535
Ron Simon	.....328-0203
Sheila Firth	.....383-1073
Mary Lou Williams	.....337-9342
Carol Miller	.....332-0751
Christine Plain	.....466-0054

## Men's Cooking Classes

**Thursday, March 26, 2015**

**11:00am -1:00pm**

**Health Centre**

### Prize for all Participants

Learn to love delicious food made with a few healthy ingredients  
New Participants Welcome!!

Call to Register Today!!

519-332-6770

Transportation Available



**Thursday, April 14, 2015**

**12:00 – 1:30pm**

**HEALTH CENTRE**

In need of a warm meal?

Want to socialize?

Come out and join us and have a nice warm bowl of soup on us!

For further information please call Jessica at the Health Centre at 519-332-6770

## Healthy Babies/Healthy Children & Head Start

**MARCH**

**Monday, March 16th - March 20th**

**March Break No Programming**

Monday, March 23rd, 10:30 am - 1:30 pm

**Hand Print Easter Craft**

Wednesday, March 25th, 5:00 pm - 7:30 pm

**Fathers' and Families**

**Photovoice Dinner, SIGN-UP**

Thursday, March 26th, 10:30 am - 12:30 pm

**Law of Attraction - Dr. Lynn Comeau**

Monday, March 30th, 10:30 am - 1:30 pm

**Kids in the Kitchen, Nutrition with Melissa**



## First Nations Food, Nutrition & Environment Study

*Aamjiwnaang First Nation*

# Sampling for Contaminants in our Traditional Foods

In 2012, we collected 103 traditional food samples from community members. There were 29 different species:

**Fish:** catfish, chinook, perch, smallmouth bass, pickerel

**Game:** deer (meat, liver), rabbit (meat)

**Birds:** pintail duck, teal duck, mallard duck, wild turkey

**Plants:** nuts (acorn, hickory, walnuts), corn, winter squash, maple syrup, cedar tea, crabapples, hawthorn berries, Saskatoon/june berries, sumac, snap beans, stinging nettle, western dock, mint leaves, horsetail shoots, dandelion greens, puffball mushrooms

**The conclusion made by the research team is that our traditional foods are safe to eat. Also, it is safe to eat 1-2 servings of local fish per week.**

So how did they come to that conclusion?

They tested all foods for heavy metals (arsenic, lead, cadmium, mercury). In addition, we were able to select one group of foods for testing Persistent Organic Pollutants (POPs). Fish were selected because POPs accumulate in fat and fish has more fatty tissue than the other foods. The following POPs were tested:

- Polycyclic aromatic hydrocarbons (PAHs)
- Organochlorides – hexachlorobenzene, p,p-DDE, total PCBs, trans-Nonachlor, toxaphene
- Polybrominated diphenyl ether (PBDEs)

- Perfluorinated compounds (PFCs)
- Polychlorinated dibenzo-p-dioxins & polychlorinated dibenzofurans (PCDD/Fs)

Only trace amounts of contaminants were detected in foods and in many cases they were so low they were not detectable. Higher levels of lead were found in deer meat, which is likely due to the use of lead shot.

They determined the safety of the foods by using a scientific formula. Based on how much traditional food we eat, with the contaminant levels found in our foods and the amount of exposure that is unlikely to have negative health effects over a lifetime, they calculated the Hazard Quotient (HQ).

**HQ – Estimated exposure to a chemical over time that is unlikely to have adverse health effects. This number should be 1 or less to be considered safe.**



The HQ was calculated for both the average traditional food consumers and the most frequent traditional food consumers.

**Exposure estimates for metals from traditional foods. If HQ is 1 or less there is negligible risk of harm:**

METAL	HQ Average Consumer	HQ Heavy Consumer
Arsenic	0.003	0.01
Cadmium	0.0001	0.0006
Mercury	0.014	0.05
Lead	0.13	0.9

**Exposure estimates for persistent organic pollutants. If HQ is 1 or less there is negligible risk of harm:**

Persistent Organic Pollutants	HQ Average User	HQ Heavy User
HCBs	0.000066	0.000288
DDE	0.000012	0.000055
PCB	0.002000	0.008381
Chlordane	0.000311	0.000343
Toxaphene	0.000111	0.000012
PAHs	0.000004	0.000029
PFOS	0.005153	0.012553
PBDE	0.000001	0.000006
Dioxin & Furans	0.000006	0.000022

**How do we compare to other First Nations in Ontario?**

Traditional food samples were collected in 18 First Nations across Ontario. We compared our results to the average levels found in other First Nations. Here are some examples:

**Deer meat** from Aamjiwnaang had lower than average levels of arsenic and cadmium, average level of mercury and the highest level of lead (likely to due to lead shot).

**Rabbit meat** from Aamjiwnaang had lower than average levels of arsenic and cadmium, and average levels of mercury and lead.

**Cedar tea & maple syrup** from Aamjiwnaang had average or lower than average levels of all chemicals tested.

**Walleye pickerel** from Aamjiwnaang had average or lower than average levels of all chemicals tested. PFCs were slightly higher than average, but still very low and not of health concern.

Overall, the contaminant levels in our foods were similar to those found in other First Nations in Ontario. Our exposure estimates and risk of health effects was also similar to other First Nations in Ontario.

**How does this compare to previous results found in Aamjiwnaang?**

The research team also looked at our cedar tea testing from 2007 and traditional food sampling from 2005. All chemical levels detected were not of any concern for human health.

## CONCLUSIONS

- 1. Traditional foods are safe to eat**
- 2. In general, it is safe to eat 1-2 servings of local fish per week<sup>1</sup>**
- 3. When hunting, use steel shot instead of lead**

<sup>1</sup> Sport Fish Contaminant Monitoring Program – St. Clair Fish Consumption Advisory for 2013/14









# Healthy Babies/Healthy Children Fathers' Dinner Celebrating the Father's Photovoice Contest

Wednesday, March 25<sup>th</sup> at 5:00 p.m.  
At Maawn Doosh Gumig Community Centre



&



-  For Fathers with children ages birth to 6 years old. Fathers bring your family. (If father is not available-grandfathers, uncles, older brothers can register their family.)
-  Get your picture taken and answer the question—"Why being a father is important."
-  Vote on the Photovoice contest submissions.
-  Register with Dorothy by March 20<sup>th</sup> at 519-332-6770 Transportation Available.



## Seniors 55 & Over Congregate Dining

Seniors Drop In Room



**Every Wednesday  
12 - 1 pm**

Come on out... Socialize and  
enjoy a home cooked  
Nutritious, delicious meal!

**Hope to see you there!**

**Any Questions give call  
Peggy a call  
519-332-6770**

## NOTICE Seniors:

If you have signed up for an  
event – and you cannot make  
it, please call Peggy, 519-  
332-6770. I have waiting  
lists and would like to see  
the tickets used if for  
some reason you are  
unable to attend.

Thank you,  
Peggy Rogers, Seniors Worker

## Travelling Seniors

### FYI

The Travelling Seniors will  
be hosting a monthly  
Meat Bingo Fundraiser  
At Maawn Doosh Gumig -  
Next Bingo Dates are:  
Thursday, March 26  
Thursday, April 23  
Thursday, May 21  
At 6:00 pm and the  
Kitchen opens at 5:00 pm

## Seniors Healthy Cooking Class

**Tuesday, Mar. 17 2014  
Health Centre 10:30 - 1:30**

Come out and join us! call  
Peggy to register and if you  
need a ride.

519-332-6770



- \* Simple recipes made together
- \* Tasty food samples to take home
- \* Friendly conversation
- \* Healthy eating information
- \* Nutrition and health questions wel-

Presented by: **Sandra Walker**



St. Patrick's  
Day



Seniors  
Pizza &  
Game Night



When: Monday, Mar. 16, 2015 @5 pm

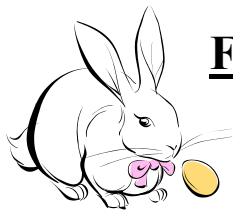
Where: Seniors Drop-In  
@Community Center

**PRIZES! GAMES! FOOD!**

Call Peggy, 519-332-6770 if signing  
up



## Attention Community Members



### From the Home & Community Care Department

We would like to wish you and your family a blessed  
Easter and Happy Holiday.

It is that time of year to notify the Community that there will be  
NO SERVICE on the following dates:

**Friday April 3rd, 2015 - Good Friday  
&**

**Monday April 6th, 2015 - Easter Monday**

Please make arrangements with your loved ones and  
regular hours will commence Tuesday April 7th, 2015

Thank you  
Respectfully Yours,  
HCC—Clerk Rebecca Adams

## Senior's Programming



### SENIORS EASTER POTLUCK PARTY

**Tues., April 7th @ 5:00 pm**

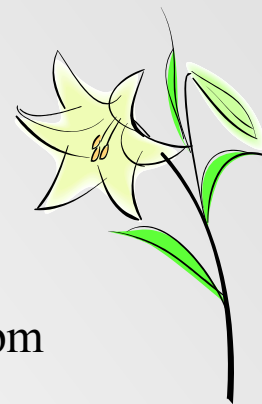
Community Centre

Seniors, design your own Easter Bonnet and wear during dinner for judging!!

Prizes for 1st, 2nd & 3rd place, prizes for dressed for the occasion, etc!

Call Peggy @ 519-332-6770, by April 2, 4:00 pm to sign up if you plan on attending.

Hope to see you there!!



LUNCH  
FELLOWSHIP

Aamjiwnaang Seniors have been invited to have lunch with Chippewa of Thames Seniors

**BINGO**

**Tuesday April 14, from 11 AM – 12:00 PM**

**Social Hour 12:00 PM – 1:00 PM**

**Lunch 1:00 PM – 3:00 PM Nutrition Bingo**

Transportation is available for 7 people

**You are required to sign up no later than Tuesday, March 17, 4:00 pm**

Please sign up with Peggy, 519-332-6770, ext. 31

*You're Invited!*

Seniors Lunch with Walpole Island & Moraviantown

**Monday April 27 @ 11:30 am**

Walpole Island Arena

Transportation available for 7 people

You must sign up with Peggy,  
519-332-6770, ext. 31

**Deadline for signup is April 17, 4:00 pm.**



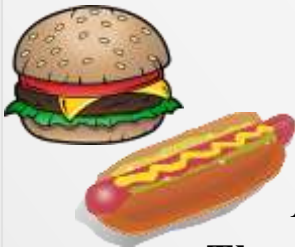
## Travelling Seniors Monthly Fundraiser

# MEAT BINGO

All Scheduled Fundraisers are held at,

**Maawn Doosh Gumig Youth & Community Centre @ 6 pm**

*2 Strip Book for \$15 (extra strip for \$5 more)*



**Thursday March 26, 2015**

~ Kitchen opens @ 5 pm

*Menu includes: Hamburgers, Hot Dogs & Soup*

**There will also be Easter Basket Draws - Tickets \$2 each**

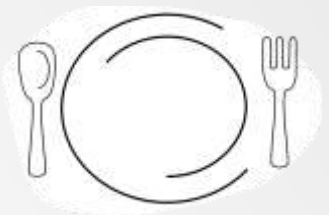


**Thursday, April 23, 2015**

~ Kitchen will be open from 4 - 6 pm

**Menu includes: Ham & Scalloped Potatoes Dinner**

**Adults: \$8.00 and Children under 12: \$5.00**



**Thursday March 26, 2015**

~ Kitchen opens @ 5 pm

*Dinner Menu to be Announced as a later date*



- Everyone Welcome to Play!
- Ages 10+ w/adult supervision
- Bring a Friend or more!!
- Students, come out and get your volunteer hours

**Come on Out and Support  
the Travelling Seniors !!**

**For more information call**

**Pat Oliver**

**@ 519-336-7244**

# Aamjiwnaang Afterschool Program



Invites all children between the ages of 6-12 years of age to join us at the Maawn Doosh Gumig

**Mon. , 3-6 pm**

to check out our new programming and to make some new friends! New registrations are always welcome.

It will be KIDS CHOICE of the games and activities so

Come out and see what all the FUN is about!

**Melissa Joseph-Program Leader**  
**519-332-6770 ext. 35 or**  
**226-932-0786**  
**[mjoseph@nlchc.com](mailto:mjoseph@nlchc.com)**



## Beading for Beginners



*Passing on our Culture to the next generation.*

### 6 Weeks

**Begins Monday February 23rd- April 13th**

**6pm - 8pm**

**E'Mino Bmaad-Zijig Gamig Health Centre**

**Please be advised that there will be no class on Mar. 16 or Apr. 6**

To register please call the Health Centre at 332-6770.



**In Partnership with The Aamjiwnaang Culture & Heritage Club**



# Aamjiwnaang Skate & Swim

## At Mooretown Arena



### SCHEDULE

March 14 - Swim,  
3-4 pm

March 21 - Skate,  
7-8 pm

March 28 - Skate,  
7-8 pm

Spend Quality Time with Family

Great Exercise

Children Under 7 Must be Accompanied by an Adult Into the Pool

Helmets Recommended for Skating Safety

Sorry Hockey Fans, No pucks or hockey sticks permitted!!

Please review the attached polices for Mooretown ice and pool rentals. For any questions please contact Roberta Bressette at the Health Centre 332-6770.



## COUPONING for Beginners Working Group

Come out and share coupons, learn how to get a deal, and share other money saving tips!!

WHEN:

Wed, March 18th

WHERE:

E'Mino Bmaad-Zijig  
Gamig Health Centre

TIME:

1 - 3 pm



Transportation & Childcare provided.

Please contact the Health Centre at 519-332-6770 to register.



## WOMEN ON THE RISE

---

Aftercare / Continuing Care for women 16+

Begins [Friday, March 27<sup>th</sup> @ 9:30-11:30am](#) for 13 weeks.

To Register:

Please call Tracey at the Aamjiwnaang Health Centre 519-332-6770 or  
Charity Smith, House of Sophrosyne, 519-328-1683

This group is for any woman who has completed a residential or community treatment program and would like support as she continues to work her path to recovery from substance abuse. Registration is required prior to group, and once the group begins it is a closed group. The program is 12 weekly sessions, individual counselling is available as needed.

## SCHEDULE OF THURSDAYS AND FRIDAYS

---

March 27 (Friday) – Orientation

April 2, 9, 16, 23 (Thursdays) – Triggers and Coping; Warning Signs of Relapse; Cross Addiction and Denial; Self-Esteem and Self-Care in Recovery

May 1 (Friday) – Coping Effectively with Feelings in Recovery

May 7, 14, 21 (Thursdays) – Healthy Boundaries, Healthy Relationships; Women and Sexuality

May 29 (Friday) – Families in Recovery

June 4, 11, 18 (Thursdays) – Mental Health/Concurrent Disorders; Spirituality in Recovery; Managing Recovery Long-term

## Q&A

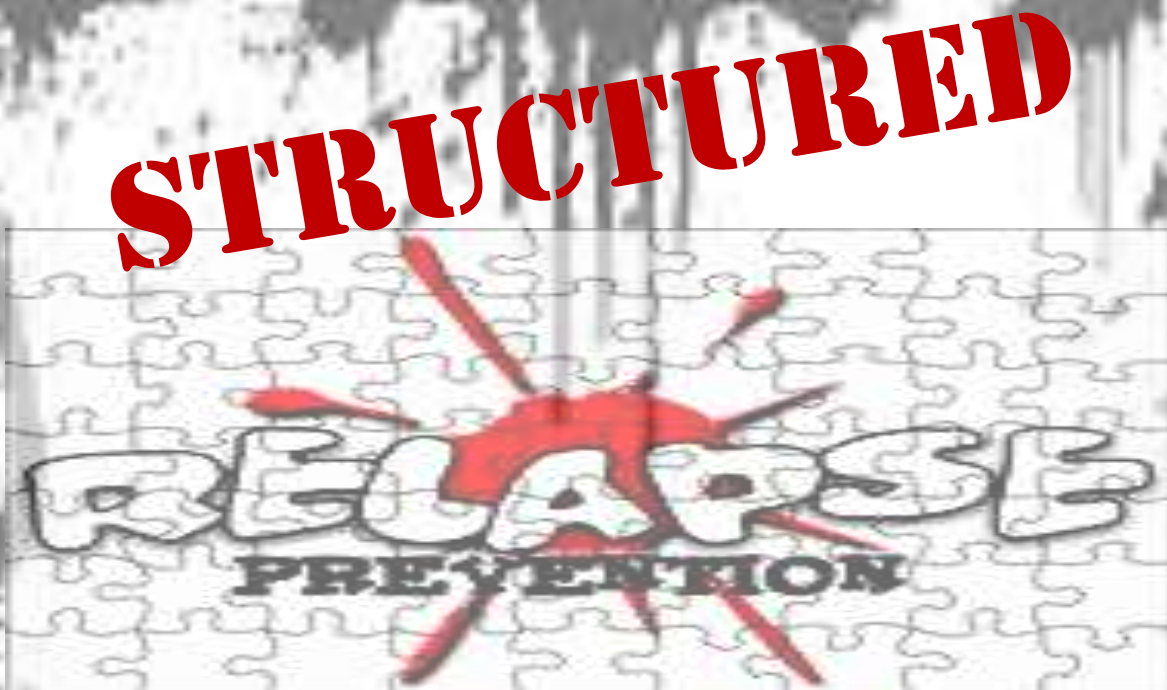
Question: Can I attend group if I am under the influence of drugs and or alcohol?

Answer: No. However, if you have had a relapse it is permitted to discuss this with the group and look at future strategies to avoid further relapse.

Question: Can I bring my child to group?

Answer: Unfortunately we do not have childcare, however, if there are enough participants who need childcare, we will reconsider offering childcare.





Structured Relapse Prevention provides an effective program for clients seeking to maintain change and avoid relapse. Structured Relapse Prevention (SRP) is a brief, cognitive behavioural, manual-based counselling approach that is used in a variety of settings.

This *interactive workshop* will provide tools and a comprehensive set of coping skills exercises for use with clients.

### **Please note new date....**

**April 1-2, 2015**

**9-4 P.M.**

**Maawn Doosh Gumig**

**Community Centre**

**(Banquet Room)**

**Call Penny @ 332-6770**

**for more information.**

**LIMITED SEATING**

**AVAILABLE!**

**Call Dorothy to reserve  
your spot**

**@ 332-6770**

**Lunch Provided**

## Support for Families, Caregivers and Friends

### Who are Supporting Someone Struggling With Substance & Alcohol Use

Families can play an important role in supporting a loved one with a substance use problem. Often it is the families and loved ones that deal with the crisis, assist with system navigation, serve as informal case managers, encourage and support treatment. Family members, caregivers and friends may experience anxiety, stress, shame, self-blame, depression, fear and frustration. People dealing with addictions in their family can initially not have adequate information regarding the problem, treatment, self-care or available resources.

Facilitators from Bluewater Health Community Withdrawal Program will introduce ideas and concepts to you to support your understanding of substance use, how to better support yourself and how to better support your loved one.

TOPIC of Discussion: **Enabling VS. Helping**

MARCH 25, 2015

Aamjiwnaang Health Centre

2 - 3:30 P.M.

Please contact Penny 519-332-6770 for further information

**EVERYONE WELCOME!**

## Grief & Loss Counselling Services

Through grief/trauma counselling, Tina can help you work through distressing experiences. Regardless of the kind of loss you're facing, Tina can help guide you through your grief and help you learn healthy ways to cope with your loss/trauma.

Tina provides confidential care and support for individuals, couples and families across the lifespan who are facing difficult seasons in their lives.

Please contact E'Mino Bmaad-Zijig  
Gamig Health Centre  
To speak with Tracey or  
Penny about accessing,

**Grief & Loss Counselling**  
**(519) 332-6770**

## RedPath Emotion Management Program

*Living a good life through  
Emotion Management*



Expected Start date:  
February 26, 2015

For More Info  
Contact:

Robin Maness  
Health Centre:  
519-332-6770

or

Sue Rogers  
Mnaasged Office:  
519-383-0404





# Let's Talk

With Penny...

## TRUST AND BETRAYAL

There are many kinds of betrayal in life. It can happen when we are young or old and anywhere in between. Betrayal hurts and you have to work hard to move forward in your life after a betrayal. Whatever the reason for the betrayal it causes resentment, anger, guilt, fear even helplessness in one's life. The way you chose to handle this betrayal experience will make a difference in how you choose to respond to your life with relationships with others and the way you feel about yourself. Betrayal is a breach of trust. This deception can leave your world shattered especially if it is by a husband, wife, parents, children or immediate family member. You could feel alone, abandoned, at risk and even depressed.

Soul wrenching betrayal transpires when those people who are closest to you, the ones who know your very soul, attacks for whatever reason. It does not matter if the act of betrayal was deliberate, an accident of just something that happened. Family members know you inside out and it is easy to know the weakest areas in your life. They know the buttons to push and how you will react to the button pushing. That is why it is so devastating when betrayal happens. The pain it causes the fear and even resentment can and will linger for years.

Betrayal can destroy self-esteem, any relationship and destroys trust of any kind. Trust is vital for a person surviving in this world. Trust requires faith in the basic integrity of someone. There are times when everyone needs to be able to trust someone in this life. Somehow you must find a way to forgive the betrayal and move on with life.

Forgiveness can help you move forward. Please understand that forgiveness does not mean allowing that person back into your life. It means regaining the peace of mind that comes when you can get past the hurt from betrayal. Forgiveness is a transferal in your awareness of what has happened in the betrayal. Acknowledging the betrayal was not your fault and releasing the feelings of anger, resentment maybe even hatred and reaching for a peace of mind. Next you have to start trusting yourself and stop

blaming yourself for the reason the other person betrayed you.

Think of it this way if you found a wild dog, you trained it and even trusted its loyalty then all of a sudden it turned on you. Would you have hurt feelings? Would you blame your training ability? Would you hate the dog for being a wild dog? A person who knowingly betrays a loved one is no better than a wild dog. A wild dog will never ask for forgiveness or even know it betrayed. It would be doing what his character dictates it to do.

Healing the wounded heart from betrayal takes taking one day at a time. It takes endurance to learn to trust again. The human heart can survive many things but it is hard to learn to trust again after a deep betrayal from someone we believe we should trust. Once the foundation of trust has been breached the faith in humanity can distract our life journey. Understanding it takes baby steps to take one day at a time. There are no magic pills that will make the pain go away or to repair the damage that has been done to one's self-worth. The first baby step is to accept that the betrayal has happened. The first reaction usually is depicted by shock, denial, or even minimizing the betrayal. There is such a thing as a healthy amount of denial for our survival. Do not pretend or deny the existence of a betrayal. Do not defend any reason it happened. Do not blame yourself. It is not wrong to expect a sincere apology from the betrayer. The chances that an apology will happen are slim to none. Do not put your life on hold, or hold your breath that an apology will come. When there is a lot of pain involved with a betrayal you can only process a little at a time. Allow the processing to be done when you are strong enough to accept the full extent of the betrayal. When you can accept the betrayal for what it is you can move past it. Remember the wild dog example.

The next step is to express the feelings the betrayal has left you with. Accept that there can be fear, anger, rage, hurt, pain, sadness and even grief. Before you can move on you must verbalize the feelings. It is normal to want to annihilate the betrayer, even name calling helps to get the feelings to the surface so they can be dealt with. It is a type of self-protection and it is inevitable. Once those expressed feelings are out in the open we need to take control of those expressed feelings and deal with them. It is

human nature to experience all these feelings from a betrayal.

There needs to be a place made for these emotions we feel because of the betrayal in order to move forward in healing and surviving betrayal. It is human nature to feel the anger toward those who have betrayed. Everyone experiences these emotions differently. Just be gentle with yourself and these different emotions start to surface. Once emotion surfaces deal with it and honor the emotion for what it is. Then learn from it and take control of it, your healing and surviving betrayal depends on it. Most of all move forward and grow from the experience.

We need to know why the betrayal happened, if there was anything we could have done to prevent it, and the list goes on these are normal questions. We must be careful that we do not lose track of our self in these questionings. We must be careful that we do not get caught up in learning the details of our betrayal that we lose track of our growth process.

One of the bitter experiences in life is being betrayed. Betrayal is serious because it destroys trust, and without trust there can be no relationships. Without trust, society, families, institutions and most certainly a marriage cannot function. Betrayal shakes a person to his core because it ruptures his ability to trust.

What causes people to betray the trust that has been placed in them? There could be three reasons.

The first is excessive ambition, greed, lust or passion. When a person cannot control is overcome with these vices, he's liable to betray. A drug addict will betray the trust placed on him because his addiction is overpowering. It is greater than any sense of loyalty, integrity or honesty he may have. A person's need to be wealthy and lead a luxurious life may cause him to steal, embezzle or misuse information given to him in confidence. Overpowering sexual attraction may also cause a person to betray his marriage.

The second reason could be a feeling that betrayal is necessary to achieve a greater good. Betrayal in this instance is not considered evil but a holy act. A person may feel that in order to save another person's life/soul it's ok to betray him.

The third reason could be because people like to prove how smart they are. Many people like to play

with others' minds, manipulate lives just to stir up trouble.

Betrayal is terrible because it causes the person who has been betrayed to question his ability to trust again and it also causes them to question their own judgement. . It destroys their confidence in themselves.

Let no one of us ever lose our confidence or our ability to trust others because of some people. Let's hope and pray that they will always be those because of whom we will be able to maintain our trust in mankind.

If you do end up violating someone's trust, whether intentionally or not, is it possible to make up for it? If someone violates your trust, when should you forgive them? Some people view forgiveness as a kind of virtue, and suggest you should always forgive. But if they acted against your interests for personal gain, you should not allow them to do it again in the future. You should not trust them.

It may be possible that they can repair the damage done. They could apologize for the action, and assure you it won't happen again. They can repair the damage by compensating you for your loss and giving up all of their gain. By giving up what they gained, they can express that their original valuation was wrong, and that your relationship means much more to you than the gains they achieved by hurting you. And of course any real apology should include an admission of what they did wrong and an explanation of why it was wrong.

Even with a genuine apology, you are not obligated to trust them. You were never obligated to trust them in the first place, and now that you have evidence to show that they are unreliable, you have reason to not trust them. Even if you believe they are genuinely sorry for their action, you may believe that if tempted again, they may betray you once more. Or you may just not be willing to find out. There are many people in the world, with many potential opportunities for positive interaction. It may be better to look elsewhere.





## Soil Is the Key to Successful Gardening

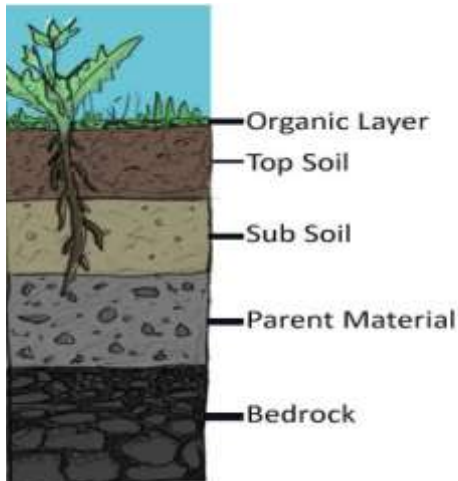
Source: <http://www.hgtv.com/design/outdoor-design/landscaping-and-hardscaping/soil-is-the-key-to-successful-gardening>

The secret to successful gardening is having good soil. Tips on determining your soil type and how to improve its structure.

If there's a secret to successful gardening, it can be summed up in one word: soil. But exactly what kind of soil? Often a seed packet or plant label will tell you "plant in average garden soil," but with 15,000 different types, what constitutes an average soil?

### Soil Profile -

The truth is there's no such thing as average soil. Soil types vary enormously, not only from city to city and state to state, but from one corner of your



property to another. Because they can also vary at different depths, dig a hole at least 18 inches deep. This allows you to examine your soil's profile, which is important because within these top few inches – where most plant roots reside – your soil type can change dramatically.

**Topsoil** - Ideally, within the top six inches or more of the soil surface, there should be a distinct layer called a horizon; this is also known as topsoil. It's full of living organisms, from earthworms to millions of beneficial bacteria and fungi, that contribute to good soil health. That's why it's important to routinely add organic matter to this top layer.

Organic matter includes compost, shredded leaves, grass clippings, straw and barnyard manure. Organic matter is what feeds these organisms and keeps them active, and a biologically active soil is a healthy soil.

**Subsoil** - Beyond the layer of topsoil is the subsoil, which is often made up of several less distinct horizons. The subsoil is important too, though it doesn't contain as much biological life. It plays a role in how well a plant's roots absorb nutrients and how well the soil drains. Avoid compacting this soil and be sure to frequently loosen it with a garden fork. This allows plant roots to move freely and moisture to drain properly. More oxygen will also be able to reach the root zone of the plants, which is vital for survival.

**Clay** - Finally, at the bottom of the hole there's typically a layer of clay. Clay gets a bad rap, and in many cases deservedly so, but all soils contain some percentage of nutrient-rich clay. However, if you rototill your soil, and there's clay down below, you will create a slick layer of clay that water and roots can't penetrate. What's more, rototilling creates a homogenous blend of soil and that's not what you want either. What you want are those aforementioned layers or horizons.

### Soil Color

Soil color is also important to pay attention to. Generally speaking, colors that indicate good soil are dark brown, red and tan. Dark brown suggests that the soil has a good percentage of organic matter. Red reflects the oxidized iron content of the soil, while tan indicates a combination of organic matter and iron.

If your soil is nearly black, it can indicate one of two things: a high percentage of organic matter, which again is good, or poor drainage that results in a high percentage of

anaerobic bacteria, which is bad. How do you know which is which? There are two simple clues: Few plants grow in anaerobic soil and it also smells really bad.

## Soil Texture

Soil texture is one of the least understood qualities of soil but important nonetheless. Many gardeners think that soil should be a homogenous blend, a sort of powder-like substance. In fact, the best soils are those with particles of various sizes. Those particles include sand, silt and clay in varying proportions. If they're in roughly equal proportions, then you have what's called loam, which is ideal for nearly anything that grows.

One way to get an idea of your soil's texture is to simply feel it. Place a small sample in the palm of your hand and moisten it slightly. Now rub the mixture with your fingers. Sand feels gritty, silt feels like moist talcum powder and clay feels slippery.

A more accurate test is to place a scoop of dry, pulverized soil in a quart glass jar, fill the jar roughly two-thirds full with water and add a teaspoon of non-sudsing dishwasher detergent. Place the lid on the jar and shake vigorously for about 10 minutes. After a few days, you should clearly see distinct layers of sand at the bottom of the jar, silt in the middle and clay at the top.

Again, if the proportions



or percentages of sand, silt and clay are roughly equal, you have good loam. If the percentage of sand or clay is more than 40 percent, you can bring either into balance by adding organic matter. Whether you decide to apply compost, shredded leaves, manure or

straw, simply add a two- to three-inch layer on top of the soil or gently work it into the top six inches of soil and let nature do the rest.

By routinely adding organic matter to the soil about twice a year, you can in time create a rich, loamy soil that is anything but average. What's more, you'll find that you can grow healthier plants with little or no fertilizer and that have fewer insect and disease problems.

Rather than spend the majority of your time in the garden tending to plants, instead spend more time tending to your soil. After all, it truly is the secret to successful gardening.





## AAMJIWNAANG FIRST NATION EMERGENCY PLANNING



### WINTER ALERTS

Winter alerts can be categorized into three basic categories (each of which can occur in combination with another):

#### Precipitation alerts:

**Snowfall** – significant snowfall

**Snow Squall** – when cold air moves across larger open bodies of water (such as the Great Lakes) creating nearly stationary bands of cloud and snow

**Freezing Rain/ Drizzle** – when rain or drizzle falls onto sub-zero surfaces and freezes on contact forming a layer of ice

**Rainfall** – significant rainfall

**Winter Storm** - issued when multiple types of severe winter weather are expected to occur together

#### Cold Alerts:

**Wind Chill** – wind or cold on their own may not be hazardous, but the combination of the two may warrant issuing this type of alert

**Flash Freeze** – issued when a rapid drop in temperature causes water from rain or melted snow on streets, sidewalks etc. to quickly freeze

#### Poor Visibility alerts:

**Blizzard** – issued when winds are expected to create blowing snow giving widespread reduced visibility of 400 metres or less

**Blowing Snow** – issued when winds are expected to create blowing snow giving poor visibility of 800 metres or less

**Reminder: If you haven't signed up for our notification system, use this link:**

<https://member.everbridge.net/index/453003085611503>

**Or, complete one of the sign-up sheets and drop it off at the Band office**

**If you have any problems, contact Wilson Plain Jr. at the Band office (519) 336-8410**




**AAMJIWNAANG**  
**NOTIFICATION SYSTEM**  
NOONDAN GEZHAWEBAG  
(to hear what will happen)





**MARCH 2015**

**Employment Assistance | Ontario Works**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Community Development & Culture	6	7
8 	9 OW TRAINING	10 OW TRAINING	11 OW TRAINING	12	13 HF	14
15	16 INCOME STATEMENTS DUE	17	18	19	20 First day of SPRING!	21
22	23	24	25 Application Deadline Dress for Success	26	27	28
29	30	31 DRESS FOR SUCCESS				

**\*\* FREE BASIC INCOME TAX PREPARATION WITH LIZ CLOUD | DATES | TBD \*\***

### Job Search Websites

- A. **OFIFC**, <http://www.ofifc.org/>
- B. **Nokee Kwe**, <http://www.nokekwe.ca/>
- C. **Southern First Nation Secretariat**, <http://www.sfns.on.ca/index.html>
- D. N'Amerind Friendship Centre (London), <http://www.namerind.on.ca/>
- E. **Anishnawbe Health Toronto**, <http://www.aht.ca/>
- F. **SOAHAC** London, Chippewas of the Thames, Owen Sound, <http://www.soahac.on.ca/>
- G. **Six Nations** (Ohsweken, ON), <http://www.sixnations.ca/>

### Other Job Search Engines:

- <http://www.aboriginalcareers.ca/>
- <http://ca.indeed.com/Aboriginal-jobs>
- <http://www.wowjobs.ca/jobs-aboriginal-jobs>
- <http://www.turtleisland.org/front/front.htm>
- <http://www.eluta.ca/>
- <http://www.monster.ca/>
- <http://www.workopolis.com/>
- <http://www.jobs.ca/>
- <http://www.servicecanada.gc.ca/eng/sc/jobs/jobbank.shtml>
- <http://www.ofifc.org/>





Job Posting for:  
Diabetes Prevention Coordinator  
Western Region

The Southern Ontario Aboriginal Diabetes Initiative is seeking a self-directed and self-motivated person with demonstrated knowledge and background in diabetes prevention specifically and health education generally, with extensive experience in organization, planning and implementation. Experience with presenting workshops and public speaking is required. This position will be part of a network of Aboriginal diabetes support services for Southern Ontario. The successful candidate will implement the SOADI Strategy, which has been developed to fairly, and effectively carry out the SOADI Vision and Mandate.

**Position Summary:** It will be the responsibility of the Diabetes Prevention Coordinator to implement a SOADI Regional Workplan. Regional Goals will be the cornerstone of the plan. Ongoing networking and communication with other Diabetes Prevention Coordinators and the Executive Director will ensure coordination and cohesiveness of services.

**Accepting Applications until:** March 27, 2015

**Salary Range:** to be determined and based on experience

**Employment Period/Status:** April 1, 2015, with the possibility of extension based on year-to-year funding agreement.

**Supervision:** The Diabetes Prevention Coordinator will be under the supervision of, and report directly to the SOADI Executive Director with quarterly reporting to the Board of Directors.

**Responsibilities and Duties:**

- Liase with all Aboriginal people within the Western SOADI region and assist communities within the region in developing and implementing diabetes services, with respect to and to complement existing services and established priorities.
- Assist Aboriginal communities within the SOADI region in identifying appropriate resources and services, planning prevention and awareness strategies, and coordinating community and regional programs and events based on community needs.
- Develop and implement a SOADI regional workplan, using regional goals as cornerstone guidelines (in accordance with the SOADI vision, mandate and strategy and existing community health plans.)
- Facilitate group sessions on diabetes education, awareness, and prevention and on occasion make public presentations to large and small groups.
- Fulfill administrative duties as required.
- Assist in developing SOADI regional policies and procedures in order to provide consistent, current and correct information pertaining to Aboriginal diabetes, comparable to the general population.
- Assist in developing and implementing the SOADI communication strategy.

- Must travel. Must have valid driver's license and access to reliable personal transportation. Must be able to lift and transport large display boards and resources.
- Perform other duties and responsibilities that may be designated by the Executive Director.

**Qualifications:**

- Minimum Grade 12 education or equivalent, with two- (2) years work and/or related experience.
- Knowledge of issues and concerns of diabetes, especially in the Aboriginal population.
- Knowledge of the delivery of mainstream and Aboriginal health care services.
- Established and proven record as a dependable and competent person, with strong communication and interpersonal skills.
- Working knowledge of office technology, using a laptop computer for word processing, and communications. Knowledge of e-mail, database, and graphic/desktop publishing is not essential but will be viewed as an asset.
- General knowledge of "financial accountability" and ability to work within a budget.
- Knowledge of First Nations and Aboriginal Organizations, locally, provincially and nationally.
- Co-operative, conscientious, and reliable, with strong skills in planning and work organization.
- Ability to work independently with a minimal amount of supervision, but also be willing to work as a team player.
- Knowledge of Aboriginal language, traditions and culture will be considered an asset.
- Experience and expertise with public speaking, presentations skills and workshop facilitation is a definite asset.
- Ability to work independently and are highly motivated, self-directed and comfortable working with large population in urban setting.

**Location:** to be determined, supporting organization location TBA

*Preference will be given to applicants of Aboriginal Ancestry.*

*For more information, please feel free to call the SOADI head office at the address/phone/fax/email below.*

*Interested applicants are invited to submit a cover letter and resume with three letters of professional references to the Executive Director of the:*

Southern Ontario Aboriginal Diabetes Initiative  
ATTN: Roslynn Baird  
3250 Schmon Pkwy, Unit 1B, Thorold, ON, L2V 4Y6  
Phone: (905) 938-2915 or 1-888-514-1370  
Fax: 1-888-352-0485  
Web: [www.soadi.ca](http://www.soadi.ca)  
Email: [executivedirector@soadi.ca](mailto:executivedirector@soadi.ca)



## CHIPPEWA HEALTH CENTRE



### Employment Opportunity Community Health Nurse Permanent Position

#### Job Summary:

Reporting to the Program Manager/Health Administrator, the Community Health Nurse (CHN) is responsible for identifying, assessing, planning, implementing, delivering and evaluating Community Health Program that address the health needs and issues of the residents of Chippewas of the Thames First Nation. The focus of the Health Centre is working with the community to address the 14 social determinants of health from a holistic perspective and requires knowledge about community health development and strategic planning efforts as identified in the COTTFN Community Story and Comprehensive Community plan. Chippewa Health Centre recognizes the importance of maintaining high standards and top quality health care services and is accredited through the Canadian Accreditation Council.

The CHN consults and collaborates with individuals, families, community, partners with other professionals, organizations, federal and provincial governments to meet identified needs. The goal of the CHN is to promote and preserve the health of the community through a focus on health promotion, health maintenance and health education. In addition, the CHN ensures that mandatory programs of Communicable Disease and Immunization are delivered.

The CHN maintains current in nursing practices by participating in teleconferences and training through First Nations & Inuit Health Branch (FNIHB). The CHN accesses Chippewa culture to ensure a knowledge base and contacts to blend with delivery of programming. The CHN complies with the requirements that maintain accreditation status and quality of improvement standards.

Functional consultation, support and guidance in nursing practices issues and concerns are provided by Southern Ontario First Nations & Inuit Health Branch. The CHN works under management of the Program Manager, Health Administrator, and Executive Administrator with overall authority.

Duties and responsibilities of the position include but are not limited to:

- Providing health education in conjunction with other services providers either by group or individual;
- Perform health assessments and provides nursing intervention for clients in a clinic setting or at home;
- Maintains individual client health files/documentation according to the established standards of the college of nurses (CON);
- Maintains current nursing knowledge and skills of new and changing trends;
- Establishes and maintains effective communication and good public relations
- Maintains the organization of a function, efficient work area;

#### REQUIRED QUALIFICATIONS

##### EDUCATION

- Degree in nursing from a recognized Canadian university or equivalent.
- OR
- Diploma in nursing from a recognized Canadian institution, AND a diploma or certificate in community health nursing (a FNIHB recognized equivalent may be considered).

##### EXPERIENCE

- A minimum of five year experience in community health program development and delivery, with at least one year in an acute nursing setting.

##### OCCUPATIONAL CERTIFICATION

- Current general class registration as a member in good standing of the college of Nurses of Ontario at the time of hire
- Current membership with the registered nurses association of Ontario (at time of hire);
- Current basic life support (level C) (at time of hire);
- Current immunizations

**KNOWLEDGE**

- Public health programs and legislation applicable to First Nations communities
- Public health practices related to health promotion and the control and management of communicable disease outbreaks;
- First nation health issues and programs;
- Budget management and forecasting with a first nations government setting.
- Must have excellent knowledge of community culture, customs and a thorough understanding of the issues facing the community

**SKILLS AND ABILITIES**

- Sensitivity to First Nation and community health issues
- Strong customer service focus
- Willingness and ability to work in a rigorous, diverse and often demanding work environment
- Excellent oral and written communication skills
- Excellent interpersonal skills
- Excellent organizational skills
- Working knowledge of MS windows based productivity tools including MS-office and database
- Good analytical skills
- High degree of initiative, insight and self-direction
- Ability to research and author effective and convincing funding proposals
- Ability to adapt to change and deal with the unexpected
- Ability to maintain confidentiality
- Ability to cope and function within a stressful work environment

**OTHER REQUIREMENTS**

- Current basic rescuer CPR, first aid, and WHMIS certification
- Able to work flexible hours as required for program delivery
- Able to travel for attendance at meeting, workshops and upgrading skills
- Must possess a valid class "G" driver's license, vehicle insurance and a reliable vehicle
- Must be able to provide a clear criminal reference check, a clear vulnerable sector check, and must not have prior convictions of violent crimes, child related offences or other job related convictions

**Salary: According to Budget**

**Closing Date:** No later than 4:00 pm on Tuesday April 7, 2015

Please submit your cover letter, resume, photocopy of degree, three recent letters of work related reference and a current CIPC (within 6 months) to:

Executive Administrator  
Chippewas of the Thames First Nation  
320 Chippewa Road, R. R. # 1, Muncey Ontario, N0L 1Y0  
OR Fax 519 289-2230

People of Native Ancestry are encouraged to apply and we are an equal opportunity employer.

**NOTE:** A full job description is available the Health Centre (519) 289-5641.





## COMMUNITY GIVEAWAY



**\*\* FREE BOOKS \*\***

**Childrens books-general interest**

**WHEN:MARCH12 10:30-12:30**

**WHERE:MAAWN DOOSH GUMIG**

**WHY: LITERACY**

**\* ALL WELCOME TO BROWSE & TAKE  
WHAT YOU NEED**

Questions contact : [marinaplain@aamjiwnaang.ca](mailto:marinaplain@aamjiwnaang.ca)

**FREE FREE FREE**



## LOOKING FOR FOSTER PARENTS

Eagle's Nest: A Place to Soar, Inc.

**"We are looking for families". Will you open your homes? Be a loving foster parent & role model to Native children in CAS care.**

**We all need to feel safe, wanted and loved.**

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**Eagles Nest - will complete Home Studies and prepare you to be A Foster parent.**

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**Accredited by: CARF International**

**Please call 519-439-3000 Ext 202**

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

# CELEBRATING FRIENDSHIP

## Saturday, March 21, 2015

Feast • Entertainment • Drumming • Elder Talk

For food purposes, if you might attend please call the  
Sarnia-Lambton Friendship Centre - 519-344-6164

Visiting Elder  
Mona Stonefish

4pm to 9pm  
River City Vineyard  
260 Mitton St., Sarnia



Keynote Speaker:  
Ryan McMahon, Comedian





## Anishinaabemowin Naakaazdaa Enweying!! (lets use our voice)

While searching and review different articles, websites, and academic literature pertaining to Anishinaabemowin I began to see a similar theme and the importance of relearning one of our most beautiful sacred gifts ever to be given to Anishinaabe, OUR LANGUAGE!!

The fluent speakers who remain and who have been blessed to have retained the words and sounds are indeed treasures in themselves. They must be cherished for all that they know, honoured for all that they have endured and shown the utmost respect for the knowledge that lies within. Without those special beings of light, those of us who desire to speak the sacred sounds can only look forward and hold onto a time when those sounds will flow with ease and purpose.

The following words are being share from Helen Roy's webpage:

<http://www.helenroy.net/>

*Anishinaabe spirituality is based on the Earth, so you really need to know the roots of the language in order to understand the Anishinaabe worldview. In today's world, only Natural Scientists study nature as closely as all Anishinaabeg once did. This video introduction to the Sound Based Method of Understanding Anishinaabemowin shows that all Anishinaabeg were once so close to nature that they based An-*

*ishinaabemowin on natural actions.*

*This is the Anishinaabe Based Method of thinking that is missing from all the wordlists you can find. Come explore the Anishinaabe mind and worldview.*

*Do not settle for superficial culture. Culture resides in the mind, not in the symbols and artifacts. Learn this worldview and you will honor the ancestors. You will begin to THINK in the Anishinaabe way.*

*Have you ever wondered what is really said in Anishinaabemowin?*

*Has an elder ever told you that the English cannot translate what the fluent speaker and listener are really thinking when they speak their native language?*

*The Anishinaabemowin words are not just replacement words for English thoughts.*

*The words are made of many ideas. I have defined the ideas within the words.*

*Now you can learn what is really said.*

Helen Roy has developed several language resources that are designed to take the learner through a series of lessons that focus on sound based method of teaching for the learner. Helen's webpage features books, CD's, recorded videos that you can view right online or can order.

For complete details and listings of all resources visit Helen's webpage.



# Easter Bunny Hop

**APRIL 1, 2015**

**5:30-7:30**

**Maawn Doosh Gumig  
Community & Youth Centre**

**Refreshments**

**Spot Dances**

**Top Bunny Hits**

Sponsored by: NCB



## 2015 Talons Baseball Registration



Sat March 7 , 10am-2pm  
Sat March 21, 10am-2pm  
Sat March 28, 10am-2pm

### Maawn-Doosh Gamig Community Centre

Instructional	4-6	\$35.
Novice	6-8	\$55.
Mosquito	9-10	\$85.
Ranger	11-12	\$85.
Pee-wee	13-14	\$85.
Bantam	15-17	\$105

- Age reached by Aug 31 of 2015 baseball season.
- This years registration coincides with SMAA registration dates



**Any questions can be  
directed to Earle  
Cottrelle @**

**[bigdaddyallin@gmail.com](mailto:bigdaddyallin@gmail.com)**

**or, 519-491-9410**

There will be a winter baseball conditioning coming soon @ community centre, when dates are verified, I will post in next tribune and at community center.



If you are looking for a hairdressing school, join **On Edge** Academy of Hair. Our curriculum is custom designed by Master stylist Patricia Pearson who believes that power is knowledge. She created a program with 100% hands on experience, real people, real situations that provides excellent theory.

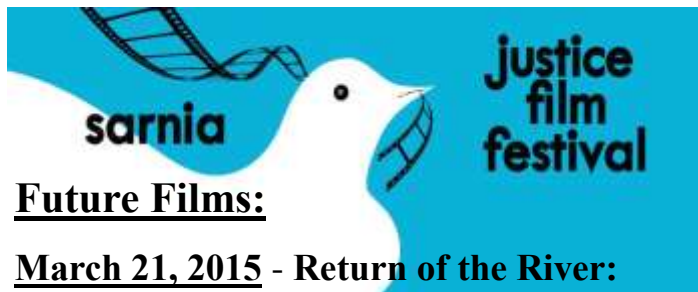
The program is only 1500 hours, the schedule is:

- Tuesday - Friday, from 9:00 am - 4:00 pm
- Saturdays, from 9:00 am - 3:00 pm
- On Edge Academy of Hair is the only private hairdressing school, Registered and Approved with the Ministry of Colleges and Universities to deliver a diploma program in Sarnia.

Check out our Facebook page & website for more information or call the Academy at 519-383-8017.

**[www.onedgeacademy.com](http://www.onedgeacademy.com)**

The greatest achievement is selflessness.  
 The greatest worth is self-mastery.  
 The greatest quality is seeking to serve others.  
 The greatest precept is continual awareness.  
 The greatest medicine is the emptiness of everything.  
 The greatest action is not conforming with the worlds ways.  
 The greatest magic is transmuting the passions.  
 The greatest generosity is non-attachment.  
 The greatest goodness is a peaceful mind.  
 The greatest patience is humility.  
 The greatest effort is not concerned with results.  
 The greatest meditation is a mind that lets go.  
 The greatest wisdom is seeing through appearances.



**Future Films:**

**March 21, 2015 - Return of the River: Freeing of the Elwa River in Washington from Two Salmon-blocking Dams** <http://www.elwhafilm.com/>

**April 25, 2015 - Divide in Concord: The Bottled Water Ban Battle** <http://divideinconcord.com/>

All films are screened free of charge at the Sarnia Library Theatre on Saturdays, beginning at 7pm. For more information contact:

Thea deGroot – 519-542-5009  
[justicefilm@sympatico.ca](mailto:justicefilm@sympatico.ca)  
[www.facebook.com/SarniaJusticeFilmFestival](http://www.facebook.com/SarniaJusticeFilmFestival)  
 Twitter: @SarniaJusticeFF

**WEEK-END IN CHICAGO**

**Aug. 7-9, 2015**

**2 Nights—Embassy Suites,  
 Chicago, Lakefront**

**Single-\$600, Double-\$350, Triple-\$300, Quad-\$250, All Prices U.S. Funds \$50 non-refundable deposit secures your spot with remainder to be paid in full by July 1, 2015**

- **Includes : Coach Bus, Breakfast at Hotel and Managers Party Each Day Featuring Free Cocktails and Appetizers.**
- **Proper ID for Border Crossing**
- **Bus leaves the Corunna Ball Fields at 7:00 am and Food Basics in Sarnia at 7:30 am & K-Mart Parking Lot, Port Huron at 8:30 am**

**Contact: Willie at 519-332-6771 or 519-384-1957  
 Tracey at 519-333-7472 or 519-862-3261 or  
 For our American Passengers Contact Preferred Charters at 810-982-7433**



**DETROIT RED WINGS VS BOSTON BRUINS**

**Thursday, April 2, 2015 at 7:30 PM**

**\$100.00 US**

**INCLUDES: COACH BUS, TICKET (Sec. 228 Row 7-10)**

**Proper ID for Border Crossing  
 BUS LEAVES**

**Sarnia Farmers Market Parking Lot at  
2:30 PM SHARP!!**

**CONTACT:**

**Willie at 519-384-1957 or 519-332-6771**





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Call Shawnacey Williams:  
**519.312.5477**  
thegoldcube@gmail.com

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Man willing to do odd jobs such as snow shovelling,  
hanging lights, cutting wood, cleaning basement/garage/  
crawl spaces, help with moving or other small jobs.  
Contact Keven Cottrelle (AKA "Joe Pete")  
@ kevincottrelle@yahoo.ca or directly at 1940 St. Clair  
Pkwy. (Mitch Degurse's).



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The next issue is due out on  
**Wednesday, March 25, 2015**  
 The deadline for submissions is  
**Monday, March 23, at 12:00 Noon**

*Chi-Miigwech,  
 Lynn M. Rosales, Interim Editor*

CHIPPEWA TRIBE-UNE

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E-mail: [editor@aamjiwnaang.ca](mailto:editor@aamjiwnaang.ca)  
<https://sites.google.com/site/>



Hosted by Aamjiwnaang First Nation  
 Business Development Office



*Union Gas and RB Somerville presents*

## SUPPLIERS AND CONTRACTORS FAIR

**Monday March 23, 2015 4:00pm – 6:00pm**

At Mawn Doosh Gumig community centre  
 1972 Virgil Avenue, Sarnia, Ontario

**Come out to learn about the Sarnia  
 pipeline expansion starting this Spring.**

### SUPPLIER & EMPLOYMENT OPPORTUNITIES!

- Gravel
- Sand
- Washed rock
- Topsoil
- Catering truck
- Potable drinking water
- Water and hauling for hydro testing
- Wood skids
- Wood digging mats
- Tool rentals
- Building supplies
- Owner/operator dump trucks (union approved)
- Office trailer rentals
- Promotional items and safety awards
- Janitorial services
- Signs (project specific custom signs)
- First aid supplies
- Traffic control rentals (standard signs etc.)
- Office supplies
- security service
- reclamation subcontractor
- Speed fence rentals

**Refreshments and light snacks will be served.**

**Please bring business cards and brochures.**

To register please contact Sylvia Kearse at 519-336-9053 or  
 email at [skearse@cidl.net](mailto:skearse@cidl.net)