



ATIKAMEKSHENG ANISHNAWBEK

SEPT 2019

Monthly Newsletter

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Chief & Council

UPDATES

CHIEF VALERIE RICHER

Welcome to the first edition of our monthly newsletter! This has been a long time coming and I am so happy to be a part of it! For many years, our community has identified a need to improve the organization's external communications and this is the first step to ensuring our community members are in the know. I recognize that there is still much more that needs to happen, however, it is important that we recognize and celebrate the successes along the way. We are working hard for you, your families and our community as a whole.

I would like to thank our team of dedicated and hard-working staff that got this off the ground! Miigwech to Brendan Huston, our new Communications Coordinator Brigid Prouse and everyone who has contributed to this first edition! Please help us to keep this momentum moving, by sharing ideas and letting us know how you would like to remain involved by emailing your ideas to communications@wlfm.com.

Miigwech, Gimaa Valerie Richer



COUNCILLOR CARLA PETAHTEGOOSE

We have had a busy summer and are gearing up for a productive autumn.

Our Safe House Planning Initiative has had one meeting and another is scheduled for September. The purpose of the safe house planning was due to the expressed concern of members, specifically with regards to the Anishnabe Kwewok in our community and safety. The initiative has been tasked with Monica Homer and myself to work with our Directors and Frontline staff to complete a work plan and is in the early planning stages.

I would like to recognize the Health Department who has been taking part in many initiatives and acknowledge two major accomplishments, which are the 2 day Wellness Strategy and the Naloxone policy development.

We recently began meeting with the Lands Committee to discuss an ongoing partnership to address outstanding community concerns in several areas such as trespassing, policing, our laws and by-laws. The discussions we have had involves many external organizational partners such as MNR representatives, OPP representatives, etc. Discussions have been rich and detailed, thank you to those who participated.

Currently, the Ministry of Natural Resources Conservation officers are getting Cultural Sensitivity Training. This will help build a better rapport between the MNR and our First Nation. MNR will also be sharing an MOU template to share with the First Nation to assist the committees with starting the process to monitor the Lavase location within our First Nation.

A Bike Rodeo was put on by the Health Clinic and the Community Health Nurse Marina McCumber for children to learn about safe riding and get bike tune ups. Participants were even provided helmets!

Thank you to all that help keep our community safe and secure, have a great back to school season.





Department Updates

Planning & Infrastructure

The last few months have been a very busy and productive time for the Department of Planning and Infrastructure. To build on the capacity and strengthen the department, new staff was hired in Lands and Housing. To boost up the team morale, the department held a “Team Building Day” which was well attended. The department is pushing with some exiting projects like the upgrade of the Rink and Phase 1 of the Day Care Building. Repair work done at the Chalet and Reserve Camp last year are bearing fruits now, and with good bookings on hand we are hopeful that these buildings will become self-sustainable. The other projects that are to get completed in coming months are:

1. Renovation of the Community Centre
2. Repairs to the Independent Living Center Common Room
3. Purchase of a grader to facilitate snow removal and repair of aggregate roads
4. Black Lake Road repairs
5. Repair to entrances and roof of Band Building

We also want to highlight that 5 Vale Ontario Operations Scholarships were awarded to deserving students and presented at the Trust Awards Ceremony. The Skills and Partnership Cohort 2 began July 29, 2019. Skills & Partnership is a 3-year program funded by Employment and Social Development Canada for “Developing Indigenous Environmental Keepers”.

Health & Community Wellness

Summer is coming to an end and transitioning into Fall where everything starts to slow down, cool off and the leaves begin to change colours. This summer was a busy one with the activities, holiday schedules and planning for the upcoming season. August began with the Elders Needs Assessment/Survey, the Wellness Strategy session and updating the Emergency Response Plan. Other items included assisting members in completing applications to the Indian Day School Settlement. The experiences and information I learned from members has provided me with insight to our history as Atikameksheng Anishnawbek members and has also given me a different perspective on how I look at things today. I thank the members for this.

The Director of Health & Community Wellness attended various meetings with regards to the Ontario Government’s announcement to develop Ontario Health Teams. It was recommended by the Director of Health to become a part of both teams as community members sees health professionals in Sudbury and Maamwesying NSCHS.

The Elders Lodge Needs Survey was circulated and closed mid-August. Findings from the survey will be shared with the Elders and Community on September 18, 2019 at Diners Club and in the evening. The Focus Group Report will also be shared at that time with plans on how to move forward.

The Wellness Strategy Session was held in August consisting of community members and staff who looked at “What is wellness in Atikameksheng?”. The Native Horizons Treatment Centre facilitated the 2 day session providing the group with tools and information to assist in designing a Wellness Strategy. They group will be meeting in the next few months to ensure a Strategy is developed for implementing in the community. Members are always welcome to assist in this development. If you are interested, please let one of the Health Team members know and we will be happy to contact you with dates and times of meetings.

Overall, the Health & Community Wellness Department was busy ensuring programs and services are accessible to members. The mission statement of the Health Centre is to provide care, support and guidance so that each individual can confidently achieve and maintain their own optimal level of wellness. We encourage independence and personal growth for a positive today and a brighter tomorrow.



Department Updates

UPDATES

Education & Social Services

Our Education Support Workers and Family Well-Being Worker have been quite busy this summer and held a Summer Program every week from Tuesdays to Fridays in collaboration with the Journey Together and Child & Youth Worker Programs. All but one of the activities and outings were held locally with visits to places such as; Chill N Tubing, Science North and Urban Air just to name a few. Highlights included an end of summer carnival and a special youth trip to Ottawa to help celebrate National Youth Day, where youth toured the Museum of Natural History in Gatineau Quebec, walked to see the Parliament Buildings and enjoyed an afternoon at Calypso Water Park.

In addition, our Family Well-Being Worker and Community Physical Program Worker also held a great outdoor excursion of an overnight canoe trip from Centennial Park to Penage for our youth who learned proper canoe techniques and experienced fishing and cooking outdoors.

Lastly, the Education Awards were held in August in collaboration with Atikameksheng Trust and received a great turnout. This year also marked the first year that Vale Scholarships were distributed to some very well deserving recipients and we look forward to celebrating more of our student successes in the years to come.



Youth outside the Canadian Museum of History in Ottawa.

Finance and Administration

We are pleased to report that the 2018-2019 Audited Financial Statements were completed and approved on July 29, 2019. I would like to acknowledge and thank Teresa Migwans, Aaron Nootchtai and Myra Wabegijig for their hard work during the course of the audit.

I would also like to recognize and thank Melanie Miller, Lindsay Saikkonen, Darlene Paquin and Whitney Nootchtai for the administration support they provided during the audit. The support was greatly appreciated.

The Director of Operations, the Director of Finance and the Finance Manager have been working closely with the First Nation Financial Management Board towards the financial management system certification. There is a lot of work that still needs to be completed but we are on track to have the certification completed in the year 2020.

This certification requires creating and executing new or amended financial practices for the operation, management, reporting and monitoring of our financial management systems.

The benefits of having an effective Financial Management System in place include:

- Provides confidence to community members, lenders, business partners, and others that the First Nation runs its affairs well in a transparent and accountable way
- Provides good standing with the First Nation Finance Authority which provides low-cost loans to First Nations in the same way as other governments in Canada.

More information on the Financial Management System can be found at www.fnfmb.com



NEWS

Lifetime Achievement Awards

Anishinabek Evening of Excellence

AUGUST 14TH

The Anishinabek Evening of Excellence was held on August 14th at Casino Rama Resort. Each year, the AN7GC hosts a celebration to recognize and bring awareness to Anishinaabe citizens who have made a lifetime commitment to improving the quality of life on First Nations.

Gert Nootchtai was recognized for her 31 years of service to our community in the Social Service department. Gert managed to create healthy relationships with various families supporting them through welfare, child welfare and programming.

Mary Jane Fraser was recognized for her continuous efforts to provide the best services to our community members through the library program and volunteering her time at community events. Mary Jane is one of Atikameksheng Anishnawbek's language warriors as she speaks fluent Anishnabemowin.

Chief and Council were happy to support both nominations and see them through the awards process.

Congratulations Gert and Mary Jane!



Have photos or content you want to see in the upcoming newsletter?

EMAIL COMMUNICATIONS@WLFN.COM BEFORE THE 24TH TO GET INTO THE NEXT NEWSLETTER



DID YOU KNOW?

Little Brown Myotis Bat

STATUS: ENDANGERED

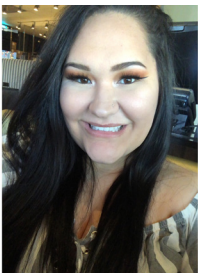
Little brown bats are threatened by a disease known as white nose syndrome, caused by a fungus. The fungus grows in humid cold environments, such as the caves and mines where little brown bats hibernate.

BAT APPEARANCE

Little brown bats have glossy brown fur and usually weigh between four and 11 grams – about as much as a Canadian loonie or toonie.

WHERE THE BATS LIVE

Bats are nocturnal. During the day they roost in trees and buildings. They often select attics, abandoned buildings and barns for summer colonies where they can raise their young.



Bat Night

AUGUST 16, 2019

© 2019 Derek Morningstar



Silver Haired Bat -Picture courtesy of Derek Morningstar.

Bat Night 2019 was a great success! We had over 50 people attend, and observe the trapping and netting of bats for conservation purposes. We captured 3 species which included an

Eastern Red Bat, a Silver Haired Bat, and an Endangered Little Brown Myotis. Thank you to Derek Morningstar, the LGL Limited team and the Lands Department for putting on Bat Night!

Employee Spotlight

ASHLEY TAYLOR -NATURAL RESOURCES COORDINATOR

Aanii, my name is Ashley Taylor and I am proud to introduce myself as the Natural Resources Coordinator within my Community at Atikameksheng Anishnawbek. I am excited for all of the skills and knowledge that I will be gaining here in the Lands Department. As a community member of Atikameksheng, it is important to me to become connected with my roots in the Indigenous

culture. I have been passionate about our land and the environment, since graduating from the Mining Engineering Technology program at Cambrian College. Being outdoors and learning new skills every day is something that I enjoy, which will benefit me in my new position!

Ashley Taylor



Education Awards

NEWS

Congratulations to all our winners!

AWARDS HELD AUGUST 15

The 2019 Education Awards ceremony was hosted by the Atikameksheng Trust and the Atikameksheng Anishnawbek Education Department Program. The awards are based on the previous year's academic achievements.

There were three categories of awards presented throughout the evening.

Atikameksheng Trust Awards: These awards were presented to students to recognise their scholastic achievements.

Atikameksheng Anishnawbek's Education Program Awards: The Secondary Best Attendance Award is presented to a student who had the best overall attendance at the Secondary School Level during the school year. The 2018-2019 Secondary Best Attendance Award was presented to Cadence Groulx.

Mary Naponse Award: The Elementary Best Attendance Award is presented in recognition of Best Attendance at the Elementary School Level. This award is donated and presented by the Naponse family in memory of Mary Naponse, former teacher at Whitefish Lake Indian Day School. The 2018-2019 Elementary Best Attendance Award was presented to Aidan MacNeil.

A new scholarship program was also introduced during the evening.

The Vale Ontario Operations Scholarships program was founded in 2019 as one of the benefit outcomes of the December 2018 Vale Relationship Agreement. The creation of this Scholarship Program is meant to support and to encourage Atikameksheng Anishnawbek students in pursuing higher education and/or qualifications, preferably in a mining related discipline. Congratulations to our 5 recipients!



Vale Ontario Operations Scholarship Award winners.



Traditional Gathering

NEWS



Family Well Being Program

The program is designed to improve the outcomes and opportunities for children and youth by using holistic, community driven approach that keeps children connected to their families, communities and culture by each Anishnawbek Nation community having a designated resource worker; the creation of safe places for Indigenous children, youth and family members to support prevention and early intervention efforts; and offering culturally safe programming for Indigenous children, youth and families who have experience or at risk of violence.



Cultural Mindfulness Training



End of Summer Bash

TERESA MCGREGOR, FAMILY WELL BEING WORKER
705 419-2326 EXT 203



September Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 FASD Poster Making Contest, 4-7pm All Welcome. Best poster wins a gift card	5 Jordan's Principle Info Session 2pm & 5pm. Dinner 4pm. Beading Night 5-7 Workshop Room Nicholas De-leary Session 2-4:30, 7-8:30	6 Nicholas De-leary Session, 10:30-12pm Council Chamber	7 A Long Look in the Mirror, Comprehensive Community Plan (CCP)
8	9 Sacred Arbor Sharing Circles 6pm Sacred Grounds Band Meeting Council Chambers	10	11 FASD Day & Breakfast @ CC 10-12	12 Beading Night 5-7 Workshop Room Roundhouse and Family Treatment Pilot Project	13 Rebuilding our Nation Robinson-Huron Treaty Gathering. Wiikwemkoong First Nation	14 Tikinaagan Workshop 9-4pm Rebuilding our Nation
15 Tikinaagan Workshop 9-4pm Rebuilding our Nation	16	17 Spaghetti Tuesday, Lets Cook Together. Bowling 5:30pm	18 Turtle Release 6-7:30 Sacred Grounds Elders Lodge Survey Results at Diner's Club	19 Beading Night 5-7 Workshop Room	20	21
22	23 Fall Solstice Gathering. 5pm Pot Luck Feast Sacred Arbor Sharing Circles 6pm Band Meeting	24	25	26 Annual General Meeting 6-8pm. Beading Night 5-7 Workshop Room	27 Community Hunt & Harvest 26th-30th Benny Area	28 Roots Calling, Film Event 5-8pm Sagamok CC



September Calendar

MORE EVENTS

Family Well Being Program

BEADING NIGHTS

Thursday's starting September 5th, 2019. 5:00-7:00pm

Workshop Room, Supper Provided

For more info call Teresa McGregor, Family Well Being Worker: 705-419-2326 ext 203

Tikinaagan Workshop SEPTEMBER 14 & 15

9:00am -4:00pm, Atikameksheng Complex

Registration Open Tuesday September 3rd at 10:00am. Call Brandy 705-692-3651 ext 258. Limited Spots

Please contact Teresa McGregor for more information 705-419-2326 ext 203

Priority will be given to expecting moms and newborn babies. In collaboration with Family Well Being, Healthy Babies and Journey Together Programs

Band Meetings SEPTEMBER 9 & 23

Council Chambers

MORE INFO ON SEPTEMBER EVENTS

Jordan's Principle Information Session

5

Are you a parent, a guardian or caretaker of a child under the age of 18? Does your child have any medical, dental, educational needs that are not being fully met by other public services? Are you paying out of pocket for any of these expenses that should otherwise be covered under a public service? **We Can Help!** Join us at the Community Centre. Presentation 2pm, dinner 4pm, another session at 5pm

Comprehensive Community Plan

7

9am-4pm Community Centre. Lunch and snacks, over \$500 in prizes, all members are invited. Let's look ahead to imagine the future we want. For more information: contact John Valley at the Band Office: 705-692-3651 ext. 238

Community Engagement Session on the Round House and Family Treatment Pilot Project

7

Nogdawindamin Family & Community Services invites you 5-8pm. Feast 5-6pm, Community Centre.

Spaghetti Tuesday -Nutrition and FASD

17

Let's Cook together, 4-6pm. Family Door Prize.

Family Well Being Bowling Night

17

5:30pm, dinner provided, register with Brandy 705-692-3651 ext 258 Limited Spots – Must Provide Own Transportation For More Info please call Teresa McGregor 705-419-2326 ext 203

Fall Solstice Gathering

23

5pm Community Centre, Pot Luck feast. Traditional teachings TBA.

Community Hunt Camp

26

Sept 26-30th HWY 144 Benny Area. Register by Sept 13th. Call Darlene Geauvreau at 705 692-3651 to sign up! Meals, ride, tent provided.

Annual General Meeting

26

6-8pm Community Centre.

Questions about an event? SEND US AN EMAIL!

Communications@wfn.com to get more information.







Healthy Babies Healthy Children



SEPTEMBER CALENDAR 2019
Healthy Babies/Healthy Children Program
Aboriginal FASD & Child Nutrition Program



Beverly Belanger Email Bbelanger@wfn.com

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	2	3	4	5	6	7					
LABOR DAY HOLIDAY		Out Program Shopping	Poster Making Contest FASD All Welcome EYC Children, Youth & Adults 4pm-7pm Best Poster Wins A Gift Card		Office						
8	9	10	11	12	13	14 & 15					
FASD AWARENESS DAY BREAKFAST  ALL WELCOME COMMUNITY COMPLEX 10am-noon Information Booth & Door Prize		CPNP Day 1pm-4pm -Nutrition & Pregnancy Expecting? Free books -Child development ? -FASD Information Door Prize	Guest Frances Pine (FASD) Sensory: Ages & Stages Community all welcome 11am-1pm EYC Lunch Provided & Door Prize	Drop In 8:30am-noon 1pm-4pm Snack time 10am-3pm playtime	 Cradle Board Workshop Sat-Sun 9am-4pm Community Complex						
	16	17	18	19	20	21					
Office		Nutrition & FASD Spaghetti Tuesday Let's Cook Together 4pm-6pm Family Door Prize	Office	Closed	Closed						
22	23	24	25	26	27	28					
Mother goose Circle Time Songs, Rhymes &  Ojibway sounds 1:15pm		Office	Drop In 8:30-noon 1pm-4pm Snack time 10am-3pm playtime	Visit Sagamok Community Center Youth & Family Dinner 5pm 6-8pm FASD Sessions Van will leave 3:30pm EYC Sign Up with HB/HC worker 705-692-1606	Home Visits						



FASD DAY & BREAKFAST at Community Complex



Date: SEPTEMBER 9, 2019

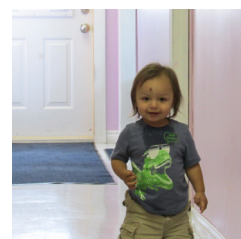
Time: 10AM-NOON

Together, we can prevent
Fetal Alcohol Spectrum Disorder

- Information booth
- FASD is difficult to recognize & many of all ages with FASD have never been diagnosed.
- Like an iceberg, a lot of FASD is hidden from view.
- Awareness is the key to prevention & recognition.

All Community Welcome! Door Prize

Healthy Babies/Healthy Children
Aboriginal FASD & Child Nutrition
Contact: Beverly Belanger bbelanger@wfn.com Phone: 705-692-1606



SEPTEMBER IS FASD AWARENESS MONTH

If you're pregnant, no alcohol is the safest

Find out more information at www.canfasd.ca



Community Ads

NOTICES

EXPECTING A BABY?

We invite you to Register with the Healthy Babies Healthy Children Worker to receive the beautiful gifts and blessings of the following:

- Free copy of What to Expect When You're Expecting book
 - Prenatal Grocery Gift Card
- Home Visiting Program with the worker and Community Health Nurse
 - Baby Food Making workshop
 - Cultural Teachings and Workshops
 - Prenatal Supports
 - Resource Materials
 - And Much More....

"A mother's joy begins when new life is stirring inside... when a tiny heartbeat is heard for the very first time, and a playful kick reminds her that she is never alone." – Author Unknown

Reach out to Beverly Belanger today by calling 705-692-1606 or by email bbelanger@wlfm.com

Maamwesying's FASD Program along with:
Nogdawindamin, Sagamok Anishinabek, and
Atikameksheng Anishinawbek is pleased to present:

ROOTS CALLING WITH GUEST SPEAKER EDDIE GOUGH-NESHKEWA

A story of an Anishinaabe Man who was adopted by a Caucasian family in Mississauga when he was an infant. After a lifetime of troubles and feeling displaced, Eddie began searching for his true identity along with reconnecting with his culture and exploring the parts of himself that he had always felt were incomplete.

Open to all above community members 12 years of age and up. Youth under 18 to attend with a parent/guardian due to the nature of some of the films content.

September 26, 2019
5:00-8:00pm
Sagamok Community Centre

RSVP: Fran Pine before
September 12, 2019 at 4:00pm
705-844-2021 ext. 301
for dinner & to be entered into
Door Prize Draw that you must
be present at the end to win!

2ND ANNUAL TURTLE RELEASE



WHEN: WEDNESDAY SEPTEMBER 18TH 2019
FROM 6:00 PM - 7:30 PM

WHERE: ATKAMEKSHENG ANISHINAWBEK
SACRED GROUNDS

LIGHT REFRESHMENTS PROVIDED!

HELP RELEASE SNAPPING TURTLE HATCH-
LINGS BACK INTO THE WILD!

Contact Ashley Taylor for transportation and details
at 705-692-3651 ext. 214



Education Support Workers

**SCHOOL VISITS START IN
SEPT 2019**

Tuesdays - Fridays

If you have any questions re-
garding School Visits, Tutor-
ing, Educational Assistance,
Services or Agencies

Call Jessie Gorman at 705
419-2326 x 201

Or Tim Saikkonen at 705 419-
2326 x 202



Health Programs Unit

Medical Transportation Updates and Reminders

The Health Centre and Medical Transportation Program are pleased to have added a new accessibility van to its fleet. The new van which seats six people allows an alternative to medical transportation that we did not have before. Clients who rely on the use of a wheelchair or scooter can now be accommodated when accessing transportation to appointments or approved programming.

1. Medical appointments should be booked between

- 9:00 to 3:30 pm Monday through Thursday only; and

- 8:30 to 3:00 pm Fridays. (As per Patient Transportation Policy)

2. Call the Health Centre at least one business day prior to appointment to schedule transportation.

3. Remember, if you call the day of the

appointment; you will be squeezed into the driver's existing schedule and may not be able to leave at your desired time. (Transportation may be early or late. Please ensure that you contact your physician and notify him/her that you will be late if needed).

4. The Health Services Clerk has the right to verify any appointment with the medical practitioner prior to providing medical transportation and after to confirm your attendance.

5. The Health Services Clerk will determine your departure time according to the schedule.

6. Services will not be provided for non-urgent trips before 9:00 am or in the evening hours. It is expected that if you are using the Medical Transportation Services you will schedule your appointment during Medical Van Hours of Operation, special circumstances excepted.



7. The medical driver is not permitted to pick up prescriptions.

8. Only medically required escorts will be permitted to accompany clients in the Health Van.

9. Confirmation of Attendance forms will be given to each client accessing the medical van. Confirmation forms must be returned to the medical driver upon return.

James Bolan, Ba, CCAC, CIAC

ADDICTION & MENTAL WELLNESS COUNSELLOR

Community Health Services Inc. since 2007; he works 2 days per week at Laurentian University with the Centre for Rural and Northern Health Research (CRaNHR) for Indigenous Wellness. He also facilitates the Naandwe-Noojimowin Trauma Informed Care Program, formally known as "Beauty for Ashes".

He adds to our team with his education and knowledge, and has earned diplomas in the area's of Addictions and Community Service Work from Everest College, B.A. in Economics and Computer Science from Laurentian University, Water Resources Engineering Tech. from Sault College, along with many certifications with professional development in Mental Health and Addictions training.

We would like to Welcome James Bolan to our Visiting Professions Health Team; he will be servicing Atikameksheng Anishnawbek, Sagamok Anishnawbek, Serpent River First Nation and Mississaugi First Nation on a weekly basis.

James has been employed by Maamwesying North Shore

FOR MORE INFORMATION OR AN APPOINTMENT, PLEASE CONTACT:

Kimberly Recollet @ kim.recollet@nmninoeyaa.ca - 705-692-3674, ext. 248 or
Jennifer Brideau @ jbrideau@wfn.com - 705-692-3674, ext. 250





Community Notice

EVENT

Bike Rodeo and Clinic

Our Bike Rodeo was held on Thursday, July 18th at the Community Complex. Special thanks to Kevin Morgan who was here working on tune-ups and bike repairs for community members all day. We were also joined by GSPS officer Shannon Agowissa for a presentation on helmet safety, miigwetch Shannon! Over the six hour event, 14 community members received new helmets, and Kevin tuned up and repaired up to 20 bikes. Kevin also returned to deliver more Bike Clinics throughout the summer, thank you Kevin!



Pre -School Physicals

THANK YOU TO ALL THAT CAME OUT!

The CHN, Marina hosted our annual Pre-School Physicals on August 19th. Throughout the day, 43 children from JK-Grade 12 were seen for a mini health check, received a back to school package from Jessie-Lee from the Education Department and a New Sudbury Shopping Centre gift card from Shawenekezhik Health Centre. Thank you to Jordan's Principle Rose and Perry, who helped the event run smoothly!



Pop-Up Mobile Produce Market a Success



The **Good Food Market** is a non-profit, pop-up produce market (truck and trailer) that sets up weekly in neighbourhoods that are under-served by grocery stores. The goal is to increase access to healthy foods by offering a variety of quality fruits and vegetables at wholesale prices. The market visits several neighbourhoods in Sudbury, and last year expanded to Atikameksheng Anishnawbek.

This year, **Sagamok** became a host site, with the market setting up in the parking lot of the Multi-Ed Centre every Thursday between 12-1:30 PM.

This man comes faithfully with his dog, and especially loves buying the mangoes.



I visited the market a couple times this summer to hear what community members had to say. Everyone I spoke with said they liked coming to the market because the produce was much **more affordable** than what they would buy in the grocery store. They liked the **convenience** of stopping by, as it was walking distance or a short drive from their home.

Although not all of the items are local, they do try to source local and seasonal produce when they can and when it is still cost-effective for the customer. For example, they had lots of yellow beans and peaches at the end of August, and earlier in the summer had more berries to offer.

Markets continue until November 28th:

- Thursdays from 12-1:30 at the Sagamok Multi-Ed Centre
- Thursdays from 3-4:30 at the Atikameksheng Community Centre



Come over and check it out for the rest of the season!

Danielle Simko, Registered Dietitian



This customer pulled up with his truck on a lunch break, wondering what was happening and walked away with two full bags of produce, saying he would be back next week!



Health Programs Unit

Traditional Healer Visits

Julie & Frank ~ Healing Sweat Lodge: Nov 9th





Lorraine Hughes ~ Energy Healing: Nov 14th ~ 15th

HEART TEAM ~ Foot Soaks: Dec 3rd ~ 5th

Lorraine Hughes ~ Energy Healing: March 19th ~ 20th

HEART TEAM ~ Foot Soaks: Feb 18th ~ 20th

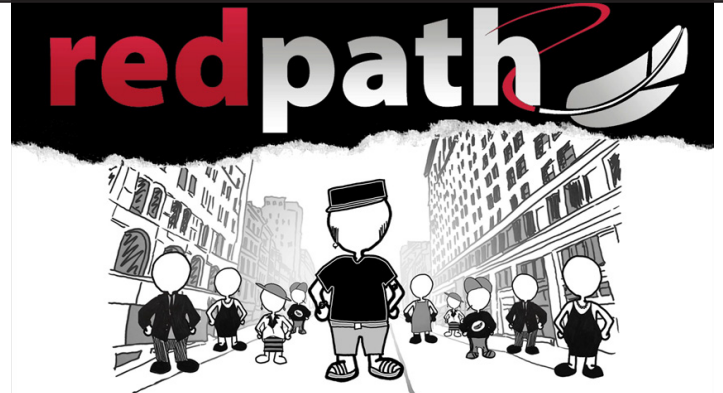
Protocols:

-  Abstain from Alcohol: 4 days before your visit - for your Spirit to be present
-  Tobacco Offering: Prayers - opens Spiritual doorway
-  Woman: Wear skirts for Sweats Lodge & Ceremonies – Skirt teaching
-  Moon Time: Disclosure of moon time to the Traditional Healer – Moon Time Teaching

FOR MORE INFORMATION AND TO REGISTER,
PLEASE CONTACT:

Jennifer Brideau @ jbrideau@wlfm.com 705-692-3674,
ext. 250

Darlene Geauvreau @ dgeauvreau@wlfm.com 705-
692-3674, ext. 221



SEPTEMBER 2019

We will be running the RedPath program from:

September 10th to October 24th

Every: Tuesday, Wednesday & Thursday

1:00pm to 4:00pm

Administration Office - 25 Reserve Road ~ Workshop Room

Who is RedPath for?

Anyone who ... is 16 years of age or older

... are victims of addictions, violence or trauma

... wants to build healthy relationships

... wants to work on their life skills

You can work in a group setting or on your own

Contact Jennifer Brideau for more details:

Direct line at 705-692-7009 ext 250 or by email jbrideau@wlfm.com

Respite Care Workers Needed

THERE ARE ATIKAMEKSHENG FAMILIES WHO ARE WAITING FOR TRAINED RESPITE CARE WORKERS

The training is above industry standards to become Certified Respite Care Workers in the Province of Ontario in order to provide the services to the families in need of these services.

Below are the requirements that must be completed prior to working with Families in the Respite Care Program

- Must be 18 years of age.
- Caring and compassionate.
- Provide a vulnerable Sector Check and CPIC
- First Aid CPR Certificate
- And 30 Hours Online Training.

For more information or to start your application contact:

Priscilla Southwind at 705-844-2021
ext. 307 or

Darlene Shawbonquit at 705-692-
3651 ext. 233



Internal & External Job Posting

JOBS

Part Time Cashier

LOCATION	Bob's Smoke Shop
DURATION	Part time, weekends, days, nights
CONTACT	bobsmokeshop@persona.ca

Architectural Drafting Technician

LOCATION	Sudbury
DURATION	Full Time
CONTACT	info@norquayeng.ca

Language Strategy Developer

LOCATION	Atikameksheng Anishnawbek
DURATION	Contract -March 31, 2020
DEADLINE	Sept 13, 2019

WE'RE ON SOCIAL MEDIA! FOLLOW US!

TWITTER: @ATIKAMEKSHENGA

FACEBOOK PAGE: ATIKAMEKSHENG ANISHNAWBEK



KENDASSI GAMIK

Library Hours

STARTING SEPTEMBER 2019

MONDAY: 1:00PM - 4:00PM and 5:00PM - 9:00PM

TUESDAY: 1:00PM - 2:00PM - Tea Time; Language at Health Board Room and 2:00PM - 4:00PM

CLOSED: 4:00PM - 5:00PM FOR TUTORING ONLY

REOPENS: 5:00PM - 9:00PM

WEDNESDAY: 1:00PM - 4:00PM and 5:00PM - 9:00PM

THURSDAY: 1:00PM - 4:00PM

CLOSED 4:00PM - 5:00PM FOR TUTORING ONLY

REOPENS: 5:00PM - 9:00PM

FRIDAY: 1:00PM - 4:00PM and 5:00PM - 9:00PM

Language classes: 5:00PM - 6:00PM every Tuesday, Wednesday & Thursday

Music Lessons: 5:00PM - 9:00PM Wednesday