



ATIKAMEKSHENG
ANISHNAWBEK

OCT 2019

Monthly Newsletter

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Chief & Council

UPDATES

CHIEF VALERIE RICHER

Aaniin Kina Wiya!

Fall is here and September started with a flurry of activity! Not only did our students return to classrooms but we saw over 100 people gather in the community centre on September 7th to discuss our Comprehensive Community Plan (CCP). I would like to sincerely thank all those who attended and for sharing your hopes and dreams for our future!

As many of you may be aware, many of our staff were present and some staff also came forward to work as recorders and facilitators for the workout groups. I want to thank staff for their dedication and commitment for being present, for contributing and for giving up a Saturday to be there! I know it is not always easy to be a Band employee. I am reminded on an almost daily basis of how hard our staff works and I am happy for their important contributions to our community and the work that they do. Feel free to give them a pat on the back when you see one of them and let them know how important and valued they are to our community! We have grown leaps and bounds and need to continue this forward momentum! Please see Councillor Lesley's article below for more information on the CCP!

Wellness Strategy: A group of service providers gathered on September 9th to discuss ways that we could work together to plan for healing and wellness in Atikameksheng. This group set up 3 working groups being a coordinating committee, a professional healing team and an engagement team. We are in the process of holding meetings and are in the planning stages but we will keep you updated!

Robinson Huron Treaty (RHT) Confederation: I attended a Chiefs meeting in Sudbury on September 12, 2019 to begin discussions on the formation of a RHT Confederation. The idea for a RHT confederation was endorsed by RHT Chiefs on January 26, 2017. However, it has long been recognized that entities such as the Anishinabek Nation, Chiefs of Ontario or the Assembly of First Nations are not rights holders and should not be entering into discussions regarding our treaty without us. This created an empty space with respect to working together on joint initiatives or pursuing jurisdiction under the RHT and the need for a confederation was realized. A funding proposal was submitted by North Shore Tribal Council and was successful this year. Some of the agenda items we are working on are around protecting our treaty boundaries, information sharing, building relationships and undertaking some shared mapping exercises. At this point, only public information will be used to populate the work around mapping in consultation with First Nations. Further discussion will occur with respect to what additional information will be required and each FN's authority and autonomy will be respected.

At this meeting, we also met with Chief Nadjiwon (Chippewas of Nawash) and Chief Lestor Anoquot (Saugeen Ojibway Nation) for sharing purposes regarding their claim and in particular to our shared jurisdiction over water in Georgian Bay and the North Channel. No decisions were made and this was for awareness, relationship building and information sharing.

Timber Claim: Chief and Council will be hosting a meeting in the coming weeks to provide you with an update on the Timber Claim. As we are in negotiations with Canada, this information is confidential and will not be printed in the flyer. However, please come out once the date is posted so we can give you an update!

Boundary Claim: We are finalizing our claim based on all previous historical documents and evidence compiled. This information will be shared at another community meeting in October. Please watch for details on dates.

Lastly, if you would like to schedule a home visit or a visit in the office, please call Whitney at the Band Office! I, along with Council, are available to meet with you in person, over the phone or by email!



Chief & Council

UPDATES

COUNCILLOR LESLEY MACNEIL

Four Worlds, has been contracted by the First Nation to facilitate and write a new CCP Plan. This plan will update our previous plan and to re-align the new plan with community goals over the next 10 years. A kick off to the three day “A Long Look in the Mirror” Community Comprehensive Planning (CCP) began with a two day session of story telling narrated by Nicholas Deleary. Nicholas told three stories, the “Creation Story”, “Three Fires and Potawatami” and “Migration and Trail of Life”. His stories were engaging and were held at various times and locations throughout the community.

On Saturday, September 7th, an all-day community session was held, in which the whole community and band members were invited to attend. Community members and administration were in attendance. We had round table sessions, with each table being given a topic to discuss, share ideas and thoughts. All ideas were written down and discussed. When the designated time was up, each table had the opportunity to share their ideas. Once the team shared their ideas, other participants (the rest of us from the other tables) were encouraged to build upon their ideas, and share their thoughts and notations.

Although it was hard to share these ideas (overcoming our fears of public speaking), it was truly appreciated and I would like to acknowledge the community on their participation and sharing their vision for our future. We all respected each other and had some pretty amazing sentiments regarding our future. Such a great range of diversity in participation.

I want to thank the Aatzokay Group for displaying and sharing your beautiful photos of our families. It was great to see them, have everyone view, comment and advise us on whom they were. That in itself was a true testament on the strength and resilience of our community; from our roots, our journey of today, leading us to plan ahead for the next seven generations.

Four Worlds is expected to send us a preliminary report in the very near future, and this will be shared with community members, the CCP committee and brought back for your feedback. Although the final draft will take time to finalize, we encourage your review and to share your thoughts. Whether it be your first time participating, or have decided not to participate in the group setting, and would rather a one on one, email or survey, please let us know. It's our communal goal to achieve a community driven plan.

Meegwetch for your spirit, stories and knowledge,

Councillor Lesley MacNeil

PS – If you have a family member that does not receive our flyer or any information via regular mail, please have them contact us at (705) 692-3651 or communications@wfn.com to have your email address and regular mailing address updated. Spread the word to your registered Atikameksheng family members.

Elections Canada
FEDERAL ELECTION | MONDAY, OCTOBER 21

It's Our Vote

- ☒ Make sure you're registered
- ☒ Watch for your voter information card
- ☒ Make a plan to vote
- ☒ Bring ID when you go to vote

Tune into the **Debate on Monday October 7, 2019, 7- p.m. EST.**
Details, including how to watch or stream the debate, are available:
<https://www.debates-debats.ca/en/debates2019/>

elections.ca

Let's show the parties running that they need to deal with Atikameksheng by increasing our participation on election day! The federal election will be held on October 21, 2019 and I urge you to make sure Atikameksheng has a voice so please get out and vote!

-Chief Valerie Richer



Department Updates

Finance and Administration

The Annual General Meeting reporting on the 2018-2019 fiscal year was held on Thursday, September 26, 2019. Attendance at the meeting was good with over 20 community members present.

The meeting began with an opening prayer from Joan Elliot.

Opening remarks by Chief Valerie Richer highlighted the successes, challenges and progress of the 2018-2019 fiscal year. Following Chief Valerie was the Director of Operations, Brendan Huston who acknowledged the hard work of the Directors, Managers and staff and identified the growth in projects and the importance of the community and comprehensive plan and community involvement.

The audit was then presented by Guy Venne, MNP with questions and answers to follow.

A special thanks to our elder, Joan Elliot and all the community members who attended this event. Your questions were excellent and your feedback is appreciated. I would also like to thank our MC, Allyssa Soucy-Leroux who did an awesome job and Scotiabank for providing gift cards for the event. I also want to acknowledge and thank Darlin Paquin and Whitney Nootchtai for planning this successful event.



Health & Community Wellness

Happy October! October looks like it will be a busy month for the Health & Community Wellness Department. Besides the regular programs and services being provided, we have embarked on a journey in developing the Atikameksheng Anishnawbek Comprehensive Community Plan. With the development of the plan, a few groups have been developed to ensure the momentum and work continues. The Director of Health & Community Wellness is a part of the Executive Committee and the Professional Healing Team.



We have had a few changes within the department with some new faces and some who have moved to other departments. Darlene Shawbonquit, Health Programs Manager has taken an acting role as the Director of Education and Social Services and both Health Managers; Lisa and Amanda will be taking the supervisory roles with her staff. We also have 2 new short term contracted employees; Liam Bisschops, A/Community Physical Activities Programmer and Stanley Maskel, A/Child and Youth Worker.

If you know of anyone interested working in administration, we are always looking for replacement Reception services, please ask them to submit their interest to our office.

As Thanksgiving comes upon us, it is the time when we give thanks to everything the Creator has provided us. I would like to thank the Health & Community Wellness Staff for all their hard work and dedication and to thank all of our families and members for your continued support and encouragement to providing health programs and services. Baamaapii.



Department Updates

Education & Social Services

A month has already passed since school started. It is our hope this school year will be full of successful experiences for all students.

The Education Support Workers started their school visits in September. They attend the various schools within the local area at the Elementary and Secondary levels that our students attend. If you need educational supports, please contact Tim or Jessie to further discuss.

In August an Education Services Agreement was signed with the Rainbow District School Board. Within the next few months it is anticipated that an Education Services Agreement will also be completed with the Sudbury Catholic School Board.



Rainbow School Board signing of the Education Service Agreement.

Planning & Infrastructure

The following were recently hired into our department:

- o Moose Project Coordinator – Shannon Gonawabi
- o Environmental Field Technician (Bat & Moose Project) – Sheldon Maisonoquaishkang
- o Values Mapping Technician – Summer Corbiere

•Department is currently in the process of hiring a Lands Manager, Lands Registry Clerk, Mineral Development Advisor, and Planning & Infrastructure Intern

•The Lands Division will be relocating their offices to the Manotsaywin Building basement. They will be announcing their new contact information in the Community Flyer, please stay tuned!

•The Business Park Phase 1A construction that included the access road, watermain, and development of two lots has been completed.

•The Request for Proposal (RFP) for Business Park Phase 1B construction was released on September 13, 2019. The RFP documents have been uploaded on Biddingo and Atikameksheng Anishnawbek website for contractors to download. The proposal submission deadline is 12:00 Noon on October 3, 2019.

•The Draft Design for the Business Park Office Building has been completed by 3rdLine.Studio and the final detailed design is expected to be complete soon. The tenders for construction of the office building are expected to be out by January 2020.

•The College Boreal Roofing Fundamentals Training Program begins September 23rd and 8 community members have been registered. We wish them the best of luck in the program!

•Phase 1 work for the Child and Youth Centre has begun. Phase 1 involves engineering and design, and renovation of the present Day Care Building.

•Phase 1 of the Rink Upgrade Project is currently in progress and tendering will begin in October. Phase 1 involves laying of concrete pad, and installation of new sideboards and screen.

•The Community Development Division coordinated a tax information session with the Canada Revenue Agency on September 4th. It was well attended by both staff and community members.

•The Community Centre renovation work is underway, which involves replacement of the roof shingles, siding, and upgrade of the heating system.

Lots to keep us busy!





Comprehensive Community Plan

A Long Look in the Mirror

JOHN VALLELY GOVERNANCE COORDINATOR

Hello everyone, I wanted to provide an update with regards to supporting the Atikameksheng Anishnawbek's development and implementation of a Comprehensive Community Plan (CCP) and related nation building processes and activities.

We have wonderful Facilitators named Michael and Judie Bopp who together make up Four Worlds for Development Learning. They have extensive experience in Community development and planning which is why Council chose to work with them to advance our interests. Our work with Four Worlds included face to face discussions in September from the 5th to the 9th.

The CCP work started with a Rapid Review of Community Capacity which will determine training and capacity requirements in order to complete the long-term work. The Band office Staff were interviewed in an environment that encouraged open sharing and trust which is necessary in order to capture the relevant information.

Our Nation took part in a session called "Community Story", which is intended to be used as a needs assessment that will "serve as a developing foundation for community healing, improvements in governance, health, education, social development, natural resource management, economic development and other critical areas of nation building."

There were approximately 100 people in attendance for this session held on September 7th with representatives from all age groups. There were door prize gift cards for the New Sudbury Shopping center, Ramakkos, and Your Independent along with a Pendleton Blanket.

From this session we can expect to view a draft document in November that will be a summary of what was shared. Four Worlds will visit us again from the 26th of Nov to the 2nd of December. The membership will have an opportunity to meet with Judie and Michael again to share thoughts. Remember, this is an ongoing process.

Currently, Health is working in collaboration with Nogdawindamin, Mamaweswen, Education and social services to begin enhancing the program and services being delivered to our membership. Already, what was shared on September 7th is helping us shape tomorrow.

-John Vallely





DID YOU KNOW?

Snapping Turtles

OUR FRESHWATER FRIENDS

In water the snapping turtle rarely snaps at people or other potential threats and will simply swim away if threatened.

DIET

Snapping Turtles are omnivorous (eats both plants and animals) and feed on various aquatic plants and invertebrates, as well as fish, frogs, snakes, small turtles and aquatic birds. Approximately 90 % of their diet consists of dead animal and plant matter, and this species plays an important role in keeping lakes and wetlands clean.

LIFE SPAN

The snapping turtle is the largest freshwater turtle in Canada. Adults normally live a very long time in the wild – up to 70 years for many individuals.

STATUS: SPECIAL CONCERN

2nd Annual Turtle Release

BIG TURTLE TURN OUT



On Wednesday, September 18th, 2019, the Lands department hosted their 2nd Annual Turtle Release on Sacred Grounds. We partnered with Wild at Heart Refuge Centre to help incubate our turtle hatchlings begin their journey to the wild. Wild at Heart received 60 eggs from various locations around Atikameksheng Anishnawbek, and 28 eggs were hatched and released.

These snapping turtles can live to be 60 to 70 years old! Chi Miigwetch to everyone who came out to support this sacred experience, this wouldn't have been possible without our community, our elder Joan Elliott, Wild at Heart Refuge Centre and Nogdawindamin Fasting Group/Drumming Group!





Health Programs

NEWS

Tikinaagan and Fall Solstice

THANK YOU TO THOSE THAT CAME OUT

A collaboration with the Family Well Being, Healthy Babies and Journey Together Programs we held a Tikinaagan Workshop on September 14th & 15th with 19 participants.

In Anishinaabemowin, we call it a tikinagan. The direct translation: “tik” means tree or wood, and “nagaan” means a vessel. However, much like our original Indigenous names, colonialism renamed it. In English, it’s called a cradleboard.

September 23rd was the Fall Solstice. We celebrated by feasting and making a fall wreath while children participated in their own craft making leave crowns. We had approximately 62 people in attendance. This was put on by the Family Well Being, Educational Support Workers and Child and Youth Workers.



Above: Belinda Nebenionquit who is an expecting mom had the opportunity to make a Tikinaagan for her baby. Below: Candance Ozawagosh and her sons with finished fall wreath.



From the desk of Director of Education and Social Services

DARLENE SHAWBONQUIT

As of September 23, 2019, I started on an interim bases as the Director of Education and Social Services. I will be the Education and Social Services Department until March 20, 2020. It’s been a true honour to be offered this opportunity and would like to say thank-you to my peers for their support and encouragement. I would also like to say thank-you to my husband Chris and my family for their support and encouragement.

I’m looking forward to embracing a different work pace and with another team in the organization. So far, I’ve received a lot of information on where the Education and Social Services department is at and new projects that are in development.

I can now be reached at 705-692-3651 ext. 239.

In Wellness,

Darlene Shawbonquit,

Director of Education and Social Services



Environment

NEWS

Developing Indigenous Environmental Keepers Program

CONGRATULATIONS TO OUR GRADUATES

The Indigenous Environmental Keepers participants of cohort 1 graduated on Thurs, Aug 29, 2019. The graduation ceremony was held at the sacred grounds in Atikameksheng Anishnawbek. The program began on Sept 10, 2018 with 27 students. Of those 27, we had 18 graduates. The Indigenous Environmental Keepers completed the following during their one year paid training:

- Building Environmental Aboriginal Human Resources Certification
- Ecological restoration training,
- Professional Development which including Job readiness training, OSSD credits, driver's licenses, Ojibway language components and various presentations at different conferences and symposiums
- Field school: Indigenous Eco-based Management course
- 4 month paid internship with variety of internship employers that included; Vale, Glencore, Laurentian Universities Living with Lakes, City of Sudbury, Mukwa Adventures, Re-Think Green, Atikameksheng Anishnawbek's Lands dept & Skills & Partnership program and Waterlutions/Great Canoe Journey.
- First Aid training & WHIMIS
- Surface Common core certification
- + much more

It has been a fulfilled year that encompassed learning in Indigenous knowledge, scientific knowledge, land based knowledge and applied knowledge. We are very proud of the graduates for their dedication and commitment and wish them all the best with their future endeavors.





Healthy Babies Healthy Children

Healthy Babies Healthy Children Program 0-6 years

Aboriginal FASD & Child Nutrition Program

Beverly Belanger Email: bblanger@wlfm.com



	Mon	Tue	Wed	Thu	Fri	
		1 Language Immersion Program 9-12 1pm -Sew Pillow or Breast Pillow Breast Cancer Awareness, Wear PINK.	2 Drop In 9am-12pm 1pm-3pm	3 Language Immersion Program 9-12 Drop in, 1pm -3pm	4 Out of Office	5
6	7	8 Language Immersion Program 9-12	9 Drop In 9am-12pm 1pm-3pm Free Atikameksheng Anishnawbek Family Tree Workbook Journal	10 Language Immersion Program 9-12	11 Closed	12
13	14 	15 Language Immersion Program 9-12	16 Cooking Day Nutrition & FASD 2-4pm Spaghetti & Sauce Door Prizes	17 Language Immersion Program 9-12	18 Out of Office	19
20	21 Knock knock. Who's there. Olive. Olive who? Olive Halloween!	22 Language Immersion Program 9-12	23 Baby Moccasin Kits Morning or Afternoon Come in and whip a pair 8:30-12 and 1-3pm	24 Language Immersion Program 9-12 Kids Halloween Party & Games Ages 4-6yrs Community Complex 5pm Dress up	25 Closed	26
27	28 Knock Knock Who's there. Icecream Icecream who? Icecream every time I see a ghost!	29 Language Immersion Program 9-12	30 Drop In 9am-12pm 1pm-3pm	31 Infants/Toddlers Trick or Treat Ages 0-3. Band offices Visit 10am After visit head to EYC for Party and Food		

Employee Spotlight

SUMMER CORBIERE



Aanii, my name is Summer Corbiere and I am the new Values Mapping Traditional Knowledge and Lands Use Study Implementation technician, here at Atikameksheng Anishnawbek. I value my community and will do my best at protecting our land. I have an Environmental and Carpentry background from Cambrian College, which will allow me to display my knowledge in my new position. I love to be outdoors, and I am excited to learn our land history of our First Nation. I look forward to working for my community!

Healthy Babies/Healthy Children Program 0-6yrs

Project: White Baby Moccasin Kits



Easy Instructions

Wednesday October 23, 2019

Time: 9am-12pm or 1pm-4pm.



Family Well Being Program



October 2019 Falling Leaves Moon Family Well Being Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Fire Teachings with Darren McGregor</i> 6pm Tipi behind band office	2	3 <i>Beading Night</i> 5-7pm Workshop Room Supper provided Back Entrance	4	5 <i>Atikameksheng Community Day</i> 9-4 Complex/Ball Field
6	7 <i>National Family Week</i> <i>Bouncy Castle & BBQ</i> 5:00 Complex	8 <i>National Family Week</i> <i>Silver City</i> 5:30 <i>Must Register</i>	9 <i>National Family Week</i> <i>Dinner & Pumpkin Decorating</i> 5:00pm	10 <i>National Family Week</i> <i>Community Feast</i> 5:30 Complex	11	12
13	14 <i>Happy Thanksgiving</i>	15	16	17 <i>Beading Night</i> 5-7pm Workshop Room Supper provided Back Entrance	18	19
20 <i>Street Dance Tennis Courts</i> 6-8 pm <i>Halloween</i>	21 <i>PD Day</i> <i>Leisure Farms</i> <i>Outing</i> <i>Must Register</i>	22 <i>Ribbon Skirts</i> 5:00pm <i>Complex</i> <i>Must Register</i>	23 <i>Ribbon Skirts</i> 5:00pm <i>Complex</i> <i>Must Register</i>	24 <i>Beading Night</i> 5-7pm Workshop Room Supper provided Back Entrance	25	26
27	28 <i>Out of Office</i>	29 <i>Out of Office</i>	30 <i>Out of Office</i>	31 <i>HAPPY Halloween</i>	Contact: Teresa McGregor Family Well Being Worker 705-419-2326 ext 203 tmcgregor@wfn.com	

Monday, October 7th - Thursday, October 10th

Education and Social Services presents

National Family Week

MONDAY Oct 7th
Bouncy Castles & BBQ
Join us at 5:00pm in the Ball Field & Complex for some family fun.

TUESDAY Oct 8th
Silver City Outing
5:30 bus departure.
Please register with Teresa McGregor
705-419-2326 ext 203 or tmcgregor@wfn.com

WEDNESDAY Oct 9th
Pumpkin Decorating & Dinner
5:00pm Dinner @ Complex
6:00 Pumpkin Decorating

THURSDAY Oct 10th
Community Feast
Join us at the complex for a community feast at 5:30 to wrap up National Family Week.

Family Basket Draw
Receive a basket at every family activity attended.
Draw will be Thursday at feast.

For more information please contact:
Teresa McGregor, Family Well Being Worker
705-419-2326 ext 203

Family Well Being Program & Journey Together Program

Fire Teachings & Fire Keeper Responsibilities

OCTOBER 1ST, 2019

STARTS AT 5:00PM
Tipi behind band office
Attendees will receive a Stiker kit
Registration is preferred.

For more information please contact
Teresa McGregor,
Family Well Being Worker
705-419-2326 ext 203
tmcgregor@wfn.com





CALENDAR





Youth Centre (Ages 13- 21)

Atikameksheng Anishnawbek Youth Centre (Ages 13-21yrs.)



ATIKAMEKSHENG
ANISHNAWBEK

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kick Off Party: The Walking Dead 5:00-7:00PM	2 Pizza and ice cream in the Youth Centre with Jessie and Tim 2:30-4:30PM	3 Urban Air Outing 5:00-8:00PM	4 Youth Centre Drop-In 6:00-8:00PM	5 Community Day 9:00-4:00PM
6 Virtual Reality Drop-In 3:00-5:00PM	7 Happy Family Week: Check out the events happening in the community with the Family Well-Being Program				11 Craft Night 7:30-9:00PM	12 Youth and Elder Pickling & Jam Making 11:00AM-4:00PM
13 Happy Thanksgiving		15 Garlic Planting Day! 4:30-6:30PM	16 Dodge Ball Challenge Gym Night 6:00-8:00PM	17 Boot Camp 7:00-8:00PM Weight Room 7:00-9:00PM	18 .	19 .
20 Atikameksheng Street Dance 6:30-8:30PM	21 Leisure Farms Outing 10:00-4:00PM	22 AOG Meeting 5:00-7:00PM	23	24 Beading Night @ Health Boardroom 5:00-7:00PM	25 Sleepover @Youth Centre (Girls) 13-21yrs	26 Sleepover @ Youth Centre (Boys) 13-21yrs
27 Kivi Park Outing 10:00-1:00PM	28	29	30 Game Night Challenge Gym Night 6:00-8:00PM		Happy Halloween	 RIGHT TO PLAY PROTECT. EDUCATE. EMPOWER.

For More information about any of these events please feel free to contact Allyssa Soucy-Leroux, Child & Youth Worker @
Phone: 705-698-2169 or email: ASoucy2@wfn.com





CALENDAR

Youth Centre (Ages 7-12)



ATIKAMEKSHENG
ANISHNAWBEK










For More Information
Contact Amanda
Wabegijig-Jourdain @
705-692-3651 ext. 231
or
@ ajourdain@wlfm.com

October 2019



ATIKAMEKSHENG ANISHNAWBEK YOUTH CENTRE (AGES 7-12)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 	3 Urban Air Trip 5-8 pm	4 Youth Centre Drop-In 6-8 pm	5 Community Day 9am-4pm
6 VR Drop-In 1-3 pm	7	8	9	10 	11 Thanks-giving Crafts 6-7:30 pm	12
Check out the events happening in the community with the Family Well-Being Program						
13	14 Thanks-giving!!! No Program	15 Tutoring 4-5pm	16 Girl's Night ASP (5-8) 4-5:30pm	17 Tutoring 4-5pm	18 	19 Sleepover (Boys 13-21) 8pm-10am
20 Street Dance 6:30-8:30pm	21 Leisure Farms 10am-4pm	22 Tutoring 4-5pm	23 Boy's Night ASP	24 Tutoring 4-5pm	25	26 
27 Kivi Park Outing 10am-1pm	28 Hallow- een Safety Night 4-5pm	29 Tutoring 4-5pm	30 Girl's Night ASP (5-8) 4-	31 		

Virtual Reality Day



WHEN:

October 6th 2019

TIME: 1:00 - 5:00

LOCATION:

ATIKAMEKSHENG YOUTH CENTRE

JOIN STANLEY MASKELL, GAMING EXPERT FOR A FUN FILLED AFTERNOON OF VIRTUAL REALITY. EXPERIENCE THE SENSATION OF HEIGHTEN SENSES, RELAX AND ENJOY LAUGHS AND SNACKS WHILE WE TRY VARIOUS VR GAMES

For More information about this event:
Kindly contact your CHM & Youth Worker
Allyssa Soucy-Lemay Phone: 705-692-3651 or Email: aloucy2@wlfm.com



The Walking Dead

Youth Physical Activity Challenge

October 1st to October 31st

Limit screen time. Track your activity level. Win prizes, win health benefits. 12 - 24 years

Tuesday October 1st Kick off Event, Youth Centre 6pm

1st Prize: 200\$ Sports Check Gift Card	Random draws every week! Send picture of weekly tracking to be entered into the draw.
2nd Prize: 150\$ Sports Check Gift Card	
3rd Prize: 100\$ Sports Check Gift Card	

Prepare for 5KM walk/run on Sunday October 27th at Kivi Park
Wear your Halloween Costume! Meal and transportation included!

Call health centre to sign up! 1(705)6923651
For more information contact Allyssa Soucy

MAAMWESYING
NORTH-ONE COMMUNITY HEALTH SERVICES INC.

Family Selfie Photo Contest



- 1st Prize: \$75 Gift card to Silver City
- 2nd Prize: \$50 gift card to McDonalds
- 3rd Prize: \$25 Gift card to Dollarama

Email and send your family selfie photo to:
bbelanger@wlfm.com

Deadline is Thursday October 10th 12 noon
Photos will be printed and displayed at the EYC
Winner will be announced at 3pm.



KENDAASII GAMIK



October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	
		1 Beading 6-8pm Language 5-6pm	2 Beading 6-8pm Music 5-9pm	3	4	5
6	7 Beading 6-8pm Sewing 1-2pm	8 Beading 6-8pm Language 5-6pm	9 Beading 6-8pm Music 5-9pm	10 Arts/Crafts 5-6pm Beading 6-8pm	11 Arts/Crafts 5-9pm	12
13	14 Miigwetch We Giizhiaad	15 Language 5-6pm Beading 6-8pm	16 Beading 6-8pm	17 Arts/Crafts 5-6pm Beading 6-8pm	18 Arts/Crafts 5-9pm	19
20	21 Sewing 1-2pm Beading 6-8pm	22 Language 5-6pm Beading 6-8pm	23 Beading 6-8pm Music 5-9pm	24 Arts/Crafts 5-6pm Beading 6-8pm	25 Arts/Crafts 5-9pm	26
27	28 Sewing 1-2pm Beading 6-8pm	29 Language 5-6pm Beading 6-8pm	30 Beading 6-8pm Music 5-9pm	31 Disewin	Library Hours: Monday to Friday 1:00pm-9:00pm (closed 4:00pm-5:00pm) Contact: Mary Fraser: 705-692-9901	

Atikameksheng Community Day

October 5th, 2019

Schedule

TIME	ACTIVITY	Location
9:30am - 4:30pm	Soap Stone Carving with Phil Jones	Complex
10:00am - 12:00pm	Children's Storytelling with Will Morin	Complex
10:00am - 12:00pm	Children's Fall Coloring Station & Coloring Contest	Complex
11:00am - 1:30pm	Traditional Corn Boiling with Teresa McGregor	Complex
11:00am - 12:00pm	Slime Station	Complex
11:00am - 2:00pm	Face Painting	Complex
12:00 pm	Lunch Served	Complex
1:00 - 3:30pm	Apple Pie Making with Perry & Lori	Complex
1:00pm - 3:00pm	Children's Activities (i.e. potato race, 3 legged, etc)	Ball Field
2:00pm - 3:00pm	Harvest Bingo	Complex
3:30pm - 4:00pm	Pie Eating Contest	Complex





Physical Activity Program

October 2019 *Liam Bisschops, Community Physical Activity Programmer*

SUN	MON	TUE	WED	THU	FRI	SAT
To Register for Programs, please contact Darlene Geauvreau at 705-692-3651		1 Weight Room 7-9pm	2 Field Sports 4-6pm	3 Urban Air 5-8pm Register with Darlene G	4 Ball hockey in the Gym 5-7pm	5
6	7	8 Weight Room 6-8pm	9	10 Weight Room 7-9pm	11 In gym games 5:30-8pm	12 Laurentian open swim 1-3pm Transportation available upon request
13 Alley Katz Bowling 10-11:30am Please register	14 Thanks Giving Day!	15 Weight Room 7-9pm	16 Dodge ball Game night 6-8pm	17 Weight Room 7-9pm Boot Camp 7-8pm	18	19
20	21	22	23	24 Weight Room 7-9pm Boot Camp 7-8pm	25	26
27 5Km Kivi park walk w/prize draw	28	29 Weight Room 6:30-9	30 Gym game night challenge 6-8pm	31 HALLOWEEN!!		

Our monthly newsletter needs a better name than Monthly Newsletter. Send us your ideas! Maybe something in Anishinaabemowin? Submissions should be sent to communications@wfn.com. We can't wait to hear your ideas!





CALENDAR

Adult Day Program

Hello good day my name is Lindsay Fraser. I am currently acting as the Adult Day Programmer for the Atikameksheng Anishnawbek community. I graduated from the Cambrian College Personal Support Worker program in April 2018 and currently live within the community.

As a community we want to come together in a good way by promoting the healing and pride in the community. One of the many ways is to pass on our traditional wreath making that brings the community together. By sharing stories of family members that have passed on, and to assist in the healing and grieving process, once called All Souls Day. Sign up and come out for Sunday October 27 and October 28 for All Souls Day: Princess Pine Picking and Wreath Making.

With a little bit of laughter as the best kind of medicine, join me for a Laugh out loud comedy musical staged to 25 classic hits from the 60's, 70's and 80's as the Sudbury Theater Centre: Menopause the Musical hits the stage Wednesday October 30 space is limited.

I am a proud member of the Atikamesheng Anishnawbek community and very excited to bring thoughtful, healthy and engaging programs to our community. Join me this October 2019 in the Adult Day Programs geared to the ages 50+.

Adult Day Program October 2019

<p>Tea Time: Nature Walk Tuesday October 1 Time: 1-3pm Where: Fielding Park For ages 50+ Space is Limited</p>		<p>Trip to Leisure Farms Pick a Pumpkin Tuesday October 8 Time: 10am-3pm Where: Sturgeon Falls Space is Limited, For ages 50+</p>	
<p>Senior & Youth Activity Jam & Peach Preserves Saturday October 12 Time: 11am-4pm Where: Community Complex</p>		<p>Walden BINGO Tuesday October 15 Time: 12pm - 3pm Where: 615 Main St, Lively Space is Limited, For ages 50+</p>	
<p>Walden Food Bank Thursday October 17 Time: 1-3pm Where: Walden Space is limited</p>		<p>Sudbury Market Place Saturday October 19 Time: 9am- Noon. Where: VIA Rail, 233 Elgin Street For ages 50+ Space is Limited</p>	
<p>Tea Time: Print Making Tuesday October 22 Time: 1-3pm Where: Health Board Room For ages 50+</p>		<p>Dinner & Movie Night Thursday October 24 Time: 4-9pm For ages 50+ Space is Limited to 6 Participants</p>	
<p>All Souls Day: Princess Pine Picking Sunday October 27 Time: 10am-3pm Where: Meet@the Community Centre Transportation available</p>		<p>All Souls Day: Wreath Making Monday October 28 Time: 5pm-8pm Where: Community Centre Transportation available</p>	
<p>Tea Time: Halloween Cake Decorating Tuesday October 29 Time: 1-3pm Where: Heath Board Room For ages 50+</p>		<p>Sudbury Theater Centre: Menopause the Musical Wednesday October 30 Time: 6:45pm Where: 170 Shaughnessy St Space is Limited</p>	

Interested in an event?

CONTACT DARLENE G:

(705) 692 3651





Community Ads

NOTICES



CALL OUT For Housing Committee Members

PURPOSE: to assist in addressing the needs of our community in respect to housing and to develop policy, procedures, structure and guidance to ensure affordable, adequate and suitable housing programs are available to eligible Atikameksheng Anishnawbek band members.

TERM: (2) Atikameksheng Members

The terms for the members of the Housing Committee will coincide with newly elected Chief and Council to commence upon appointment by Chief and Council. Be in good financial standing (not in arrears on any debts/loans to Atikameksheng Anishnawbek).

OVERVIEW OF HOUSING COMMITTEE RESPONSIBILITIES:

Follow Housing Committee Terms of Reference;

Ensure that all policies and procedures have been approved by Chief and Council and are being implemented and enforced documented consistently without exception. Be sure that the policies are available to all committee members and housing staff;

Hold annual planning sessions to share successes, milestones, and plan for the future;

Review the Housing Policy and housing priorities on an annual basis, and recommend revisions to Chief and Council as required;

Abide by the policies and procedures set out by Chief and Council that apply to the position of a Committee Member;

The Housing Committee shall approve applications for rental housing and other programs within the Housing Policy;

The Housing Committee shall not be involved with the day-to-day delivery or administration of housing programs and services;

And act as a role model and publicly support housing programs, services, housing goals, housing department staff, policies, procedures and best practices;

Be willing to comply with terms of reference (conflict of interest, confidentiality and code of ethics);

Deadline Date: October 18, 2019 @ 12 PM

Interested members of Atikameksheng Anishnawbek should have some experience related to housing and infrastructure. To apply please send a confidential letter outlining your interest and experience to:

Vivian Naponse
vnaponse2@wfn.com
Housing Manager
Atikameksheng Anishnawbek
25 Reserve Road
P0M 2M0



POST SECONDARY FINANCIAL ASSISTANCE APPLICATION PROCESS:

Application Deadline:

The Application due date is as follows:

For January.....Second Friday of October



List of Required Documents

The following documents are required to be submitted with the application package:

1. A completed **Post-Secondary Application for Financial Assistance Form**.
2. Confirmation of application with the Ontario Universities Application Centre, the Ontario College Application Centre, and/or the applicable Post-Secondary Institution.
3. Final Marks – Continuing students must provide a copy of their final semester or term marks.
4. Copies of diplomas – graduating student applicants must include a copy of the diploma from the program they are graduating from. (This applies to applicants who have already graduated from these levels.)

Additional Documentation Required

The following documentation may not have been received by the applicant prior to the application due dates. Upon receipt of the documents, the applicant must forward copies to the Education Coordinator.

1. **Confirmation of Acceptance** – the applicant must provide documentation that they have accepted an offer from an accredited post-secondary institution.
2. **Transcripts** – graduating student applicants must include a copy of the transcript from the program/secondary school they are graduating from.

Assistance to Complete the Application

Appointments can be made with Kimberly Nootchtai, Education Coordinator for any assistance required in completing the application package by:

1. Telephone: 705-692-3651, ext. 210
Toll free: 1-800-661-2730
2. Email: knootchtai@wlfm.com

Application Submission

Applications can be submitted to the attention of the Education Coordinator as follows:

1. In person, submit to reception at Atikameksheng Anishnawbek Administration Office by due date.
2. By mail, must be post-marked by the application due date.
3. By e-mail, must be scanned with applicant's signature and submitted by due date.
4. By facsimile to 705-692-5010, with applicant's signature and submitted by due date.

The Post-secondary Policy can be viewed at www.atikamekshenganishnawbek.com or you can request for a copy by contacting the office.



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

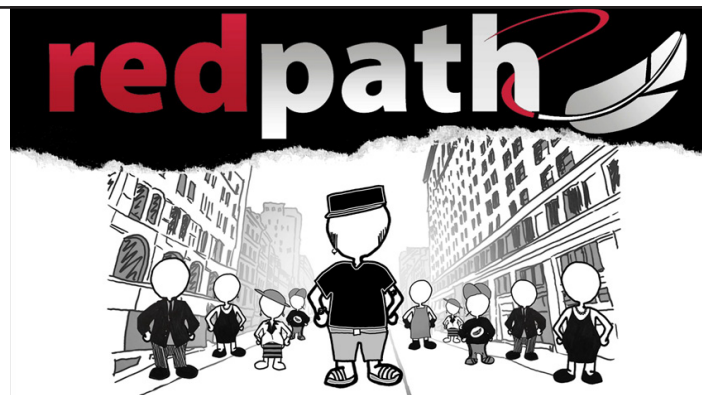
Protocols:

-  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

James Bolan, Ba, CCAC, CIAC

ADDICTION & MENTAL WELLNESS COUNSELLOR

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 Mississauga First Nation on a weekly basis.

James has been employed by Maamwesying North Shore 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.

FOR MORE INFORMATION OR AN APPOINTMENT, PLEASE CONTACT:

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

ATTENTION

Attention Youth!

WE WANT YOUR STUFF

We'd love to include your art, poetry and stories into our monthly newsletter.

Have suggestions? Want to be featured? Reach out to communications@wlfm.com with your ideas and content!



Community Ads

NOTICES

We're always looking for photos!

SEND THEM TO COMMUNICATIONS@WLFN.COM

We'd love to feature you!



Check us out on Social Media

TWITTER AND FACEBOOK

@AtikamekshengA

Anishinabek Nation Governance Agreement

NEW VOTE PERIOD

February 1 - 29, 2020

- ☒ • mail-in-ballot
- ☒ • e-vote
- ☒ • in-person ballot
(Feb. 25 - 29 only)



governancevote.ca
Toll free: 1-833-297-9850



26 SEP to 5 OCT

stc sudburytheatre.com
705 674 8381

Interested in attending the show? Members of Atikameksheng Anishnawbek can call the STC box office at 705.674.8381 ext 21. Let the box office attendant know they are from Atikameksheng – and they will be booked in for free!