



ATIKAMEKSHENG ANISHNAWBEK

DEC 2019

Monthly Newsletter

MANIDO GIISOHNS

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Chief & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

UPDATES

CHIEF VALERIE RICHER

December is a time of reflection, of looking back and seeing what was accomplished, but also a time to be thankful and embrace family as we head into the holidays. I know I have much to be thankful for! I am so grateful for being able to live in such a beautiful place and surrounded by the love of our community and by family!

I know we have our challenges, but we also have so many good, positive things on our side too. We do not gather the way we used to, but we still have this amazing community spirit where people deeply and genuinely care for each other and I heard this repeatedly whenever we gathered this past month.

In November, we reached out to community members here in Atikameksheng, in Sudbury and in Toronto to talk about our community story in the development of our long-term plan that we call a “Community Comprehensive Plan” or “CCP”. Our goal is to create a plan for the future of our community that comes from the community. It is our intention that the community leads this process.

We have a document now that we call a “community story” and we are happy to share this with you. In February, we hope to have our first draft of a plan and we will be asking you again to come out and let us know if this is what you told us and if there is anything missing. For those of you who do not want to come out or are not able, we are happy to share a hard copy with you and you can let us know your thoughts.

While there are too many internal meetings to document, here is a list of other meetings and events I attended on behalf of Atikameksheng:

- Indigenous Laws- Indigenous Bar Association (Nov 1-2)
- Anishinabek Nation Fall Assembly (Nov 5-6)
- Waubetek Business Awards (Nov 7)
- Community presentation on The Creation Story by Jim Dumont (Nov 12)
- Council meeting on Draft Election Code (Nov 13)
- Community meeting on Timber & Boundary Claims (Nov 14)
- Anishinabek Nation Presentation on the Child and Family Well-Being Law (Nov 18)
- Band Meeting (Nov 18)
- Community meeting on Draft Election Code (Nov 20)
- Meeting with the Trust (Nov 21)
- 2 Community Members’ Meeting on Community Story in Toronto (Nov 25)
- Community Members’ Meeting in Sudbury on Community Story (Nov 26)
- Community Members’ Meeting in AA on Community Story (Nov 27)
- Council meeting on Community Story (Nov 28)



December is also a time of loneliness and struggle for many. Please take the time to check to check in on each other, to stop and say hello and to spread love to each other.

Much love and many blessings to you this holiday season,

Gimaa Valerie Richer



Chief & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

UPDATES

COUNCILLOR JENNIFER PETAHTEGOOSE

Aanii kina wayaa!! Hello everyone! It's been a very busy and exciting fall! First of all, congratulations to all who were involved in the Community Hunt, many of our community members will be eating well this winter because of your hard work and shared hunting skills, chi-miigwetch!!

I will highlight what's happening with our Educational and Social Services committee. We just spent much time reviewing the Education Policy which now combines the Elementary and Secondary Policy as well as the Post-Secondary Policy into one document. It's been a work in progress but we are doing our best to suit the needs of our community members on their educational paths and succeeding in those endeavours. We are also reviewing the Education Service Agreement with the Sudbury Catholic District School Board in order to achieve the best quality education for our children who access this system.

In looking at the Anishinabek Nation Child Well-Being Law, the Anishinabek Nation has been engaged in initiatives to support the development of this new law since 2008. In Atikameksheng, we are waiting for further study in order to have the best possible Anishinabek Nation Child Well-Being Law for our Nation. When this legal study is complete, this will be shared with our community in consultation to achieve the best possible law. Our children only deserve the best so we are doing our due diligence to create the best law that applies to our children and families that is conceivable.

I'm really excited to be working with our new Language Strategy Developer, Julia Pegahmagabow, and welcome to our team, Julia! Biindigen!! Julia has established our Language Advisory Committee which I will be joining. I look forward to our first meeting at the end of November. If you have any ideas or initiatives involving the promotion of Anishnaabemowin, please contact me at J.Petahtegoose@wfn.com. I would love to hear your ideas! And please come out to Language Immersion classes at the Kendaasii-Gamik. I have started classes as well here and they are a lot of fun!

This past fall, we have also been building up our relationship with Laurentian University. Through Indigenous Laurentian and the work of Interim AVP Academic & Indigenous Programs Shelly Moore-Frappier, I was invited to a dinner with Honourable Senator Murray Sinclair and again with child welfare activist Dr. Cindy Blackstock. It was very uplifting to hear the words of these two incredible people, and I feel very blessed and honoured to have met them. Also in December, with our Gimaa Valerie Richer I will be meeting with the President of the University Dr. Robert Hache and Shelly Moore-Frappier, in order to further develop and solidify our relationship between Atikameksheng and Laurentian University.

And lastly, I was able to witness a couple sessions of the Robinson Huron Treaty court case- Phase II this past fall, both

inside the courtroom and outside by the sacred fire. As I'm sure we all feel, I hope there are no more delays, that if true reconciliation is a goal of this federal government, we will see our treaty rights fulfilled with honour, diligence and integrity. I look forward to hearing the outcome of Phase II.

In closing, I would like to wish everyone a very safe and happy Christmas! I hope you all enjoy this precious time with your families. I know I'm counting the days until my daughter Hannah arrives from University. And I wish you all a wonderful, happy and healthy new year!!

Mino Niibaa Namaang!! Jennifer Petahtegoose, Councillor



Cindy Blackstock Tree Planting at Laurentian University



Jennifer with Shelly Moore Frappier and Elder Art Petahtegoose





Department Updates

EZHWEBAK

Finance

ZHOONIYAA ENAAGIDENIJIG



The Finance and Administration Department continues to be very busy.

We are actively searching for an HR Specialist to assist with our HR needs. Atikameksheng is growing and the need to fill this position is evident. Please share with your family and friends this great employment opportunity!

Thank you to all that RSVP'd to the Community Christmas dinner event on Saturday December 7th. We are at capacity for the dinner but we encourage everyone to come out to the community centre at 7pm to enjoy the fireworks display.

Please be advised that The Finance and Administration team will be out of office on December 12, 2019 from 11:30am to 2:30pm.

Happy Holidays and a Happy New Year!

From the Finance and Administration Team

Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

With the month of November behind us the Education and Social Services department is busy getting ready for the Holiday Season programs and events.

Early November, we started working our draft workplans for the 2020-2021 fiscal year. As part of the draft workplans, we are ensuring that we link our activities and events to the Community Comprehensive Plan that is in development.

We are also working with Nogdawindamin in developing and planning out the activities through the Grandma's and Aunties Program. Watch for upcoming activities as there were some great ideas brought forth through the 2 engagement sessions that were held.

November 24th was the second School Lunch Market that was held and the response from our students and families has been very successful.

Photos on the right are from the departments Work Plan Session.





Department Updates

EZHWEBAK

Planning & Infrastructure

NIIGAAN-NAABIING

The Planning & Infrastructure Department has some exciting highlights to share with the community:

- We welcomed our new Lands Manager, Lori Richer, into our department on October 28, 2019.
- The department is currently in the process of hiring a Business Park Coordinator.
- The Sewage Lift Station installation contract with Denis Gratton Construction Ltd. is underway and on schedule.
- Five of our staff attended an underground tour of Glencore's Nickel Rim South Mine on November 14, 2019. It was the first time for some of them and it was a fantastic learning experience! The underground visit was then followed by the Atikameksheng Anishnawbek/Glencore Fall meeting.
- The Housing Division hosted a graduation celebration for our successful College Boreal Roofing Fundamentals Training Program students on November 28, 2019.



HOUSING DEPARTMENT UPDATE:

We are working on a more organized Housing Division, please be patient and kind while we address many issues that need to be reconciled. Repairs and maintenance on rentals will be addressed in an efficient amount of time; Miigwech for your patience!

The Housing Division has some very important highlights and information to share with the community:

- The On-the-Job Training application was approved through CMHC for the 'Housing Asset Maintenance Worker' position. Jason Nebenionquit was the successful candidate for the contract position and began on November 25, 2019.
- The approval for the 2019-2020 On-Reserve Housing – Proposal-Based Housing Project in the amount of \$1,506,850.00 through ISC is a great opportunity for Atikameksheng and falls under three investment strategies:
 - a) Immediate Needs Fund: directed at construction, renovation and additions and lot servicing
 - b) Innovation Fund: directed at supporting First Nations to develop policies and tools for on-reserve program administration and,
 - c) On-Reserve Capacity Housing Development Fund: will support First Nations to develop on reserve housing tools for governance and community planning
- Two new committee members (Lorraine Dodd and Jennifer Nootchtai) were appointed to the Housing Committee at the November 4, 2019 band meeting.
- Band members are invited to submit a new letter of interest to be added to the Annual Housing List after January 1st of each year as per the Atikameksheng Anishnawbek Housing Policy. An applicant with rental arrears and/or outstanding accounts (money owing) to the band is not eligible for rental units.
- The Residential Rehabilitation Assist Program (RRAP) and Repairs and Home Adaptations for Senior's Independence (HASI) is provided by Canada Mortgage and Housing Corporation. Letters of interest is required every year on January 1st in order to be considered. Assistance shall be granted to eligible applicants on a first-come, first-served basis to the maximum of funding available.



Day School Update

NEWS

Indian Day School Settlement Update

TAKEN DIRECTLY FROM THE INDIAN DAY SCHOOL WEBSITE at www.indiandayschool.com

On October 31st, Class Counsel received a court challenge to the Indian Day School settlement from David Schulze (Partner, Dionne Schulze, S.E.N.C.) on behalf of his client, a class member. Class Counsel is in the process of assessing the challenge.

WHAT DOES THIS MEAN FOR CLASS MEMBERS If not resolved in the next few weeks, this court challenge could delay the opening of the claims process for an unknown period of time. Until this matter is addressed, Class Members will not be able to apply for compensation.

WHAT ARE THE NEXT STEPS We recognize the frustration and concern that this update may cause Class Members. We want to assure you that Class Counsel is committed to pursuing all avenues to move the settlement forward as quickly as possible. We will keep you informed as matters progress. Please check website for updates, and please feel free to call or email us if you have any questions.

CLASS UPDATES The Federal Court has approved a nation-wide class settlement to compensate survivors for harms suffered while attending Federal Indian

Day Schools and Federal Day Schools. The settlement includes compensation for eligible Survivor Class Members ranging from \$10,000 to \$200,000 based on the level of harm experienced as well as the creation of a Legacy Fund of \$200 million to support commemoration projects, health and wellness projects, and language and culture initiatives. To be eligible for direct compensation, a person must have attended at least one of the Federal Indian Day Schools or Federal Day Schools funded, managed and controlled by Canada, and listed on Schedule at www.indiandayschool.com.

WHAT CAN I DO NOW?

Survivors will be able to apply for compensation, however, compensation will not be issued until after the implementation date. Claims for compensation will begin to be processed for compensation 120 days from August 19th, 2019, subject to any appeals that are brought.

The Claims Form is available for review or by contacting Gowling WLG. Right now, we encourage people to review the Claims Form and requirements. Information about how to make a claim will become available on this website in the coming weeks. Once the claims process has started, Class Members will have two and a half years to complete the Claims Form. To be eligible for compensation, Survivor Class Members must have attended one of the identified Day Schools listed on the website.

The Health Centre Staff will assist members with completing Claim Forms once the challenge is addressed. Please visit the above website for further information.



Picture provided by Laura Geer.



First Nation Food Nutrition and Environment Study Forum

KEY FINDINGS

Atikameksheng Anishnawbek participated a 10-year study on food, nutrition and the environment. The study involved 92 First Nations across Canada over a 10 year period where information was gathered about current traditional and store bought food use, food security, nutrient values and environmental contaminants in traditional foods, and heavy metals and pharmaceuticals in drinking and surface water. During the study there were over 6,000 participants. Atikameksheng Anishnawbek was one of the first in Ontario to complete the study with a 100 percent participation rate. Atikameksheng's study findings can be obtained from the Shawenekezhik Health Centre.

On November 5-6, 2019 First Nations who participated in the study gathered to discuss the findings and recommendations resulting from the study. The forum also launched a new national study on the Health of First Nations children and youth to begin in January 2020 called Food, Environment, Health and Nutrition of First Nations Children and Youth (FEHNCY). This study will look at nutrition, health and environment of First Nations children and youth ages 3-19. The study will measure diet, traditional food use, food environment, clinical health indicators, exposure to contaminants and housing conditions and indoor air quality.

The FNFNES provides First Nations with baseline data to utilize in developing and addressing issues relating to food, nutrition and environmental issues

in their communities. First Nations shared community projects, knowledge and discussion on important issues relating to nutrition, food security and environmental contaminants. Many First Nations have implemented various food programs, including, aquaponics, community food banks, community traditional food harvesting, healthier food choices in community programs, food forest, etc. Below are some examples of food programs across First Nation country that were presented at the Forum.

Natoaganeg Community Food Centre – Eel Ground First Nation, New Brunswick: Eel Ground FN developed a community food center that is focused on putting traditional food back into people's plates. The Centre also has a food bank, cooking classes with a focus on changing the diets of their people to eating healthy food. Eel Ground has a total population of 1080 with about 600 living on Reserve.

Six Nations presented their project called Healthy Roots Pilot Study that involved 22 participants from the First Nation. For the first 3 months' participants followed their regular diet and provided blood, urine, stool samples and a food diary. The second 3month period participants were given a healthy food basket that contained traditional Haudenosaunee food to consume and again blood, urine, stool samples were collected and a food diary. The food basket contained food that was higher in protein and potassium; lower in refined carbohydrates, trans and saturated fats

and sodium. Some of the study results revealed that there was a favorable change in body size, improvement in well-being, weight loss where it matters most, no major negative gastrointestinal symptoms. Six Nations has an estimated total population of 25,660 with 12,270 living on reserve.

Muskeg Lake Food Forest, Muskeg Lake Cree Nation, Saskatchewan: Muskeg Lake FN has taken a holistic approach towards food security through the planting and creation of a food forest on band land. 1000 berry bushes, fruit trees and other items of pollinators and windbreakers vegetables have been planted within the past 14 months. With the food forest project Muskeg Lake Cree Nation is looking at their future by establishing a community based food supply. Muskeg Lake has an estimated total population of 2,159 with about 350 living on reserve.

A complete copy of the regional and national studies can be found on <http://www.fnfnes.ca/>.

Submitted by: Lisa Wabegijig, Health Committee Member



FNFNES Principal Investigators, Lead Researchers, National and Regional Coordinators, Nutritionists, Data Analysts and other Project contributors.



Education Support Workers

NEWS

December News

WEEKLY SCHOOL VISITS

Tuesday's- Fridays

If you have any questions regarding School Visits, Tutoring, our Educational Assistance, Services or Agencies or for more information call:

Jessie Gorman 705 419 2326 x 201

OR Tim Saikkonen 705 419 2326 x 202

This month we worked in partnership with the Health and Community Wellness Department to deliver an "Marvel Themed" P.D. Day activity.

Education Support Updates: Open Tutoring Sessions at the Youth Centre Tuesday's & Thursday's from 4pm until 5pm have been postponed. If you require more information about Tutoring please call Tim or Jessie

UP COMING ACTIVITIES FOR THE MONTH OF DECEMBER

Boys and Girls after school Programing Christmas Dinner

School Visits

School Field Trips



The Ojibwe Language students from St. James and Pius XII performed the national anthem in Ojibwe at the Sudbury Five Basketball Team home opener on November 22, 2019 The St. James NSL students are currently learning Frosty the Snowman in Ojibwe and will be performing during the Christmas Holidays.

Photos submitted by Dominic Beaudry



Energy Update

NEWS

KEEPIN' THE HEAT IN

As winter approaches and the temperature drops, it becomes more important to keep the heat in. There are many little things that can be done that can make a big difference on energy savings, that don't cost a lot of money. Lowering the temperature on the thermostat and dealing with air leaks can help lower the monthly heating bill.

New technology can be used to help keep heating bills in check. By using a programmable thermostat or smart thermostat, you can set the temperature for your residence according to your routine. This can be done for when everyone leaves for the day, returns home and even at night when everyone is in bed. Program the thermostat to your routine and your comfort settings. Geofencing can take this to a whole new level. With geofencing is using your mobile phone and location services, your smart home thermostat will recognize when you are away from the home and lower the temperature to your "Away" setting. While returning home, it will raise the temperature to your "Home" setting and time it so your home will be at that temperature for when you arrive. All this amounts to savings by not heating your home when you are not there.

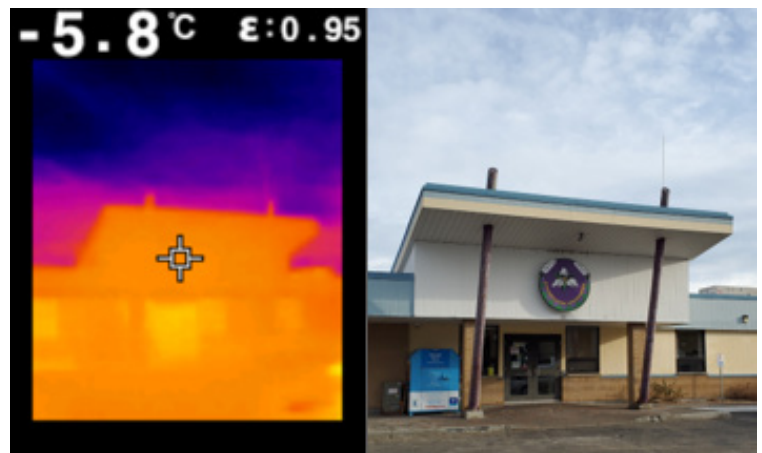
Search and destroy air leaks. The most common areas of air leaks are windows and doors. Find air leaks. There are several methods you can use to determine an air leak. Simply placing your hand, using tissue paper, long strands of wool, smoke pens. Place your smoke pen near the molding of a window or door, if an air leak is present, you will see the smoke moving with the air. Once you have found them, destroy them. Use weather stripping between the door and the jam or a draft blocker at the bottom of the door. There are several styles, so select one that fits your situation and door style. Remove the trim to inspect the type of insulation between the door and the framing, or the window and the framing. Fill voids with low expanding foam and place the trim back on the wall. Cover drafty windows with plastic. Even thick curtains can help keep the draft out of the living space and at the window.

These simple fixes will take a bit of time, but the savings will be worth it. Not only will help lower energy bills, it will add comfort to your residence. Also, these fixes can help identify larger issues which you may need to contact a professional for. Tackle the bigger issues later when your time and budget will allow. Until then, do the small things to keep your heat in.

Miigwetch!

Merry Christmas and happy holidays.

-William Ransom, Community Energy Champion



Atikameksheng Anishnawbek band office building. November 25, 2019. Note: The consistent yellow colour indicates little to no heat loss.



Employee Spotlight

JULIA PEGAHMAGABOW

boozhoo kina wayaa Julia Pegahmagabow ndizhinikaaz

I am back working for Atikameksheng Anishnawbek in a contract position as the Language Strategy Developer.

Since my previous employment with Atikameksheng Anishnawbek, I have been working on my anishinaabemowin skills and working hard to use what I have learned daily. I have also founded a not for profit organization called Akinoo-moshin and we have been working to develop an anishinaabemowin immersion education model based in Anishinaabe kendaasowin for early and elementary aged learners.

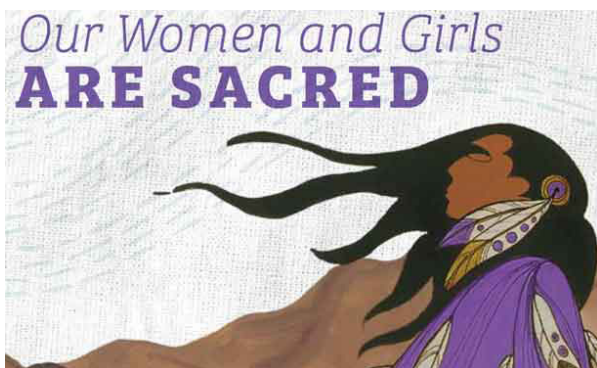
In this present role with Atikameksheng, I will be supporting the development of a language advisory committee. This committee will oversee a language survey with our membership so that a strategy for language acquisition and revitalization can be created. The strategy will be informed by your feelings, thoughts and wishes about our language as we work to make this plan. While this is underway, I will be getting to know about language initiatives in other communities to find out what is working and how they did it. And we will be working on community learning with evening classes, weekend activities, and staff learning, as we go. It is going to take a great deal of commitment and determination to bring our sound back to the forefront in our community and I have faith and belief that we can do this together.

niikaanigananaa – all my relations



Hello, Aahnii, Boozhoo, Hi, my name Joan Elliott, Wellness coordinator, specializing in Mental Health. I am working here at Atikameksheng for a short period of time to do some programming in social skills and teachings. I have worked as a Mental- Wellness Coordinator before and currently I help develop people's interpersonal skills through both contemporary and aboriginal style learning. I have worked through many challenges and have dealt with many forms of abuses, physically, mentally, spiritually and emotionally. I am aware of Western and Aboriginal methodology that is used to meet the cultural and spiritual needs of Anishnawbek people.

The MMIWG – Murdered Missing Indigenous Women and Girls, is a project that is being implemented to spread awareness of the impacts of MMIWG on families and communities. The group has had meetings and dinners throughout the past few months to discuss the issues and come up with ideas to design something in commemoration of MMIWG.



New in November was the Biimaadaazwin Sharing Talking Circles. This program helps individuals gain insights about themselves and others and learn life skills through medicine wheel teachings.

We welcome Brian Nootchtai who is doing the Monday night talking circles. He is doing sharing circle every two weeks starting November 18, 6-8: pm on Mondays.



Healthy Babies Healthy Children







GIISOOK



DECEMBER CALENDAR 2019
Healthy Babies/Healthy Children Program 0-6yrs
Aboriginal FASD & Child Nutrition Program



Beverly Belanger Email: bbelanger@wfn.com

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 CPNP Day Guest: Erma Howe Physiotherapist Counsellor at White Pines Self Care & Healthy Relationships	4 	5 Creative Christmas Gifts Idea's  Tiny Toes, Hands & Feet 1pm-4pm	6 Creative Christmas Gift Idea's Tiny Toes, Hands & Feet 9am-noon
9  Winter Safety 1pm-4pm 5pm-7pm Make & sew a simple fleece hat for you & your child	10	11 Introducing "Triple P" Positive Parenting Program 7pm-9pm New Year 2020 8 Modules Evenings	12	13 Christmas Cooking Class Whole wheat Indian Taco's 11am-1pm Mmmmm
16	17 Women's Self Care Christmas Craft No Children Please 6pm-10pm	18  Christmas Spirit All Welcome EYC 1pm-4pm Homemade Warm Coco &	19 Stress free Holiday Menu With Danielle Dietician 10:30-noon Free \$25 Batistelli Gift Card	20 Closed
23 Closed	24 Closed	25 MERRY CHRISTMAS 	26 Closed	27 Closed





Physical Activity Program


GIISOOK



Liam Bisschops
Phone: (705) 692-3651 ext. 236
Email: LBisschops@WLFN.com

DECEMBER COMMUNITY ACTIVITIES 2019

Community Physical Activity Programs

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 WEIGHT ROOM 6-8PM	3	4 WEIGHT ROOM 6-8PM	5 LAURENTIAN OPEN SWIM 11:30AM-1PM	6 WEIGHT ROOM 6-8PM	7
8 PLAZA BOWLING (AGES 13+) 4:30-7PM	9 WEIGHT ROOM 6-8PM	10	11 WEIGHT ROOM 6-8PM	12 NITENDO RINGFIT ADVENTURE(YC) 6:30-9PM	13 WEIGHT ROOM 6-8PM	14
15	16 WEIGHT ROOM 6-8PM	17	18 WEIGHT ROOM 6-8PM	19	20 WEIGHT ROOM 6-8PM	21 OFFICE CLOSED
22 	23	24 		26	27	28
29	30	31	TO REGISTER FOR PROGRAMS, PLEASE CONTACT DARLENE GEAUVREAU AT 705-692-3651		Office Closure Dec. 21st 2019- Jan. 6th, 2020	

LAST DAY to Sign- Up December 5, 2019

Atikameksheng Anishnawbek is proud to invite the Home
Community Care Clients and Community Member's 50+ to the

Mosaaaden Mino Bmaadiziwin
(Walk the Good Life)

Anishinabek Nation Health Conference
January 21, 2020 @ 9:00 am-January 23, 2020 @4:00 pm



Quattro Hotel & Conference Centre
Sault Ste. Marie, ON
January 21 – 23, 2020

HEROES IN HEALTH AWARDS PRESENTATIONS
WORKSHOPS INFORMATION CRAFT BOOTHS

If you are interested in attending, please sign up with Darlene G
For any other inquires please contact
Lindsay Fraser or Lisa Groulx 705-692-3651



Fireworks Show

Saturday December 7th

7:00 - 7:30 p.m.

outside the Community Centre

All are Welcome



Adult Day Program GIISOOK

December has many great programs this month lots of up-coming dinners to attend, crafts to make and shows to attend. Please come and join the Adult Day programs for many laughs, good food, and entertainment.

The last day to sign-up for the Anishinabek Nation Health Conference held in Sault Ste. Marie is December 5, 2019.

I encourage seniors to attend the Charles Dicken's: A Christmas Carol & Dinner evening Friday December 6 at the Sudbury Theater Centre.

For all seniors wanting to attend the Community Christmas Dinner December 7, there will be transportation provided simply sign up and I will pick you up and drop you off.

Have you ever wondered about dementia and how to keep your loved one occupied? Well join me for Sensory Cuff Making we will show you how to make a Sensory Cuff join me Tuesday December 10

The Home Community Care Christmas Dinner will be held Wednesday December 11 join us for good music, laughs and excellent food.

Diner's Club Kris Kringle Luncheon gift exchange will be held December 18, any questions please feel free to call Lindsay Fraser or Lisa Groulx. 705-692-3651. Have a wonderful Christmas.

Adult Day Program December 2019

<p>Tea Time: Wreaths with JoAnne B. Date: Tuesday December 3 Time 1-3pm Where: Health Board Room For ages 50+</p> 	<p>Walden Food Bank Date: Thursday December 5 Time: 1-3pm Where: Walden Space is Limited For ages 50+</p> 
<p>Charles Dicken's A Christmas Carol & Dinner Date: Friday December 6 Time: 4-9pm Where: Sudbury Theater Centre For ages 50+ Space is Limited</p> 	<p>Community Christmas Dinner Transportation Date: December 7 Time: 4-9pm Where: Community Centre For ages 50+</p> 
<p>Tea Time: Sensory Activity Date: Tuesday December 10 Time: 1-3pm Where: Health Board Room For ages 50+</p> 	<p>Home Community Care Christmas Dinner Date: Wednesday December 11 Time: 5-9pm Where: Community Centre For Ages 50+ Transportation Available</p> 
<p>Community Information Fair Date: December 13 Time: 3pm-7pm Where: Community Centre Transportation Available</p> 	<p>Tea Time: Home Made Cranberry Sauce Date: December 17 Time: 1-3pm Where: Health Board Room For ages 50+ Space is Limited</p> 
<p>Dinner & Movie Night Date: Thursday December 18 Time: 4-9pm Space is Limited For Ages 50+</p> 	<p>Visit at Extendicare York Date: Friday December 20 Time: 10-3pm Where: Sudbury For ages 50+ Space is Limited</p> 



If you are interested in any of these programs.



Service Schedule

GIISOOK

December 2019

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

SERVICE SCHEDULE
Atikameksheng Anishnawbek

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 James - Counselling	3 Rochelle - NP Clinic (evening) James - Counselling Emily - Physio Services	4 Rochelle - NP Clinic Cheryl - Suboxone Clinic Patricia - Traditional Medicine Heidi - OT Services	5	6 Dr. Finlay - Clinic (morning) Cheryl - Suboxone Clinic	7	8
9 James - Counselling Michele - GSW	10 Rochelle - NP Clinic (evening) James - Counselling Emily - Physio Services	11 Rochelle - NP Clinic Cheryl - Suboxone Clinic Heidi - OT Services	12 Rochelle - NP Clinic James - Counselling	13 Dr. Finlay - Clinic (morning)	14	15
16 Dr. Finlay - Clinic (morning) James - Counselling	17 Rochelle - NP Clinic (evening) Emily - Physio Services	18 Rochelle - NP Clinic Cheryl - Suboxone Clinic Heidi - OT Services	19 Rochelle - NP Clinic Danielle - Dietitian Clinic Jessica - Diabetes Clinic James - Counselling	20 Cheryl - Suboxone Clinic	21	22
23	24	25	26	27	28	29
29	30	31				
Dr. Susan Finlay - Physician Rochelle Hutton - Nurse Practitioner (NP) Danielle Simko - Registered Dietitian (RD) Jessica Hubbard - Diabetes Nurse Educator (DNE) Lisa-Marie Naponse - Health Promoter/Educator Cheryl Boyer - Minobimaadizing (Addictions) Support Coordinator		Patricia Toulouse - Traditional Medicine Practitioner James Bolan - Mental Wellness & Addictions Counsellor Michele Gilbert - Geriatric Social Worker Heidi Resetar - Occupational Therapist (OT) Emily Wood - Physiotherapist (PT)		Appointments with Physicians, NPs, Dietitian, and DNE can be made through Atikameksheng Health Centre: 705-692-3674 Please contact Maamwesying Head Office: 1-705-844-2021 if you are looking for information on how to book an appointment with another service provider listed here.		

Service Schedule for Atikameksheng Anishnawbek Health Centre - please contact Emily Dauvutich if you wish to receive this monthly schedule via email: emily.dauvutich@maamwesying.ca

Atikameksheng Anishnawbek

Diner's Club Menu

DECEMBER 4TH
Chicken and Dumplings, Scone, Dessert

DECEMBER 18TH
Ham Dinner, Salad, Dessert



Ornament Decorating

Come and attend our Ornament Decorating Night on December 6th and make your design an ornament your way. We will have many blank ornaments so come on out to the Youth Centre @5:00-7:00 and have a little crafting fun.



Date: Friday December 6th, 2019
Time: 5:00pm - 7:00pm



Atikameksheng Anishnawbek

25 Reserve Road,
Naughton ON,
POM 2M0

Phone: 705-692-3651
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Email: smackell@wifn.com
Cell: 249-878-7826





Youth Centre (Ages 7- 12)

GIISOOK

Another busy month completed! A snow day was a great way to get November Started! We watched movies, played games, and even hosted the Youth Girls Sleepover! At the community centre we hosted "Branch to the Past" which was a blast. During the event we made Family Dreamcatchers and worked on a Community Family Tree to honor our ancestors. In this spirit, we decorated the Youth Centre and ourselves on Poppy Craft Night. In celebration of Remembrance Day, we also attended the Indigenous Veterans Day event where our Children and Youth took the flag and helped throughout the ceremony. We had a visit to KUPP and played Laser Tag which saw lots of friendly competition. We are proud of Stanley who took on his First Community Mentor-Led Event. The Kwezehns and Gwiizehns program has been uplifting self-esteem, building confidence, and showcasing cultural etiquette practices for boys and girls. We celebrated National Child's Day with activities to explore our own unique identity and possibilities of our future. We also had a delicious dinner and wrapped up the event with matching toques for all. We set up the Micro-Hatchery and learned about Installing Micro-Hatchery systems in our community. We will be set to hatch a full batch of trout in 2020. Very exciting! On November 25, we had an awesome visit from Constable Michelle Coulombe of the OPP who spoke about internet safety and how to be aware online. Lastly, we had introduced the idea of "Safe Space," by opening the Youth Centre Mon-Fri 2:30-5:00PM!! This creates a space for Children & Youth to come out of their shell and feel comfortable in a place of their own. We hope to see you there!





Atikameksheng Anishnawbek

Child & Youth Calendar Ages 7-12yrs

Youth Centre Open 2:30-6:00 Monday to Friday

25 Reserve Road, Naughton ON, P0M 2M0

Child & Youth Worker Stanley Maskell
Phone: 705-692-3651
Fax: 705-692-5010
Email: smaskell@wfn.com
Cell: 249-878-7826

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Family Bingo Night 5:30-7:30 	3 AOG Meeting 5:00-7:00pm	4 ASP Boy's Night 4:00pm-5:30pm	5 	6 Ornament Decorating 5:00-7:00pm	7 Volunteer Community Christmas Dinner 11:00am-2:00pm
8	9 Christmas Craft & Feast 5:00pm	10	11 ASP Dinner Outing 5:00-7:00pm	12	13 Sliding 6:00-8:00pm 	14 Plaza Bowl 12:00pm-3:00pm
15 Self Care 101 Session 1	16 AOG Meeting 5:00-7:00pm	17 Shopping @ The Mall 6:00-8:30pm 	18 Queens Athletic Field Outing 5:30pm-8:00pm	19	20 Game Night 6:00-9:00pm 	21 No Activities for the Holidays. See you next year. :)
22	23 	24 CHRISTMAS EVE 	25 	26 KEEP CALM TODAY IS BOXING DAY 	27 28 Office Closure December 21st 2019-January 6th 2020	
29	30	31 NEW YEAR'S EVE 	Jan 1	Jan 2	Jan 3	Jan 4



Youth Centre Ages 12-21

GIISOOK



December 2018



ATIKAMEKSHENG ANISHNAWBEK YOUTH CENTRE 13-21YRS

Youth Centre Open Daily Mon-Fri 2:30-6:00PM

S	M	T	W	T	F	S
1	2 Family Bingo Night 5:30-7:30	3 AOG Meeting 5:00-7:00PM	4	5	6 Ornament Decorating 5:00-7:00PM	7 Volunteer Community Christmas Dinner: 11:00-2:00PM
8	9 Christmas Craft & Dinner 5:00PM	10	11 Senior's Dinner 5:00-8:00PM	12	13 Sliding 6:00-8:00PM	14 Children Christmas Party Plaza Bowl 12:00-3:00PM Youth Christmas Party: Dinner & Gifts 4:30-8:00PM
15 Self-Care 101: Session 1	16 AOG Meeting 5:00-7:00PM	17 Shopping at the Mall 6:00-8:30PM	18 Queen Athletic Field Outing 5:30-8:00PM	19	20 Games Night 6:00-9:00PM	21
22 	23	24 Christmas Eve	25 	26 HAPPY BOXING DAY! 	27 Office Closure Dec. 21st 2019-Jan. 6th,	



Game Night @ Youth Centre






We will be having a Game Night at the Youth Centre Friday Dec 20th from 6:00-9:00pm. We will have a variety of card and board games that will be a lot of fun for everyone. We will even have an opportunity for our Youth to have some fun with the Jackbox Party Games; which are a collection of games that you use your phone or other devices to interact with the games. So come on over to the Youth Centre and prepare for a fun night of games that will end our year off right.

Atikameksheng Anishnawbek Date: Friday December 20th 2019 Time: 6:00pm-9:00pm

25 Reserve Road,
Naughton ON,
POM 2M0

Phone: 705-692-3651
Fax: 705-692-5010
Email: smaskell@wfn.com
Cell: 249-878-7826



Atikameksheng Anishnawbek

Date: Saturday December 14th, 2019

Time: 12:00pm-3:00pm

The Youth Centre will be Celebrating the Children Christmas Party (Ages 7-12) at Plaza Bowl where we will be having Lunch and will also be handing out a small present to each child who attends. We have about 60 spots available and will also provide transportation. Please sign up with Darlene G in advance @ 705-692-3651 ext.221 by Dec. 6th. Hope to see you there.

Plaza Bowl Party

Shirley Maskell
Email: smaskell@wfn.com
Cell: 249-878-7826

25 Reserve Road,
Naughton ON,
POM 2M0





Community Notices

AMIGAT SHKOONGAMING

Are you interested in Archaeology?

Would you like to participate in a 2 week paid training program?



For interested members please call your Economic Development Officer so we can work on bringing this opportunity to our great community.

CALL OUT



Contact Fitzgerald Reid — Economic Development Officer
At (705) 692-3651 ext. 215
freid@wlfm.com



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

December 13, 2019

WEENGASHK EVENT

We are wanting to share with you information about a variety of programs and services that support Atikameksheng

Prizes Food

Agenda
Opening - Nogdawindamin
Intertribal
Open Floor
Closing - Atikameksheng

Time: 3:00PM – 7:00 PM

37 Reserve Road

Contact: Marla Toulouse 1-800-465-0999 Ext 2464

Nogdawindamin and Atikameksheng Event



Sliding Fun On The Reserve



Come on over to the Youth Centre Friday December 13th at 6:00pm to 8:00pm and have some fun in the snow. Please make sure to dress appropriate for the weather and to bring your favorite sled to use on the hills. Hope to see you there.



Atikameksheng
Anishnawbek

25 Reserve Road,
Naughton ON,
P0M 2M0

Phone: 705-692-3651
Fax: 705-692-5010
Email: amade@wlfm.com
Cell: 249-878-7825

Date: December 13th,
2019

Time: 6:00pm-8:00pm



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@wfn.com 705-692-3674,
ext. 250

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



Home Community Care Christmas Dinner

Date: Tuesday December 10, 2019

Time: 5-9pm

Where: Community Centre

For: Home Community Care Clients

Ages 50+



Healthy Babies/Healthy Children 0-6 yrs. Drop-in Playroom & Resource Center

EYC (Early Years Center Office Location)

601 Gobode Street

Phone: 705-692-1606 Email: bbelanger@wfn.com



OPEN HOURS:

Check monthly newsletter



The EYC provides resources such as pamphlets, books on prenatal to postnatal pregnancy, parenting, health and nutrition, child development, crafts ideas, educational DVD's and so much more. Also there will be playtime indoors and a time for parents to socialize during the day or evening. A child 0-6 years must be accompanied by a parent or guardian. Home visits can be scheduled and if you're expecting come register your due date for a baby welcome gift basket on the arrival of your new baby boy or girl.

Beverly Belanger
HB/HC Program

Atikameksheng Anishnawbek



Shopping @ New Sudbury Centre



Date: Tuesday
December 17th
2019

Time: 6:00pm-
8:30pm

25 Reserve Road,
Naughton ON,
POW ZM0
Phone: 705-692-3651
Fax: 705-692-5010
Email: smastell@wfn.com
Cell: 249-878-7826



On Tuesday Dec 17th we will be taking a few groups of kids to the New Sudbury Mall to do some shopping. We will have a sign up for 11 kids, so call Darlene G @705-692-3651 ext.221 to reserve your spot.



Have you heard about the Anishinabek Nation Governance Agreement?

THE VOTE WILL BE HAPPENING IN FEBRUARY 2020.

GET INFORMED! VISIT GOVERNANCEVOTE.CA

The Restoration of Jurisdiction Department at the Anishinabek Nation was mandated by the Chiefs-in-Assembly in 1995 to establish and carry out negotiations with the federal and provincial governments to restore jurisdiction in several areas with initial focus on governance.

In 2007, on behalf of its 40 member First Nations, the Anishinabek Nation signed the proposed Anishinabek Nation Agreement-in-Principle with Respect to Governance with the Government of Canada. Negotiations on the proposed Anishinabek Nation Governance Agreement ("the Governance Agreement") are now complete.

The proposed Governance Agreement will recognize the existing authority of the Anishinabek member First Nations and the Anishinabek Nation to pass laws in the areas of elections; citizenship; language and culture; and First Nation management.

Another Open House to learn more about the agreement and what it means for our community will be held January 16th, 5:30 at the Community Centre. The Anishinabek Nation Facebook Page will also be hosting a Live Q&A December 3rd, 7-8pm. Tune in and ask questions!

**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



Vale Recruitment at Atikameksheng

VISIT VALEJOBS.CA FOR MORE INFORMATION

Vale hosted a recruitment information session on Tuesday November 12 in the Council Chambers. During this successful event, Vale employees met and spoke with at least a dozen Atikameksheng members interested in employment. Vale are reviewing all the resumes they collected and should be updating us in the next couple of weeks. Thank you to all that came out!





Community Ads

NOTICES

Check out our new and improved website

ATIKAMEKSHENGANISHNAWBEK.COM

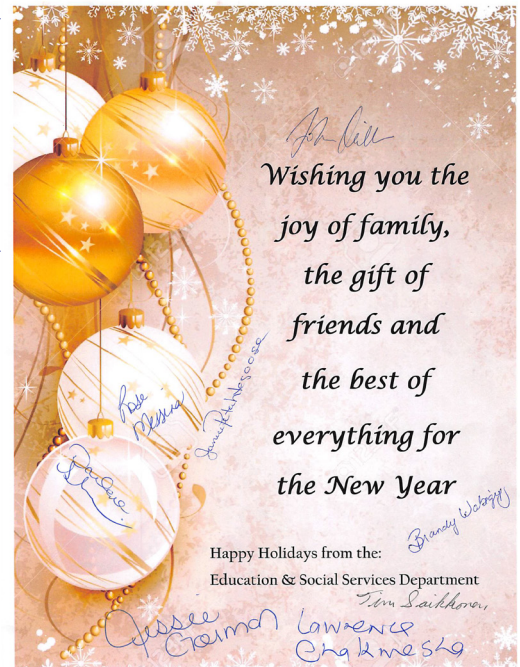
Up-to-date event calendars, information on our programs and services, inventory of flyers, newsletters and more!

Job Opportunities at Atikameksheng

PLEASE CHECK THE WEBSITE FOR FULL JOB DESCRIPTIONS

Open Positions

- Education and Social Services
 - **Jordan's Principle Coordinator**
- Finance
 - **Human Resources Specialist**
- Operations
 - **Director of Education and Social Services**



Chief and Council Meeting DECEMBER 2ND AND 16TH.

Contact Whitney Nootchtai: WNootchtai@WLFN.com to complete a community members meeting request form.

Thank you to those that participated and attended the Indigenous Remembrance Day Ceremony.

