



ATIKAMEKSHENG ANISHNAWBEK

NOV 2019

Monthly Newsletter

BAASHKADODIN GIIZIS

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Chief & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

CHIEF VALERIE RICHER

Aanii Kina Wiya!

October was full of great programming, many meetings and the beauty of fall colours!

In addition, Phase 2 of the Robinson Huron Treaty annuities case was held in Sudbury and arguments were heard between October 15- 25, 2019. We anxiously await the decision and once successful we will move onto Phase 3, hopefully in 2020.

Council continues to make progress on the timber claim and boundary claim and we would like to hold a special meeting for band members on November 14, 2019 to give you an update and provide you an opportunity for input. This information will be confidential, so we ask that only band members attend this session. If you know of any off-reserve members who might be interested in attending, please invite them out! It will be an important meeting so please mark your calendars.



On November 27th, we will also be presenting you with the draft document on our community comprehensive plan which is a follow-up report from the community meeting held on September 7th. This planning for our future is so critical to the success of our future that we will also be reaching out to our off-reserve membership who live in Sudbury and Toronto. For all other members who live off reserve and are not able to get to one of our meetings, I urge you to email communications@wlfm.com and ask for a copy so that you too can provide your input! We expect that the draft will be available by November 25th.

We are also finalizing our review of the draft election code and are hoping to have a meeting with the community in November. Please watch for this date!

Please check out our new website too! We have some important issues ahead and we will continue to try our best to keep you updated. Also, if there is anything you would like to discuss, please reach out to me, Council or Whitney at the office! We love hearing from you and all the best in November!

COUNCILLOR HARVEY PETAHTEGOOSE

Aanii to all community members! This a brief summary of my Council activities to date. Many of the items are routine for my position as Councillor and Planning and Infrastructure portfolio holder. I continue to attend band meetings and special meetings when called upon. Some other areas of action are as follows:

1. North Shore Tribal Meetings as a board member
2. Mamaweswing Health Authority
3. Bagone'an JS Drilling
4. Za-geh-do-win Clearing House

Other events I recently attended were the Community Hunt, Orange Shirt Day, Sisters in Spirit and other various community events – it is not uncommon to see me at events in and around the community. Our community is growing quickly and it feels good to take part in all of the projects as a Councillor.





Department Updates

Health & Community Wellness

MINO ZHIYAA WIIDOOKAAZIIG

Aanii. It has been a busy October and as we head into November, the following will provide you a brief update from the Health and Community Wellness Department Director.

Remembrance Day Ceremony is scheduled for November 8, 2019 beginning at 11:00 a.m. in the Community Centre. St. James students will sing songs in the language, Ethan Soucy will assist with the ceremony along with Elders for the prayer, Julia Pegahmagabow has the Ojibway words for the Act of Remembrance and more. All families are welcomed to attend. Lunch will be provided.



Community Hunt and Harvest; it was decided to join up with Lands and co-host an evening mid-November beginning with feasting on the moose meat, a video will be displayed showing pictures from the hunt, moose meat will be handed out and an update from the lands department on their projects. A date will be confirmed, and a flyer will be sent out.

Health and Community Wellness Committee meeting is scheduled for November 21st at 6:00 pm. The Committee assists the Health & Community Wellness Department on a variety of health care items and makes recommendations to Gimaa and Council. Health discussions surround health prevention and promotion in the community, the well-being and safety of members in the community, and health care services and programs in the community. Health research is another area where the committee members have served in advisory roles ensuring the research is ethical, relates to the community and would be valuable information to assist in determining future health programs and services.

The Community Police Committee is looking for new members, if you have an interest in the safety for our community then please submit your letter of interest in becoming a member to Councillor Carla Petahtegoose. The committee meets on the first Tuesday of the month discussing different topics, such as community safety, trespassing concerns, and development of a Restorative Justice Circle. If you have any questions, please call the Cheryl Thurston, Health Administration Assistant.

Hope you enjoy the fall weather as we transition into winter this month. Baamaapii.

Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

The month of October went by very quickly and the staff were quite busy with various programs.

We are also seeing the department grow as there are job postings out for Child and Youth Service Programs. It's anticipated that we will be seeing new programs starting in January 2020. We will keep you posted as staff are recruited and develop programs.

The highlight for the month was National Family Week. Over the course of the week, the participation from family's was quite numerous. Some of the feedback and comments are listed here.





Department Updates -ezhwebek

Planning & Infrastructure

NIIGAAN-NAABIING

The following were recently hired into our department:

- o Planning & Infrastructure Intern – Kachina Reynish
- o Economic Development Officer – Fitzgerald Reid
- o Mineral Development Advisor – Robert Paishegwon
- o Housing & Public Works Field Technician Intern – Matthew Sawdon
- o Housing Asset Maintenance Worker – Michael Paquette
- o Lands Registry Clerk – Courtney Corbiere-Wabegijig
- The department is currently in the process of hiring a Business Park Coordinator.
- The Lands division has officially moved to the Manotsaywin Nanotoojig Inc. building. If you need to get in touch with Lands, please do not hesitate to contact them at (705) 222-5454 or find them in their new office!
- The contract for the Business Park Phase 1B construction was awarded to Denis Gratton Construction Ltd. They began work on October 15th and have posted a call-out for community members as they require various trade workers. This project will be completed December 31, 2019 with a possible extension to January 2020.
- The College Boreal Roofing Fundamentals Training Program ends November 15th and a graduation celebration will be held for our successful students.
- The Blackwater Road construction began October 22nd and will be completed by November 15, 2019. The Public Works crew will be resurfacing Blackwater Road and replacing the damaged culverts. Members can expect delays as there will be heavy equipment present until completion of the project.
- The renovations at the Independent Living Centre (ILC) are still ongoing. Maki Construction has replaced the flooring and painted the Common Room, and they will be replacing the building's trim and eavestrough. The project is expected to be completed by mid-November.



HOUSING DEPARTMENT: We are working on a more organized department, please be patient and kind while we address many issues that need to be reconciled. Please keep up with your monthly rent. It is very important for rental tenants to stay on track with rent payments. We have a housing list with many potential members who would like to someday get into a unit in the community. Repairs and maintenance on rentals will be addressed in an efficient amount of time; Miigwech for your patience!



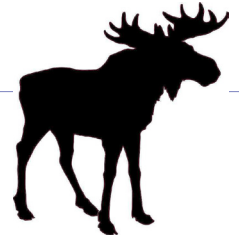
Housing Internship Initiative for First Nations and Inuit Youth (HIIFNIY) has received approval for one intern Planning and Infrastructure Intern to receive training and support designed to provide knowledge and experience in key areas in housing/public works and will provide operational support for Housing and Public Works

- Developing an On-Reserve Non Profit Housing Program (NHA) Section 95 application for the construction of 3 units expected for construction is May 2020
- Developed a funding application to Indigenous Services Canada expected approval at the end of September 2019
- Several meetings held with Indigenous Services Canada to access funding to complete the remaining Phase 1 lots in the Whitefish Lake Hill Subdivision
- Housing Committee Terms of Reference approved by Chief and Council recruitment to fill two seats 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. Recruitment for two members to fill the 5 member composition.



Community Hunt

NEWS



First annual Community Hunt and Harvest

CARMEN NOOTCHTAI

The Community Hunt & Harvest was a success! The group of 32 community members enjoyed the 5-day event. There were; 3 Elders, 22 Adults, 2 youth and 6 children who attended.

There were 6 moose shot and are at the butcher shop as we speak.

A Community Feast is being planned for **November 13th 5pm at the Community Centre** to celebrate the success and to

share the experiences with the community. Members who would like to receive some moose meat are asked to attend the Feast to receive a share of the harvest and to give thanks to the moose who gave themselves up so that our families can have food for the winter months.

During the Feast, a video will be shared with everyone and we hope to have more members attend next year's 2020 Community Hunt & Harvest. The memories

from the hunt will be cherished by all forever and will help to lay a good foundation for our children teaching them respect, appreciation, love, family and what a community is about.

I would like to thank all the participants for sharing their knowledge, laughter, gifts and working as a team.

For the love of life and the gifts it brings to each and everyone of us!



Calling all Grandma's and Aunties

BRAINSTORM SESSION

To attend another meeting for November 21, 2019 at 5:00 p.m. at the Community Centre. Dinner will be at 5:00 p.m.

We will look at all the brainstorming ideas from the September session and prioritize those programs/services. The program will be implemented once prioritization of programs/services is completed. Your input is valuable and we want to ensure everyone's voices are heard.

For catering purposes, please call Darlene Geauvreau, Health Service Clerk to advise you are attending the session. Thank you.





Family Week

NEWS

Celebrating our families

THANK YOU TO THOSE THAT CAME OUT



This year Education and Social Services hosted Atikameksheng community members to four days of activities in celebration of Family Week. Although this being the first time Atikameksheng held a celebration for Family Week there was a huge turnout. Not only do the numbers back this up but the evaluations that came directly from our community members spoke volumes. These evaluations are definitely the most valuable in terms of rating whether the workshop/event was a success and from what the community members are saying.... "it was a huge success"

Some community feedback that was compiled from the evaluations are as follows; "Inclusivity" Many community members mentioned how they were happy to see that there was something for all members young and old, ensuring that everyone could participate in at least one activity. They loved to see

and be a part of how the community came together and having the opportunity to enjoy each other's company. A few even mentioned their surprise at witnessing the lack of mobile devices by both adults and the children.

Some community members really enjoyed the time they spent outside, how they loved to see the kids being active and bonding with their siblings/parents as they worked together to win the "three-legged race". Spending more time outside, either by delivering programs or offering land-based activities was also a common suggestion in the evaluations.

These evaluations were extremely important as they validate that we are on the right track in terms of delivering programs to the families of Atikameksheng. They also provided an insight to how our members value and respect each other. One common element that kept emerging was not of selfishness or what one may get/receive but instead the feeling of happiness from watching other's being happy, whether through participating, observing, being together, or most importantly sitting down and visiting while enjoying some great food. Speaking of food, everyone agreed was amazing, having the employees cook over catering was the best decision after all.

From the feedback came many great



ideas for future activities. The interest in our history through story telling was a great idea that came from more than one member. Together with the history also was the interest in "family trees". The request of more land-based activities combined with teachings and or story telling by the fire seems to be what the people are needing at this time. What a bonus if these stories were also told through (ASL) sign language, which was another idea from a community member.

There is always room for improvement and this case is no exception. Some suggestions/comments were regarding "marketing" getting the word out there about the different programs being offered. The ability to reach out to ALL members would be a huge accomplishment, inclusivity for all, as the people have spoken.





Indigenous Veterans Day

On November 8th, 2019 we honour our Indigenous Veterans contributions

CST. SHANNON AGOWISSA

This day of Remembrance for our Indigenous Brothers and Sisters who served in the military began 26 years ago in Winnipeg in 1994. We have much to be proud of in our home Anishinawbek territory, as we have family members that honoured us by defending us, with knowing that they are giving their lives in service. There are those Veterans Indigenous and Non-Indigenous that paid the ultimate sacrifice, to keep us safe. We learn now about sacrifices others made; not with their lives, but with their memories of service. We also learn about Post Traumatic Stress Disorder and the heaviness that they brought home within themselves. We also remember that our Indigenous Veterans were not treated the same as other Canadian Veterans and were discriminated against and were often not treated with the respect they deserved when they

returned home.

They are all our Ogitchidaa (Warriors). I personally know of a few stories, notably:

Gimaa Daisia Nebeoniquit-baa who served in WWII in France, Holland and Belgium. Daisia earned five war medals for his Service: 1939-1945 Star, France and Germany Star, Defence Medal, Canadian Volunteer Service Medal, War Medal 1939-1945.

You can hear Daisia give a short interview of his Service at: <http://www.thememoryproject.com/stories/1974:dasia-nebeoniquit/>

Gimaa George Petahtegoose-baa who was a Medic in WWII and tried to help his brothers on D-Day. When George returned home from war; it was known to his family that he carried the pain of war with him until he passed on in the Spirit World. George was given a headstone with his title of Private for his Service. Gimaa Francis Pegahmagabow-baa of Wausauksing, (but has family here in Atikameksheng), who's exceptional military Service in WWI earned a Military Medal for acts of valour, (only 38 Canadian Troops received this honour). You



can view a monument statue of Pegahmagabow in Parry Sound.

I invite you to join in on November 8th and teach others about any stories of Loved Ones in Military Service and bring a picture to share, so that we may keep these proud stories of our peoples alive.

Miigwetch,

Cst. Shannon Agowissa,
Atikameksheng Community
Member & Greater Sudbury
Police Service Member





Indigenous Veterans Day November 8 Annually

NEWS

CHERYL OLIVIA NEBENIONQUIT GRANDDAUGHTER OF DASIA NEBENIONQUIT

Dasia Nebenionquit Baa was an Ojibwa WWII Veteran of Atikameksheng Anishnawbek (Doseum) – He is the son of Ambrose and Maggie Nebenionquit

Born on November 1, 1920 and passed away on October 7, 2014

Dasia served in active duty during WWII in France, Belgium, Holland, Germany and was the recipient of 5 Metals; receiving the Stars 1945 France and Germany, Orange Stripe – Defence of Britain, Volunteer Service Medal, and the George Medal.

Dasia recalled his regiment number of B10 26 26 and that he enlisted in the Sault Ste. Marie – Sudbury regiment. He then left in 1940 to Camp Borden and was headed overseas that same year.

He stayed in the army of Occupation Force for a year after the war was over to volunteer and then came back home in 1946.



When Dasia came back home he married Olive and they started a family. Over the course of time Dasia was also the Chief of Whitefish Lake First Nation, what is now called Atikameksheng Anishnawbek, for 13 years and as a Council Member for 2 years.

Dasia enjoyed taking part in traditional gatherings, pow wows and other events representing the Anishnawbe Veterans carrying the Union Jack flag and did so right up to the 2013 25th Annual Traditional-Community Gathering in his home Atikameksheng; he was the Honourable Veteran.

Dasia had travelled back overseas two times since leaving in 1946. His last trip was in the fall of 2005. He along with several other Indigenous Veterans traveled to Vimy Ridge to represent Indigenous Veterans who served in many global conflicts and peacekeeping duties. He attended the unveiling of an Inuksuk at the Juno Beach Centre, the very beach in Normandy where many young Canadian Soldiers landed and begun their heroic journey some of who were Indigenous and Dasia being one of them. Indigenous people were volunteers to the service; Dasia didn't have to go, He choose to go.

Dasia was Honoured at the 2001 Anishnawbek Life Time Achievement Awards for his



contributions to his family, community and abroad.

The Government of Ontario also name a township after Dasia in recognition of a valuable contribution to the development of the region. The "Nebonaionquet" township still exists today and is in the Algoma District just south west of Michipicoten, Ontario.

For all the remarkable and memorable achievements of Dasia, he was great leader in many facets.

We will always remember that he didn't have to go, He choose to go, and like so many others, he continued to be proud of his service for Canada.

Gaam-kwen-maa-naa-nik

"We will remember them."





October Adventures

THE FUN IS KEEPING US BUSY!

In the Month of October there were so many amazing opportunities for our Youth in the community to get out and have an awesome time! We kicked off October with The Walking Dead Physical Activity Challenge Party where we tried the pound workout with drumsticks. Youth had the chance to take hold of their physical lifestyles, challenge themselves, raise an awareness of cancer prevention, and learn to limit their screen time. To conclude this active challenge we participated in a 5km Zombie Walk at Kivi Park to raise awareness for cancer prevention.

The Youth Centre group went to Urban Air where we ate pizza and burned off energy and jumped right into getting to know the new workers Liam Bisschops (Community Physical Activities Programmer) and Stanley Maskell (Child & Youth



Worker). We also had a Virtual Reality afternoon where children and Youth got to try the latest advancements in Virtual Reality Games Technology. National Family week was a huge successful collaboration and it was such a wholesome feeling to see everyone's family out carving pumpkins together.



On Thanksgiving weekend, we shared stories with the senior's group and together, learned how to make strawberry jam and canned peaches! The Youth took to the earth by attending the community garden and learning the process of planting Garlic for next years harvest. Another fun activity we did in October was hit up Leisure Farms! We got lost in a Corn Maze, spooked in a haunted house and bounced on a giant Pumpkin Pillow. We also had hot chocolate and cookies while decorating pumpkins and took a wagon ride into the bush where we roasted hot dogs and marshmallows. Some were even lucky enough to shoot the pumpkin cannon! This month was tons of fun and we were so busy that time flew by! That's how our Children and Youth live each day, by keeping busy and having fun!



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DID YOU KNOW?

STRONG SWIMMERS

A moose can dive 20 feet under water and stay under water for up to 30 seconds.

LIFESPAN

if they can survive predators and hunters, they can live up to 20 years

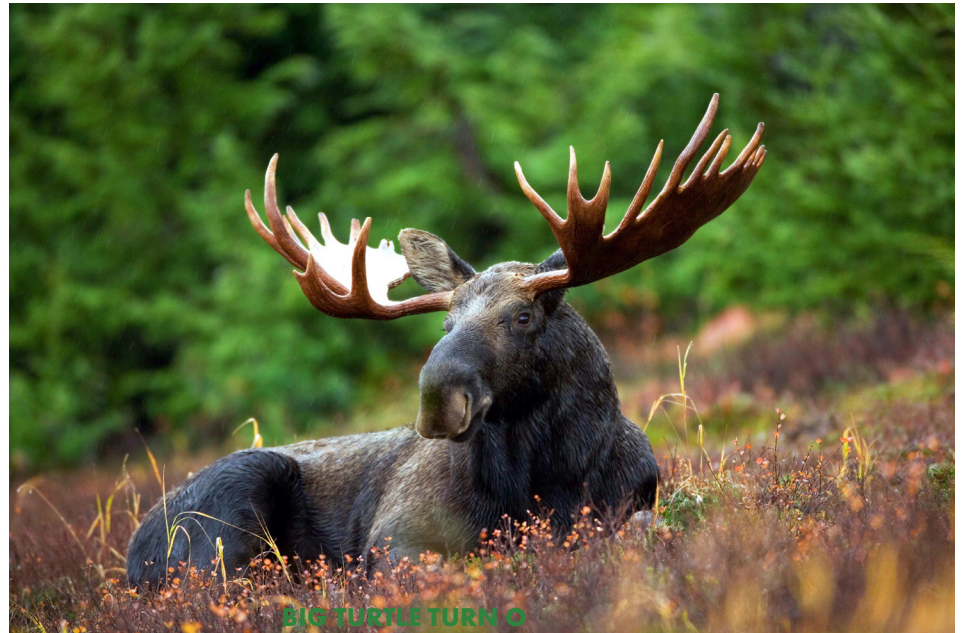
RELATIVES

Moose are the biggest member of the deer family. They are also the tallest mammals in North America.



It's no Moosetake

ATIKAMEKSHENG IS WORKING ON SOME AMOOSING RESEARCH



Moose populations throughout Ontario have been experiencing significant decline due to various reasons. The purpose of the Atikameksheng Anishnawbek Moose Project is to monitor moose population using a combination of Traditional Ecological Knowledge, and

Western Science as it relates to climate change. The Moose Program began in April 2019, the study includes Pellet(Feces) group count, Traditional knowledge interviews, Camera Trap study till November and Snow Tracking throughout winter months after each snowfall.

YOUR MOOSE TEAM!

Shannon C. Gonawabi

Moose Project Coordinator, Lands Department

I have been residing on Atikameksheng since 2003 and am married to Rebecca Gonawabi. We have four children Matisha, Theo, Aiyanna, and Jace. I have started the Moose Project Coordinator position as of September 9, 2019. I am excited with this position and what it has to offer.

Aanii, Sheldon Maisonoquaishkang ndiishnikaaz

Mukwa dodem

Environmental Field Technician, Lands Department

I'm an off-reserve community member who graduated from the Indigenous Environmental Keepers Program in 2019. My internship was with Atikameksheng's Lands Department, which turned into my current employment as an Environmental Field Technician. Over the summer months, I had been focused mainly on the Species at Risk: Bat Project and assisted with the Field Technician work. I'm currently focused on helping with the Technician work on our Moose Monitoring and Climate Change Project for the season.



Community Energy

LIGHTENING UP HOW WE USE OUR ENERGY

Aanii! My name is William Ransom and I am the Community Energy Champion. I am tasked with finding inefficiencies in energy consumption, find remedies to fix them, then fix them. In a perfect scenario, the fix should result in a cost savings on energy bills and provide a better quality of life for the membership. Another part of my role is to create and implement a Community Energy Plan. This plan will include looking at the community in the past, where we are now and where we want to be in the future.

At the present time, I am compiling data to determine what the energy consumption was like in the past. By using historical records of hydro and natural gas, I will be creating a baseline. It will be used to compare the present use and help plan for future energy use. During this process, a list of the current assets in the community will be developed and used to do cost benefit analysis. Another important section is to develop a community engagement strategy. This is crucial to the success of the plan as it gives the community members a voice to express concerns and to include your input on the CEP.

Changes aren't going to happen overnight and even when the changes happen, there will be an adjustment period to recognize the true benefits. There are many small chang-



es that can happen that can amount to meaningful progress. Changes in behaviors can help save energy. Small things like turning off the lights when you leave a room, ensuring full loads for washing machines and dishwashers, and doing them within the off-peak times can result in savings. It's not going to be easy, balancing is an art and there are many items that need to be balanced.

But let's start with the small things; our quality of life, capital (money), responsibility to the land and our future generations are all factors we should consider on preparing a Community Energy Plan. The decisions we make today, need to take into account all of the above, so that the quality of life is there for our members of tomorrow.

Miigwetch!

William Ransom, Community Energy Champion



COMMUNITY ENERGY CHAMPION LOGO CHALLENGE

Create a logo for the Community Energy Champion.

1ST PLACE \$100 Visa Card

2ND PLACE \$50 Visa Card

3RD PLACE \$25 Visa Card



The challenge will be open to youth ages 8 – 20 and a portion of the logo must include the Atikameksheng Anishnawbek logo. Send your logo to William Ransom at WRansom@WLFN.com. Submissions must be received by December 2, 2019 and the unveiling will be December 16, 2019.

Good luck to all submitters.



Healthy Babies Healthy Children







GIISOOK



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



Beverly Belanger Email: bbelanger@wfn.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3	4 	5 Drop-in 1pm-4pm	6 Office	7 CPNP Day 12noon-2:30pm Marina CHR will be Visiting the EYC CPNP for expectant moms and breast feeding moms.	8 Community Complex Remembrance Day Celebration 10am  Lunch provided	9
10	11 Remembrance Day Closed	12 Drop-in 1pm-4pm	13 Home Visits	14 Drop-in 1pm-4pm	15 Office	16 
17	18 Office	19 Drop-in 1pm-4pm	20 Baby & Toddler Mitten Making 9am-3pm Lunch Provided	21 Closed Program Shopping	22 	23
24	25 Closed Program shopping	26 Office	27 Office 	28 Closed Program Shopping	29 Gift Wrapping & Decorating 11am-4pm Community Complex Need volunteers	30 Children's Pajama & Pancake Christmas Party 10am 



Congrats to our Family Selfie Winners!

1ST - FELISHA SHAWANDA

2ND - GAIL NOOTCHTAI

3RD - WHITNEY NOOTCHTAI






Youth Centre (Ages 13- 21)

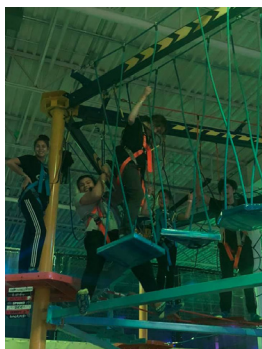
GIISOOK

NOVEMBER 2019



Atikameksheng Anishnawbek Youth Centre Ages 13-21yrs.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					Sleep Over:	Sleep Over:
3	4	5	6	7	8	9
	AOG Meeting	Branch to the Past	Basket Ball: Gym Night	Poppy Craft: Night	Indigenous Veterans Day	
10	11	12	13	14	15	16
Remembrance Day 	*Office Closed*				Youth Centre Drop-in 5:00-8:00PM	The Matrix: Outing 3:00-6:00PM
17	18	19	20	21	22	23
Addictions Awareness Session	AOG Meeting		National Child's Day Fest & Hats			
24	25	26	27	28	29	30
		Silver City			Youth Centre Drop-in	






Physical Activity Program

GIISOOK

NOVEMBER COMMUNAL ACTIVITIES 2019

Community Physical Activity Programs

COME OUT AND PARTICIPATE IN GROUP PHYSICAL ACTIVITIES AND HAVE FUN!

SUN	MON	TUE	WED	THU	FRI	SAT
	TO REGISTER FOR PROGRAMS, PLEASE CONTACT DARLENE GEAUVREAU AT 705-692-3651		PLEASE ASK FOR ACCESS TO WEIGHT ROOM OUTSIDE OF PROGRAM HOURS		1	2
3	4 ADULT BASKETBALL GAMES 7-9PM	5 WEIGHT ROOM (16+) 6-8PM	6 YOUTH BASKETBALL GAMES 6-8PM	7 WEIGHT ROOM (16+) 6-8PM	8 INDIGENOUS VETERANS REMEMBRANCE DAY EVENT 11AM	9 KUPP CENTER (AGES 7-12) 12-3PM
10	11 REMEMBRANCE DAY	12 WEIGHT ROOM (16+) 6-8PM FLOOR HOCKEY (AGES 18+) 6-7PM	13	14 WEIGHT ROOM (16+) 6-8PM	15	16 LAURENTIAN OPEN SWIM 1-3PM (ALL AGES)
17	18 YOUTH GYM-BALL HOCKEY 6-7PM	19 WEIGHT ROOM (16+) 6-8PM	20 NATIONAL CHILDS DAY FEAST	21 WEIGHT ROOM (16+) 6-8PM	22 AXE THROWING 8PM-10PM(19+)	23
24	25 ADULTS GYM SPORT NIGHT 5-7PM	26 WEIGHT ROOM (16+) 6-8PM BOOTCAMP 7-8PM	27 POUNDFIT 6-7PM	28 WEIGHT ROOM (16+) 6-8PM	29	30

Phone: (705) 692-3651 ext. 230



Chief and Council meeting November 4th (Community Members Meeting) & 18th (Business Meeting)

Community members are encouraged to attend both!

Contact Whitney Nootchtaï: WNootchtaï@WLFN.com to complete a community members meeting request form.

Timber and Boundary Claim November 14th

Time and location TBD.



Adult Day Program









GIISOOK

Hello good day. There are lots of good healthy and informative information this November for the seniors 50+ group. Join me every Tuesday for Tea Time this month we will be discussing the Flu and the Common Cold along with traditional remedies and useful tips on how to beat a cold. Along with our Card Making workshop will keep you ahead for the up coming Christmas Season.

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.

If you have ever wanted to learn how to make a meal come to the Senior Adventure in Cooking class, with Jessica Hubbard and Danielle Simko from the Maamwesying North Shore Community Health Services. We are a fun group activity that teaches you how to make cost efficient, healthy, easy prep meals that your dietitian and nutritionist will surely be impressed.

There are many more activities that will keep you active like our Walking Group that meets every Monday, Wednesday, and Friday, if you required transportation to the Walking Group please feel free to contact Liam Bisschops our Physical Activity Coordinator or Lindsay Fraser, Adult Day Program Programmer at 705-692-3651. I look forward to seeing you.

<p>Tea Time: Shopping at Michael's Tuesday November 5 Time: 1-3pm Where: 1599 Marcus Drive For ages 50+</p> 	<p>Tea Time: Flu and the Common Cold Information Tuesday November 12 Time: 1-3pm Where: Health Board Room For ages 50+</p> 
<p>Trip to visit Ray Friday November 15 Time: 10am-3pm Where: Serpent River For ages 50+</p> 	<p>Christmas Craft Fair Saturday November 16 Time: 9am-12pm Where: RL Beattie Space is Limited For ages 50+</p> 
<p>Tea Time: Cardmaking Tuesday November 19 Time: 1-3pm Where: Health Board Room For ages 50+</p> 	<p>Walden Food Bank Thursday November 21 Time: 1-3pm Where: Walden Space is Limited</p> 
<p>Senior Adventure in Cooking Friday November 29 Time: 11am-2pm Where: Workshop Room For ages 50+</p> 	<p>Tea Time: Watercolor Painting Tuesday November 26 Time: 1-3pm Where: Health Board Room For ages 50+</p> 
<p>Dinner & Movie Night Thursday November 28 Time: 4-9pm Space is Limited For ages 50+</p> 	<p>If you are interested in any of these programs. Please call to sign up with Darlene G. 705-692-3651</p>





Service Schedule

GIISOOK

November 2019

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

SERVICE SCHEDULE
Atikameksheng Anishnawbek

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Cheryl – Suboxone Clinic Heidi – OT Clinic	2	3
4	5 Rochelle – NP Clinic (evening) Cheryl – Suboxone Clinic Emily – Physio Clinic	6 Patricia – Traditional Medicine	7 Rochelle – NP Clinic James – Counselling	8 Dr. Finlay – (morning)	9	10
11	12 Rochelle – NP Clinic (evening) Cheryl – Suboxone Clinic James – Counselling Emily – Physio Clinic	13 Rochelle – NP Clinic	14 Rochelle – NP Clinic Danielle – Dietitian Clinic Jessica – Diabetes Clinic and Lunch & Learn for World Diabetes Day James – Counselling	15 Dr. Finlay (morning) Cheryl – Suboxone Clinic	16	17
18 Michele – Counselling Heidi – OT Clinic	19 Rochelle – NP Clinic (evening) Lisa-Marie – Smoking Cessation Cheryl – Suboxone Clinic James – Counselling Emily – Physio Clinic	20 Rochelle – NP Clinic Heidi – OT Clinic	21 Rochelle – NP Clinic Danielle – Dietitian Clinic Jessica – Diabetes Clinic James – Counselling	22 Dr. Finlay (morning) Cheryl – Suboxone Clinic	23	24
25	26 Rochelle – NP Clinic (evening) Cheryl – Suboxone Clinic James – Counselling Emily – Physio Clinic	27 Rochelle – NP Clinic Heidi – OT Clinic	28 Rochelle – NP Clinic James – Counselling	29 Cheryl – Suboxone Clinic Heidi – OT Clinic	30	
Dr. Susan Finlay – Physician Rochelle Hatton – 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 – Mental Wellness & Addictions Clinician 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 Daybutch if you wish to receive this monthly schedule via email: emily.daybutch@nmningeyaa.ca

New Physiotherapist

EMILY WOOD

I am excited to join the Maamwesying team! As the new physiotherapist for the eastern communities I will mainly be working in Atikameksheng, Sagamok, Serpent River and Mississauga. I hold a bachelor's degree in Physical Education and Health with a concentration in Health Promotion along with my Masters of Physical Therapy and I am passionate about helping people move better and working with clients to improve their quality of life. In my down time you can find me either outside on the lake windsurfing and paddleboarding or curled up inside with a big cup of tea and a good book. Regardless of where I am my dog Obi will be by my side! I very much look forward to getting to know all of you and growing my skills to best serve our communities.





Community Fun

CALENDAR



November 2019

Youth Centre Calendar
(Ages 7-12)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Girl's Sleepover (Ages 13-21) 8:00pm-10:00am	2 Boy's Sleepover (Ages 13-21) 8:00pm-10:00am
3	4	5 Tutoring 4:00pm-5:00pm	6 Boy's Night ASP 4pm-5:30pm Basketball Gym Night 6pm-9pm	7 Tutoring 4:00pm-5:00pm Poppy Craft Night 5pm-6:30pm	8 Aboriginal Veterans Day 11:00 am- 2:00pm	9 KUPP Play Centre 12:00pm-3:00pm
10	11 Remembrance Day No Program	12 Tutoring 4:00pm-5:00pm	13 Girl's Night ASP 4pm-5:30pm	14 Tutoring 4:00pm-5:00pm	15 Youth Centre Drop-In 5pm-8pm	16 VR Afternoon 12:00pm-4:00pm
17	18	19 Tutoring 4:00pm-5:00pm	20 Boy's Night ASP 4pm-5:30pm National Child's Day Feast & Hats	21 Tutoring 4:00pm-5:00pm	22 PA Day Activates	23
24	25	26 No Tutoring	27 Girl's Night ASP 4pm-5:30pm	28 Tutoring 4:00pm-5:00pm	29 Youth Centre Drop-In 5pm-8pm	30

Youth Centre will be open Mon-Fri
2:30-5 for the month of November

Atikameksheng Anishnawbek

Contact Stanley Maskell
for more information
about these events.

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



Atikameksheng Anishnawbek

Poppy Making Craft Night (Ages 7-12)



Poppies are a flower with lots of meaning behind them. They are a flower that allows us to remember the fallen soldiers that have given their lives to fight for our rights during war. To go with that we shall be making paper poppies right before Remembrance Day in order to prepare for the day to remember those who fought for us and how we honor them for their sacrifices.

In Flanders Fields
John McCrae
In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing,
Fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt down, saw sun-
set glow,
Loved, and were loved, and now we lie
In Flanders Fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high;
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.

KUPP Centre Sudbury Trip

Atikameksheng Anishnawbek



Want to have play on a playground but don't want to deal with the weather. Well then sign up for our trip to the KUPP Centre on Lasalle. We will be departing the complex at 11:30am and will arrive back on the reserve at 3:30. Lunch and Transport will be provided. This event will be for children ages 7-12 and there are 25 spots available so please sign-up with the Health Centre 705-698-2169. Hope to see you there :).

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

When: November 7th 5-6:30pm
Where: Youth Centre



Employee Spotlights

UPDATES

FITZGERALD REID



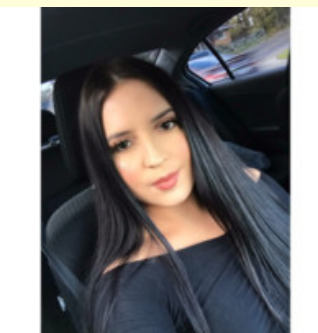
Hello, my name is Fitzgerald Reid and I am the new Economic Development Officer here at Atikameksheng Anishnawbek. I've completed both my Advanced Business Administration Diploma and Bachelor of Commerce at Sheridan College and Ryerson University, respectively. Before this job, I worked as the Events and Communications Coordinator at the Multicultural Association of Nova Scotia and was the Regional Site Coordinator for the Black Educators Association's Cultural Education and Enrichment Program (CEEP). My tenure at Ryerson Consulting Group also gave me real-world training in the area of Business Consulting which has assisted in securing private consulting contracts with both profit and non-profit organizations. With the plethora of experiences that I've gained from my professional career, I am certain that I can make a measurable and significant impact here at Atikameksheng. Interesting facts about me are that I love making music and I had a speaking role in the feature film "Across the Line" starring Sarah Jeffery and Stephan James. I was the bad guy!

MICHELLE ELLIOTT



Aanii, many community members know me as Meesh. I wanted to introduce myself as the new Housing Assistant. I am happy to be part of the Atikameksheng Anishnawbek employee family. Since I've started we've been very busy and going through many changes. I would like the community to know what my goals are when it comes to the housing department. First and foremost my main goal is to organize and look for new tools to help us stay on track in the office. I would like to help improve procedures to keep our tasks efficient. Maintain and develop a trustworthy relationship with tenants / clients. What does this look like? Do what I say I'm going to do. Return calls and requests in a timely manner. Listen to the needs of the community. How you can help me be better? Please be kind as I work towards office organization. Please be respectful of the current procedures in the office. Most of all PATIENCE is needed.

TIANA WABEGIJIG-JOURDAIN



Aanii! My name is Tiana Wabegijig-Jourdain and I am the Planning & Infrastructure Administrative Assistant. I perform and oversee a variety of associated administration and provide operational support to the Planning & Infrastructure Department. I also oversee the bookings for the Reserve Camp and Chalet and serve as the main contact for both buildings.

I graduated from the Business program at Cambrian College in 2017 and found employment with Atikameksheng Anishnawbek shortly after. This August, I celebrated my two-year work anniversary and during my time at the organization, I have enjoyed working closely with staff and my community. If you need to get in touch with me, please do not hesitate to contact me at (705) 692-3651 ext. 219 or find me in the Planning & Infrastructure Department office!



Community Ads

NOTICES

November
2019

Come out and enjoy light exercise.

The Walking Group



Open to all ages 50+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Walking 10-11am	2
3	4 Walking 10-11am	5	6 Walking 10-11am	7	8 Walking 10-11am	9
10	11 Remembrance Day No Walking Group	12	13 Walking 10-11am	14	15 Walking 10-11am	16
17	18 Walking 10-11am	19	20 Walking 10-11am	21	22 Walking 10-11am	23
24	25 Walking 10-11am	26	27 Walking 10-11am	28	29 Walking 10-11am	30

Walking reduces the risk of heart disease.
Improves Mood
Reduces the risk of diabetes
Helps clear the mind.

Walking warm up
Light Stretching
Resistance training.

60 minutes a day can cut obesity risk in half.
40 minutes 3 times a week protects the brain's memory.

All Participants must sign an Informed Waiver Form for Programs and Attendance sheet.

For all other inquiries Or
Transportation contact

Lindsay Fraser-Adult Day Programmer

Liam Bisschops-Physical Activity Coordinator
705-692-3651

Jordan's Principal

Contact the Case Manager/Systems Navigator's at
705-419-1216
Rose Messina ext. 205
Perry Ashawasegai ext. 206

We are starting to see approvals coming in and families connected for their child/ren's needs.

HB/HC Program 0-6yrs.

Pajama Pancake Christmas Party

Register your child with Health Receptionist to receive a gift from Santa Clause. Deadline date Friday, November 22, 2019

Where: Complex Community Center

When: Saturday, November 30th

Time: Breakfast 10:00am

Santa Visits 11am



Women's Selfcare Retreat



Depart Friday, November 22nd, 2019
Return Sunday November 24th, 2019
Anishinabe Spiritual Centre, Espanola

Sharing Circle Massage Foot Soaks Medium
One on One's with Traditional Knowledge Keeper
Reflexology Manicures Pedicures Crafts
Paint Social Movie Night Haircuts

Transportation Available for Everyone

Due to limited space you will be required to fill out an application and participants will be selected.

All applications will be due November 4th, 2019.

Please contact Teresa McGregor tmcgregor@wlfm.com or



Community Notices



KENDASSI GAMIK

LIBRARY HOURS

MONDAY: 1:00PM – 4:00PM
5:00PM-9:00PM

TUESDAY: 1:00PM-4:00PM
5:00PM – 9:00PM

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

THURSDAY: 1:00 PM – 4:00PM
5:00PM – 9:00PM

FRIDAY: 1:00PM – 4:00PM
5:00PM-9:00PM

212 Maani St.,
NAUGHTON, ON
P0M 2M0

Phone: 705-692-9901
E-mail: mfraser@wlfm.com

Activities planned during library hours. For more information, please contact Mary Fraser, Librarian



MAMAWESWEN, THE NORTH SHORE TRIBAL COUNCIL, the Journey Together Program & the Traditional Health Program present...



Lorraine Hughes: Energy Healer & Seer

Lorraine is Odawa and of the Moose Clan. Spiritually, she follows the ways and practices of the Cree and Lakota Medicine People. Lorraine is self-taught, she works with energy using a hands-on approach and is able to diagnose through her clairvoyance. She believes each person is an individual case and the spirits will work with each person uniquely and within a holistic framework. The healing energy comes from Lorraine's relationship with the spirits and her connection to Creator. The spirits use Lorraine to remove negativity (in all its forms from the body and light body of the client); during the session energy is then absorbed by the person aligning them with positive universal energies.

WHERE: Atikameksheng Anishnawbek
Shawenekezhik Health Center
25 Reserve Road

WHEN: November 13th, 14th & 15th, 2019
from 9:00 a.m. – 4:00 p.m.

Protocols:

- Tobacco offering is appropriate
- Woman cannot be seen on their moon time
- No alcohol 4 days prior to appointment

FOR MORE INFORMATION AND TO REGISTER, PLEASE CONTACT:

Jennifer Bideau @ jbrideau@wlfm.com 705-692-3674, ext. 250
or
Darlene Geauvreau @ dgeauvreau@wlfm.com 705-692-3674, ext. 221



Let's Celebrate **World Diabetes Day!**

Dine and Learn: Craving Change Presentation & Nutrition Bingo

WHEN: Thurs, Nov. 14th
TIME: 12-1 PM Lunch provided!
1-3 pm Nutrition Bingo

WHERE: Atikameksheng Health Centre

Program delivered by your Dietitian, **Danielle Simko**, Diabetes Nurse, **Jessica Hubbard** & CHN, **Marina McComber** Adult Day worker, **Lindsay Saikkonen**

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

World Diabetes Day



Attention: Infant Formula Food Recall



Recalled products

Brand	Product	Size	UPC	Codes
Kirkland Signature	Non-GMO Infant Formula for Babies Sensitive to Lactose	1.36 kg	0 96619 26926 6	EXP 2020 NO 05 T05DVBV
Kirkland Signature	Non-GMO Infant Formula for Babies Sensitive to Lactose (2-Pack)	2 x 1.36 kg	0 96619 23600 8	EXP 2020 NO 05 T05DVBV

What you should do

If you think your infant became sick from consuming a recalled product, call your doctor.

Check to see if you have the recalled products in your home. Recalled products should be thrown out or returned to the store where they were purchased.

Food contaminated with *Cronobacter* may not look or smell spoiled but can still make you sick. Although *Cronobacter* is not commonly linked to human illness, in rare cases it can cause serious or fatal infections. *Cronobacter* can cause rare bloodstream and central nervous system infections and has been associated with severe intestinal infection (necrotizing enterocolitis) and blood poisoning (sepsis), especially in newborns. Follow the link below for more information.

<https://www.cbc.ca/news/canada/nova-scotia/costco-kirkland-cronobacter-infant-formula-1.5336775>



Community Ads

NOTICES

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

CONTEST TIME!

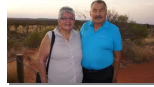
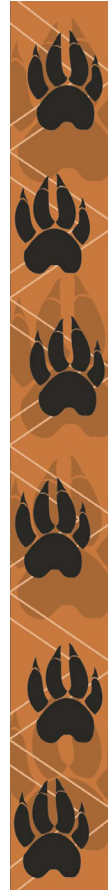
Win \$100 by referring your family and friends!

WE ARE LOOKING TO EXPAND OUR EMAIL COMMUNICATIONS TO INCREASE OUR VOTER DATABASE AND NEWSLETTER REACH.

TELL ANY ATIKAMEKSHENG MEMBER TO EMAIL COMMUNICATIONS@WLFN.COM WITH THEIR UPDATED CONTACT AND ADDRESS INFORMATION AND THEY (ALONG WITH YOU BECAUSE YOU REFERRED THEM) WILL BE ENTERED INTO A DRAW FOR A \$100 VISA GIFT CARD.

DRAW WILL TAKE PLACE DECEMBER 5TH.

QUESTIONS PLEASE REACH OUT TO BRIGID AT BProuse@WLFN.COM



Julie & Frank:



Healing Sweat Lodge Ceremony





Sweat lodge Ceremonies are one of the most common Ceremonies for our people, the Healing Sweat will be conducted for healing and cleansing.

If you have never participated in a Sweat Lodge Ceremony, we encourage you to come out and learn, and you can decide to either participate or to just be present.

WHERE: Julie & Frank Ozawagosh
125 Lakeshore Drive, Naughton

WHEN: November 9th, 2019
Arrive for 12:30 – 1:00 p.m.
Enter lodge at 1:30 p.m.

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

or

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

MAKING HEALTHY HABITS QUIT SMOKING MONTHLY MEETUP



Thursday November 28th 2019 @ 12 noon
Health Centre Board Room

Join us for our monthly meet up for people who want to reduce/quit or have quit their commercial tobacco use. All are welcome!
Lunch, Check in, and presentation.

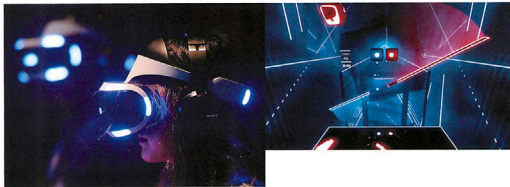
For More information, contact Marina McComber 17056923651 ext. 225
Program delivered with Maamwesying Health Promotion Program.





Community Ads

NOTICES



Want to experience a level of gaming that will give you a rush and a great sense of enjoyment? Then come for one of our VR afternoons and try your hand at virtual reality. We will have many game options like Beat Saber, Fruit Ninja VR and even Job Simulator. So if you want to try VR out come on out to the Youth Centre November 16th and give it a go.

Date: November 16th 2019
Time: 12:00-4:00
@ The Youth Centre
Contact person: Stanley Maskell
Phone: 705-692-3651
Fax: 705-692-5010
Email: smaskell@wfn.com
Cell: 249-878-7826

ALL ATIKAMEKSHENG MEMBERS ARE INVITED

Comprehensive Community Plan



CCP Question and Answer session, all interests to be incorporated into Draft CCP document. Door prizes and snacks included!

TUESDAY NOVEMBER 26th
Sudbury Raddison Hotel
6-9PM

WEDNESDAY NOVEMBER 27th
COMMUNITY CENTRE
6-9PM

MONDAY NOVEMBER 25th
Council Fire Native Cultural Centre, Toronto.
2-5PM & 6-9pm



Your place to find your career path.

We're Hiring!

Vale would like to invite members of the Atikameksheng Anishnawbek First Nation to learn about employment opportunities such as miners and tradespeople.

When: Tuesday, November, 12 from 2:00 P.M. until 7:00 P.M.

Where: Atikameksheng Anishnawbek First Nation Band Office Council Chambers

Visit valejobs.ca for more information.




Call Out Ratification Officer

Full time contract position November 1st -March 2020. Must be available for training November 19, 20, 2019.

The ratification officer will implement and conduct the Atikameksheng Anishnawbek First Nation ratification vote on the Anishnawbek Nation Governance Agreement.

Learn more about the Governance Vote at <https://www.governancevote.ca/>

Responsibilities Include:

- Support the electronic voting process
- Promote opportunity to vote to encourage participation
- Plan, organize and implements the mail out ballot requirements
- Manage, develop and control official documents, and material
- Support electronic vote

To see full position description please email bprouse@wfn.com or pick up a copy at Reception



Governance Vote

NOTICES

Have you heard about the Anishinabek Nation Governance Agreement?

THE VOTE WILL BE HAPPENING IN FEBRUARY 2020.

GET INFORMED!

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 Comprehensive Governance Communication Strategy is being implemented to inform Anishinabek Nation citizens on the details and benefits of the Governance Agreement as well as the ratification process.

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 in January.

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

How Daylight Saving Time Feels



Tutoring at the Youth Centre, All ages welcome

EVERY TUESDAY AND THURSDAY

Having trouble in a subject or just need a little help understanding something? Prefer to have a quiet and friendly space to receive the help you need? Come for some tutoring! Tutoring will be held every Tuesday and Thursday in the Youth Centre. Come with what you need help learning and a can-do attitude to succeed. This is available to all ages. For more information contact Stanley Maskell.

Atikameksheng Anishinabek

@ the Youth Centre

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



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!



Employment & Tenders Community Documents Booking Contact

ABOUT > GOVERNANCE > SERVICES > PROGRAMS > ECONOMIC DEVELOPMENT > CULTURE & LANGUAGE >



EXPRESSION OF INTEREST: SNOW REMOVAL



Atikameksheng Anishnawbek invites an Expression of Interest (EOI) from Commercial Snow Removal Providers within the community.

The Expression of Interest shall be submitted in-person or through email to Darin Migwans, Public Works Manager with the information listed below.

Please note that Atikameksheng Anishnawbek reserves the right to accept or reject any Expression of Interest.

For more details, please contact:

Darin Migwans, Public Works Manager
(705) 692-3651 ext. 217
dmigwans@wlfn.com



Get Your Flu Shot!

Tips to avoid getting the Influenza:

- * Get your flu shot
- * Keep your hands away from your face
- * Cover your nose and mouth with your elbow when you sneeze or cough
- * Wipe down doorknobs and light switches in your house
- * Stay away from people that are sick
- * Get at least 7-8 hours of sleep per night
- * Exercise 30 minutes a day
- * Eat a healthy Diet
- * Don't share things like phones or keyboards

Flu vaccine clinic @ the Health Centre
Tuesday November 12th & 19th from 10am-6pm,
with CHN, Marina.
Call Darlene G at the Health Centre to book your appointment.