



ATIKAMEKSHENG ANISHNAWBEK

JAN 2020

Monthly Newsletter

CHI MANIDOO GIIZIS

IN THIS ISSUE

Gimaa & Council 2

UPDATES

Finance 5

Education Social Services ... 5

Health and Community
Wellness 6

Planning & Infrastructure 7

NEWS

Holiday Celebrations 9

Weengashk 10

CALENDARS

Healthy Babies Healthy
Children 11

Physical Activity Program ... 12
Adult Day Program 13

Service Schedule 14

Youth Centre 15

UPDATES

Health and Wellness 16

NOTICES

Community Notices 17

Community Ads 18

Health and Wellness 19

Community Ads 20





UPDATES

Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

GIMAA VALERIE RICHER

Mno-Nimkoodaading! (Happy New Year!)

When I was health director here many years ago, I sat on an external health planning committee called “Health 2020”. I recall that the date seemed so far away and futuristic and now here we are in 2020! It amazes me how quickly time has gone by and it makes me so very thankful at the same time. Time is really a precious gift and the older I get the more precious I realize it is.

I am also thankful for the wonderful team I get to work with! Council, together with staff, have accomplished so much but there is so much more we want to do. It also makes me recognize that there is only 6 months left in our current term of Council and I know this will fly by. There is one thing I know for sure and that is our 2 year election terms are much too short. So, I am happy to report that Gimaa and Council are proposing a way to fix this through the development of our own election code.

Draft Election Code – Atikameksheng Anishnawbek Gimaakeng Naaknigewin So much work has previously gone into developing this draft code however it was never completed so we dusted it off and hopefully will carry it to the finish line. We recognize that we have reached this point because of the hard work of all the people that have come before us and for our current team who made this happen. I am very happy to say that on January 30th our community will finally head to a vote! If all goes well, our next election will run under our own law and the new term will be 4 years! Historically it is difficult to get people out to vote so please spread the word and encourage your family and friends to come out and vote!

Policy on Tobacco Quota No matter where you stand on this issue, it cannot be denied that the sale of tobacco in our community has changed the face of our community. For example, there are many non-members who now drive through our community who never did before. While I am happy for the success and business development occurring for some of our members, Council has received numerous concerns from other community members that it is the community as a whole who is shouldering the infrastructure and other costs from the sale of tobacco in our community. While we need to support our businesses, we also need to make sure that there is a mechanism in place to give back to the community.

As a result, I am happy to report that we have developed a policy on our tobacco quota system that we believe is fair and transparent for our business retailers as well as our community as a whole.

Simply stated, a tobacco quota is the number of tax exempted cartons that the Ministry of Finance allocates to a First Nation based on estimates of things like how many individuals smoke. In addition to this, retailers can obtain cartons that are un-regulated (so have no taxes) or obtain cartons to sell to non-status individuals that are not tax exempt. In our tobacco policy, we are only talking about those cartons that are regulated and tax exempt which means that in most cases, this represents a small percentage of tobacco sales for retailers on reserve.

In the past, we know that distributions of quota were unequal, and many individuals who were non-retailers also received quotas. These individuals who were not retailers received quotas and then either sold or gave them back to retailers for profit or as a favour, or in some cases they went to retailers in other First Nations.

In addition, Council was asked to intervene on numerous occasions by retailers because either the Ministry or the tobacco distributors would not honour the current quotas as they had been allocated. These interventions were increasing at a higher rate every year.

There has also been concern expressed about what will happen with these funds once collected and therefore we want to hear from you. To follow up on this, we are planning a community session on where these funds will go. Please check the flyer for dates of this session!





GIMAA VALERIE RICHER

December flew quickly by and I attended numerous meetings! Here is a list of the external meetings:

National Executive of the Assembly of First Nations on behalf of the Ontario Regional Chief (RC) Roseanne Archibald

This was interesting and I was extremely honoured to attend on the RC's behalf. I was also impressed with the technology and the extreme improvement since the last executive meeting I attended. There was absolutely no paper which makes sense given the technology available today. Everything was available online and it is my hope that all meetings should really follow this path. We need to save our trees. I am happy to report that this is what we also do at our council table but unfortunately NSTC, Anishinawbek Nation and Chiefs of Ontario has yet to catch up to this.

I could also see vast improvement. For the first time, we have 3 female Regional Chiefs from the Yukon, Alberta and Ontario. Previously this was an all-male table so I am happy to see some progress and balance here. True equality and balance will be restored when we see an equal amount of men and women and more youth at the table too.

Assembly of First Nations Special Chiefs Assembly, December 3-5

There were many important resolutions passed and many new Ministers in attendance. I made a pitch to Minister Miller, ISC for capital funding for our new Early Years Centre. I also met many Chiefs and MP's. Updates were provided on numerous issues and it was a great opportunity to network with other Chiefs and staff from the political organizations.

The AFN will also be intervening in the RHT annuities case.

NSTC Board Meeting, December 12, Sault Ste Marie

We discussed the Anishinabek Nation Governance Agreement and also appointed a new Vice President (VP) to the Executive. The NSTC Executive is made up of 3 members: President (Chief Reg Niganobe), VP (new member Councillor Caroline Barry), and Treasurer (Councillor Harvey Petahtegoose).

I recommended that in future we continue to strive for balance, not only across representation of our communities but also between genders. Leadership at the NSTC is already mostly male and it is important that gender balance also be restored for appointed positions. I am happy to see that Caroline Barry was appointed to the Board as our new VP.

Laurentian University Meeting, December 18, Sudbury

We met with the new President of Laurentian University Robert Haché to discuss future opportunities for our Nation and our members with the university. Councillor Jennifer Petahtegoose (education portfolio) and Brendan Huston, CEO were also in attendance. This was an introductory meeting but more will come in the future and we will keep you updated!

Lastly, I would like to mention that we continue to work on the timber and boundary claims. We have had numerous meetings over the last month regarding the timber claim and are planning to host another update meeting to our community in January. Please watch for this date!

I look forward to seeing you in 2020!

Miigwech, Gimaa Valerie Richer





COUNCILLOR MONICA HOMER

Aanii Kina Waya!

Happy Holidays! Wishing you and yours all the best this season. May your homes be filled with the spirit of love, joy, family and delicious food aromas. It's at these times of the year when we are surrounded by our loved ones and our community; that I am reminded of those who have passed on to the Spirit World and to cherish every moment and every memory. I am also reminded of those who are facing daily struggles and to keep them in our hearts and our thoughts...

I currently hold the portfolio for Lands and Housing. I have also been appointed to the Finance and Audit Committee and Bagone'an JS Drilling.

We recently held our first Finance and Audit Committee (FAC) meeting to review the quarterly variance reports. Our committee members are Councillor Lesley MacNeil (Chair), Conrad Naponse, Candace Ozawagosh and myself. Staff resources to the committee are the Chief Financial Officer (vacant) and Teresa Migwans; Finance Manager. We also had a session with Melanie Assiniwe of the Financial Management Board to receive some training on our roles and responsibilities. I am honored to be part of such a great group as we move forward.

Our Terms of Reference for the Housing Committee was approved at the September 9, 2019 band meeting. We recently held a callout for committee members and am excited to welcome Lorraine Dodd and Jennifer Nootchtai to our team of existing members; Candace Ozawagosh, Lori Nootchtai-Ozawagosh and Joanne Shawbonquit. We will be reviewing existing policies and procedures for the Housing Department in the coming months and bringing forth recommendations to Council. I am excited to get to this much important work.

Vivian Naponse our Housing Manager has been busy in the department. She has been writing proposals and we have secured funding to build six new units. Exciting news for our community. A huge shout out to Vivian and her staff.

I attended the Justice Conference hosted by the Anishinabek Nation on Dec 10-11, 2019. We had a number of presentations regarding criminal and civil law topics, indigenous legal traditions and appeals & redress. I will be bringing forth this information to our joint table with the Police and Lands Committees as we continue our discussions regarding enforcement.



Upcoming meetings: I will be attending the Governance Summit Series hosted by the Anishinabek Nation in January 2020. The ratification vote for the Governance Agreement is in February 2020. There will be an Open House on January 16th 5:30pm at the Atikameksheng Community Centre to learn more about the agreement. You can visit governancevote.ca for more information on the vote. Also in January we have tentatively scheduled a Housing Committee weekend meeting to begin policy review.

Congratulations to all our staff on your dedication and commitment to Our Community. Wishing you all a safe and joyous holiday season. See you all in January 2020.



Department Updates

EZHWEBAK

Finance

ZHOONIYAA ENAAGIDENIJIG

Great News! The Finance and Audit Committee is now in place and the committee members include Councillor Lesley MacNeil, Councillor Monica Homer, Candace Ozawagosh and Conrad Naponse. Thus far, there has been two meetings and a training session that took place in October, November and December 2019.

A community information session was held on October 3, 2019 to review the proposed changes to the Financial Administration Law. In November 2019, changes were approved at a band council meeting to bring the law up to the 2019 standards. This change was required to be eligible for the 10-year grant process and to obtain the financial management systems certification.

The Finance Department, the Directors and the Director of Operations are actively working towards financial management systems testing where policies are being strengthened, risk and asset registers are being created and a multi-year financial plan is being developed.

The Finance and Administration Department would like to welcome Natalie Mcleod who has taken a short-term contract as our HR Data Entry Clerk. Natalie has been working diligently in entering data in our HR Bamboo system and ensuring the system is running effectively.

A request for proposal has been issued for audit services on the 2019-2020, 2020-2021 and 2021-2022 fiscal year with a deadline of January 23, 2020 for submission.

Happy New Year!

From the Finance and Administration Team

Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

Happy New Year Everyone!! May the year 2020 bring a fresh start, new aspirations, and inspiring success.

Our Family Well Being Worker started the month of December off with Anishnawbemowin Bingo and ended with the Winter Solstice Celebration. The Education Support Workers were busy with the successful Market Lunch program providing healthy school lunches to improve academic and athletic performance and to encourage healthy eating habits.

Friday, December 13th, Atikameksheng Anishnawbek and Nogdawindamin co-hosted the Weengashk Community Information Fair. Thank you to everyone that came out!





Department Updates

EZHWEBAK

Planning & Infrastructure

NIIGAAN-NAABIING

COMMUNITY DEVELOPMENT DIVISION

As part of the Planning & Infrastructure Department, the Community Development division has been hard at work on many different projects, programs, and services:
Please feel free to contact us about any of our programs and services!

Community Development Staff:

Orsolya Csanar Community Development Manager (705) 692-3651 extension 214 ocsanar@wfn.com	Fitzgerald Reid Economic Development Officer (705) 692-3651 extension 215 freid@wfn.com	Samantha Nootchtai Community Centre Coordinator (705) 692-0927 sanootchtai@wfn.com
Shauna Lapatak Skills & Partnership Prog. Coordinator (705) 222-6883 slapatak@wfn.com	Amelia (Millie) McComber Skills & Partnership Prog. Participant Liaison (705) 222-8321 amcomber@wfn.com	Darla Anderson Skills & Partnership Prog. Assistant (705) 222-7675 danderson@wfn.com

COMMUNITY DEVELOPMENT

Community Centre Program: January 2020

Please know the Community Centre continues to provide a competitive rental venue with excellent services for your get-togethers, dances, birthdays, baby showers, meetings and other community events. For standard non-alcohol related rental events, our hourly rates are \$25/per hour for the gym area and \$10/per hour for the kitchen area. We also offer set-up and tear-down services for your events. Please contact Samantha Nootchtai, Community Centre Coordinator, for further information at 705-692-0927.



COMMUNITY DEVELOPMENT

Summer Student Program: January 2020

The Community Development Manager is a member of the of the Summer Student Hiring Committee, and her role includes looking for supplementary funding to offset the cost of employing our community youth. This year funding applications and proposals will be going out shortly. Our annual callout for applications for community youth will be posted in February 2020! Please keep an eye on the flyer, newsletter, and Atikameksheng website for further

Skills & Partnership Program: January 2020

To date, our Indigenous Environmental Keepers (IEK) course has enhanced participants learning through a blend of scientific knowledge, indigenous knowledge and land-based knowledge. Using a variety learning methods such as site visits, guest lectures, field work, traditional knowledge speakers, elders, sharing circles and more, we are supporting learning for 27 IEK participants in cohort two. Some of the following certifications have been earned to date:

ORCKA Certification, Service Excellence, First Aid & WHMIS, OTEC's Freshwater Tour Guide Certification, ECO Canada's BEAHR and Ecological Restoration certification, Surface Common Core Certification

The IEK program has moved into the Professional Development phase this month and have also begun the Job Readiness training facilitated by our program partners, Gezhtoojig Employment & Training and the Sudbury Workers Education & Advocacy Centre (SWEAC), with OSSD credits through N'Swakamok Adult Alternative School and driver's training. In addition, our participants also had the opportunity to make a ribbon skirt or shirt in a workshop facilitated by Maawnjidiimi Getting Together.

In the new year, we are excited to delve into the next portion of the 1-year course. This upcoming course content includes a Field School Component, Anishinaabemowin Language Component, and the Professional Development Component.

Please contact Shauna Lapatak, Program Coordinator, for further information at slapatak@wfn.com





Department Updates

EZHWEBAK

Planning & Infrastructure

NIIGAAN-NAABIING



COMMUNITY DEVELOPMENT UPDATE



SUCCESSFUL TRAINING COMPLETED!

WHAT WAS DONE

Along with in class learning, there was also heavy equipment simulators which rendered a 4D experience complete with realistic machine movements and step-by-step direction on operating procedures.



During the week of Dec 1, 2019, the Economic Development Program had the pleasure of hosting Origin's three-day long 'Heavy Equipment Training'. The training was a big success and we had 19 participants from the community take part. Thank you to each of our participants for their time and hard work!



THE EXPERIENCE

Our participants enjoyed every minute and were able to challenge themselves on different machines. One of the participants, Mr. William Ransom, stated:

"It was fun and this training will give you a realistic opinion on whether or not this work is for you"

CONTACT US

If you would like to suggest other training initiative for community, don't hesitate to contact:

Fitzgerald Reid – Economic
Development Officer

Tel: (705) 692-3651
Email: freid@wlfm.com





Department Updates

EZHWEBAK

Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIIG

Happy New Year! The last few months have been busy with different initiatives in the community from the Comprehensive Community Planning to completing application for an Elders Lodge/Nursing Home. The Department has hired a consulting company to complete a Feasibility Study and will be making an application to the Ministry for capital dollars. We will update you in the coming months.

The Health & Community Wellness Committee and Staff reviewed the quantitative data received from the Neonatal Abstinence Syndrome Research Project in December with staff. The results will be shared with the community as they are finalized in a report.

The Director of Health & Community Wellness is leading the Community Control Group with revising the Emergency Response Plan. The group is currently updating the annexes to the document, annexes include notification list, evacuation plan, list of resources, etc. Once the plan is revised, the document will be provided to Leadership for approval. A Community Information Session will be planned in February to provide members with the document.

Atikameksheng Anishnawbek received funding for a Restorative Justice Coordinator. John Vallely was hired on January 6, 2020 to begin developing a Restorative Justice Program in Atikameksheng Anishnawbek. Restorative justice repairs the harm caused by crime. When victims, offenders and community members meet to decide how to do that, the results can be transformational.

It emphasizes accountability, making amends, and if they are interested facilitated meetings between victims, offenders, and other persons.

We look forward to implementing a restorative justice program in Atikameksheng Anishnawbek next fiscal year.

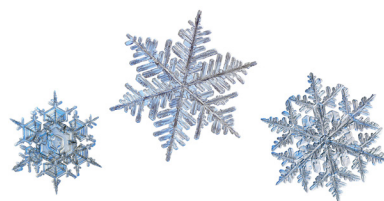
The Wellness Coordinators will be implementing a new program "Caregiver Skills Training" to help members in the community who have family members with addiction issues. The training will help fill the participant's tool box such as communication tools, stress management, etc.

The sessions are;

Phase 1: Friday January 31- Sat Feb 1st, 2020

Phase 2: Thursday Feb-13, Friday - Feb 14 - Saturday-15, 2020

Phase 3: Friday March 20-21, 2020



If you would like to take the training, please contact Jennifer Brideau or Tina Nootchtai.

Another important upcoming program is the Conference/Community Ceremony regarding Missing and Murdered Indigenous Women and Girls scheduled for February 2020. A monument is being built to recognize all the missing and murdered women and girls with the unveiling of the monument at the Conference/Ceremony. A local artist, Grace Migwans will be designing and creating the monument, this will be unveiled at the Conference/Community Ceremony.

The Police Committee will meet on Tuesday, January 14, 2020 from 6 – 8 p.m. and the Health & Community Wellness Committee will meet on January 23, 2020.

In closing, I hope you had a great holiday with family and friends and ready to embark on a new year.



HOUSING DEPARTMENT UPDATE:

- What can you do to help? - 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. Repairs and maintenance on rentals will be addressed in an efficient amount of time; Miigwech for your patience!
- Annual Housing List as per Housing Rental Policy band members are responsible to complete and submit a new letter of interest after January 1st of each year. An applicant with rental arrears and/or outstanding accounts (money owing) to the band is not eligible for rental units
- 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 at January 1st to be considered. Assistance shall be granted to eligible applicants on a first-come, first-served basis to the maximum of funding available
- First Nations Market Housing Fund Debt Management Workshop on January 8, 2020 in Council Chambers 6:00 p.m. to 8:00 p.m. for new housing construction, purchase or renovate a home you will learn: What is a good credit score; How to check credit score; How to repair bad credit; how to budget and housing finance
- First Nations Market Housing Home Ownership and You Outreach – one-on-one personal meetings with representative from First Nations Market Housing Fund on January 9, 2020 from 10:00 a.m. to 4:00 p.m.
- Tenant Winter Checklist
 - Every month, check that smoke detectors are functioning properly.
 - Ensure air vents indoors & outside (intake, exhaust and forced air) are not blocked by snow or debris.
 - Check and clean kitchen stove range hood filter.
 - Check and clean or replace furnace air filters each month during heating season (September to May).
 - Vacuum bathroom fan grille, radiator grilles on back of refrigerator, empty and clean any drip trays.
 - Monitor the home for excessive levels-(i.e. condensation on windows) notify housing dept.
 - Check all faucets for signs of dripping and change washers as needed.
 - If you have a plumbing fixture that you do not use frequently, such as a laundry tub or spare bathroom sink, run some water briefly to keep water in the trap.
 - Clean drains in sinks, bathtubs and shower stalls.
 - Check electrical cords, plugs and outlets for all indoor and outdoor seasonal lights to ensure fire safety; if worn replace immediately.

Community Christmas Dinner

DELICIOUS FOOD FROM HIAWATHAS, AND A FIREWORKS SHOW!





Healthy Babies Healthy Children Christmas Party

FUN AND GAMES AND EVEN A VISIT FROM SANTA!



Frosty Goonini

Oh Frosty goonini
goon gii aawi maaba
Mindaamini pwaagnan gii zaagnemaan
Jaazhenhs gabadoonhs awan.



Oh Frosty goonini
Kakazhe shkiizhigoon aawanoon
Binojiinhyag gii waabmaa'aan
Midaash gii zhaamaa'aad

Wiikwaan daash gii biiskonaa'aan
Miidaash gii bi maadzit
Aapji gwanaa gii k'chinendam
Frosty kishkitood maajiid



Oh Frosty Goonini
Gegett gwa gii maadzi
Kichi naaniimi, Kichi baabaapi
Dibishko gwa gegiinwi
X2

Thumpety thump thump x2
Frosty nimaajaa
Thumpety thump thump x2
Frosty gwaataanbizaa



**TRANSLATION: DOMINIC
BEAUDRY, NSL TEACHER/
FACILITATOR SUDBURY
CATHOLIC DISTRICT
SCHOOL BOARD**





Community Fair in partnership with Nogdawindamin



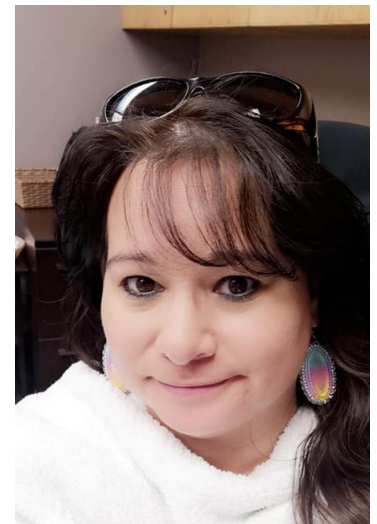
Friday, December 13th, Atikameksheng Anishnawbek and Nogdawindamin co-hosted the Weengashk Community Information Fair. There were 25 booths attended by staff from both Atikameksheng and Nogdawindamin, with 100 community members in attendance. There were 2 door prizes drawn, one for a PS4 and another for a \$300 gift card to Toys R Us. There were also two draws for gift baskets with a \$500 value each. The event was a great opportunity to showcase the programs and services that support Atikameksheng Anishishnawbek and we thank the staff and community for coming out.



Employee Spotlight

BRANDY WABEGIJIG

Aanii, My name is Brandy Wabegijig. I joined the Education & Social Services Department last February as the Administrative Assistant. I have over 20 years of experience in the administration field and I provide support to the Education & Social Services Committee and Staff. I'm originally from Aundeck Omni Kaning, Manitoulin Island. I transferred to Atikameksheng Anishnawbek 15 years ago. I'm married to Dennis Wabegijig and we have 2 children, Courtney and Dennis III. I love to travel and enjoy life.





Healthy Babies Healthy Children

GIISOOK

January

2020

Healthy Babies Healthy Children Program 0-6yrs

Open Days Drop In/Daily Topics Prenatal, Postnatal, Nutrition, FASD and Parenting.

January programming will be slow this month. Meetings, and new workplans will be developed by program workers for 2020 new fiscal year.

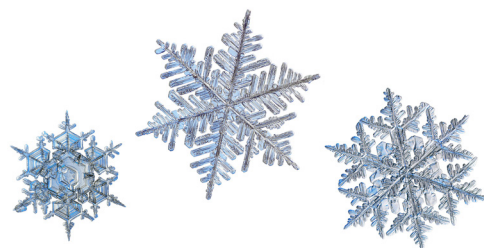
Please free to call Beverly Belanger at the EYC 705-692-1606 if you need any kind of assistance or resources. Leave a message when out of the office.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	Open 1pm-3pm	7	Open 1pm-3pm	9	Open 11am-2pm CPNP Day Lunch Provided	11
12	13	Open 1pm-3pm	15	Open 1pm-3pm	17	18
19	Open 1pm-3pm	21	Open 1pm-3pm	23	Open 1pm-3pm	25
26	27	Open 1pm-3pm	29	Open 1pm-3pm	31	



Happy New Year! 2020



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@wlln.com



Physical Activity Program



GIISOOK



JANUARY 2020

Phone: (705) 692-3651 ext. 238
Email: LBisschops@WLFN.com

Community Physical Activity Programs
Come try some physical activities have fun and get fit in the New Year!

SUN	MON	TUE	WED	THU	FRI	SAT
 			TO REGISTER FOR PROGRAMS, EXCEPT WEIGHT ROOM PLEASE CONTACT DARLENE GEAUVREAU AT 705-692-3651		3	4
5	6 WEIGHT ROOM 6:00-8:00	7 SNOWSHOEING 5:00-6:00PM	8 WEIGHT ROOM 6:00-8:00 POUND 6:30-8PM	9	10 ADULT SPORTS NIGHT 5:00-7:00PM WEIGHT ROOM 6:00-8:00	11 FIRE MAKING CHALLENGE 1:00-3:00PM
12 WOMEN'S SELF-DEFENSE 1:00-2:00PM	13 WEIGHT ROOM 6:00-8:00PM	14	15 WEIGHT ROOM 6:00-8:00 POUND 6:30-8PM	16 SLIDING 5:30-7:30PM	17 WEIGHT ROOM 6:00-8:00 CIRCUIT TRAINING 6:00-7:00PM	18
19 WOMEN'S SELF-DEFENSE 1:00-2:00PM	20 WEIGHT ROOM 6:00-8:00	21 HEALTHY COOKING INFORMATION 5:00-7:00PM	22 WEIGHT ROOM 6:00-8:00 POUND 6:30-8PM	23 SKATING 6:00-7:00PM	24 AXE THROWING (19+) 8:00-10:00PM	25
26 WOMEN'S SELF-DEFENSE 1:00-2:00PM	27 WEIGHT ROOM 6:00-8:00	28	29 WEIGHT ROOM 6:00-8:00 POUND	30 WEIGHT ROOM 6:00-8:00PM	31 AXE THROWING (19+) 8:00-10:00PM	





Adult Day Program

GIISOOK

Adult Day Program January 2020

<p>Tea Time: Social Date: Tuesday January 7 Time: 1-3pm Where: Health Board Room For ages 50+</p> 	<p>Walden Food Bank Date: Thursday January 9 Time: 1-3pm Where: Walden Space is Limited For ages 50+</p> 
<p>Tea Time: Sensory Cuff Date: Tuesday January 14 Time: 1-3pm Where: Health Board Room For ages 50+</p> 	<p>Visit at Walford on the Park Date: Friday January 17 Time: 10am-3pm Where: Copper Cliff Space is Limited</p> 
<p>Tea Time: Cancelled Date: Tuesday January 21</p> 	<p>Tea Time: Ink & Markers Date: Tuesday January 28 Where: Health Board Room For ages 50+</p> 
<p>Dinner and Movie Night Date: Thursday January 30 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>



January 2020

Come out and enjoy light exercise at the Community Centre
Open to all ages 50+



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Welcome Back Walking Group 10-11am	9 Walking Group 10-11am	10 Walking Group 10-11am	11
12	13 Walking Group 10-11am	14	15 Walking Group 10-11am	16 Walking Group 10-11am	17 Walking Group 10-11am	18
19	20 Walking Group 10-11am	21	22 Walking Group 10-11am	23 Walking Group 10-11am	24 Walking Group 10-11am	25
26	27 Walking Group 10-11am	28	29 Walking Group 10-11am	30 Walking Group 10-11am	31	
<p>Walking reduces the risk of heart disease. Improves Mood Reduces the risk of diabetes Helps clear the mind.</p> <p>Walking warm up Light Stretching Resistance training.</p> <p>40 minutes a day can cut obesity risk in half. 40 minutes 3 times a week protects the brain's memory.</p> <p>All Participants must sign an Informed Waiver Form for Programs and Attendance sheet.</p> <p>For all other Inquires Or Transportation contact</p> <p>Lindsay Fraser-Adult Day Programmer OR Liam Bisschops-Physical Activity Coordinator 705-692-3651</p>						



Service Schedule

GIISOOK

January 2020

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

SERVICE SCHEDULE
Atikameksheng Anishnawbek

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 New Years Day	2	3	4	5
6 James - Counselling	7 Rochelle - NP Clinic (evening) Cheryl - Suboxone Clinic James - Counselling (AM) Emily - Physiotherapy	8 Rochelle - NP Clinic Patricia - Traditional Medicine Heidi - Occupational Therapy	9 Rochelle - NP Clinic Danielle - Dietitian Clinic Jessica - Diabetes Clinic James - Counselling	10 Dr. Finlay - Clinic Cheryl - Suboxone Clinic	11	12
13 James - Counselling	14 Rochelle - NP Clinic (evening) Cheryl - Suboxone Clinic James - Counselling (AM) Emily - Physiotherapy	15 Rochelle - NP Clinic Heidi - Occupational Therapy	16 Rochelle - NP Clinic Danielle - Dietitian Clinic Jessica - Diabetes Clinic	17	18	19
20 James - Counselling	21 Rochelle - NP Clinic (evening) Cheryl - Suboxone Clinic James - Counselling (AM) Emily - Physiotherapy	22 Rochelle - NP Clinic Heidi - Occupational Therapy	23 Rochelle - NP Clinic Jessica - Diabetes Clinic James - Counselling	24 Dr. Finlay - Clinic Cheryl - Suboxone Clinic	25	26
27 James - Counselling	28 Rochelle - NP Clinic (evening) Cheryl - Suboxone Clinic James - Counselling (AM) Emily - Physiotherapy	29 Rochelle - NP Clinic Heidi - Occupational Therapy	30 Rochelle - NP Clinic Jessica - Diabetes Clinic James - Counselling	31 Dr. Finlay - Clinic Cheryl - Suboxone Clinic		
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 - 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 Davutich if you wish to receive this monthly schedule via email: emily.davutich@mmnincan.ca





January 2020



Atikameksheng Anishnawbek

Allyssa Soucy-Leroux,
Child & Youth Worker
Phone: 705-698-2169
Email:

Stanley Maskell,
Child & Youth Worker
Phone: 249-878-7826
Email:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 AOG Meeting 5:00-7:00pm	7 YC Open 3:30-5:00pm Robinson Hurron Meeting	8 Snow Shoeing 5:00-6:00pm	9	10 Youth Centre 3:30-5:00pm Vaping Info Session	11 Fire Making Challenge 1:00-3:00pm
12 Self Defense 1:00-2:00pm	13	14 YC Open Family Night 5:00-PM	15 Healthy Relationships 5:00pm-8:00pm (13-21)	16 Sliding 5:30-7:30PM	17 YC Open 3:30- 5:00PM Snowflake Craft 5:00-7:00PM	18 YC Open 1:00-4:00PM
19 Self Defense 1:00-2:00pm	20 AOG Meeting 5:00-7:00pm (11-21)	21 YC Open Cooking Class 5:00-7:00PM	22	23 Skating	24 Ring Fit 3:30-7:00PM	25 YC Open 1:00-4:00PM
26 Self Defense 1:00-2:00pm	27 Mitten Strings 5:00-7:00PM	28 YC Open Silver City Outing	29 LGBTQ Info Session 6:00pm-7:00pm	30	31 P.D. Day Activities: Tie Blankets & Body Pillows	





Health and Wellness

UPDATES

Atikameksheng Health Promotion

SACRED SMOKE

QUIT COMMERCIAL TOBACCO
6 week Program Starting JAN 2020

**Tuesdays starting
January 7th to
February 11th 2020**

**5PM-7pm
Health Centre**

About the program:

- Grand Prizes for people who quit smoking for duration of the program!
- Weekly door prizes for participants
- Non smokers are welcome to attend for support
- Meal provided

Sign up Today!

for Adults 18+ who are looking to cut down or quit smoking for 2020

Organized by:
Atikameksheng
Maamwesying
Cancer Care Ontario

**Sign up today!
CALL Marina, Healthy Centre
(705) 6923651**

Atikameksheng Anishnawbek



Sacred Smoke Program 6 week quit smoking program



Program Sessions: Tuesdays, January 7th, 14th, 21st, 28th, February 4th and 11th 2020

Time: 5pm to 7pm, (Each program session will provide an education/awareness component and will be held in a sharing circle style.)

Place: Health Board Room

Weekly door prize and meal will be provided at each session.



Contest Rules

To be eligible for 500\$ grand cash prizes, participants must:

Be 18 years or older. Attend all 6 sessions.

Complete carbon monoxide testing at each program session. This is a non-invasive test that monitors carbon monoxide levels in your body. Carbon monoxide is found in your body after smoking cigarettes or vaping.

Carbon monoxide tests should be under 6ppm (parts per million)

Have picked a quit date on or before January 2nd, 2020.

Grand Prize for quitting smoking from January 2 to February 11, 2020 will win 500 dollars. In the event that we have more than 5 winners, the allotted prize money will be divided equally amongst all winners. (i.e. if there are 8 winners, we would divide the \$2500 by 8 which would = \$312.75)

Winter Solstice

FOOD FUN AND SANTA







Community Notices

AMIGAT SHKOONGAMING

NOTICES


Atikameksheng Anishnawbek


Round Dance

February 29, 2020
Atikameksheng Complex

<p>5:00pm Pipe Ceremony 5:30pm Feast 6:00pm Round Dance 9:00 pm Snack 11:30 pm Giveaway</p>	<p>M.C: Gordan Sands Pipe Man: Darren McGregor Stick Man: Gabe Gaudet</p>
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INVITED SINGERS:
VYDEL SANDS
BRYDEN KIENZIE
DAVE HOOKIMAW
ELIJAH STEVENS
WAYNE MOBERLEY
NATHAN ROY

Contact:
 Teresa McGregor tmcgregor@wfn.com or
 705-419-2326 ext 203

Made with PosterMyWall.com

CAREGIVER SKILLS TRAINING

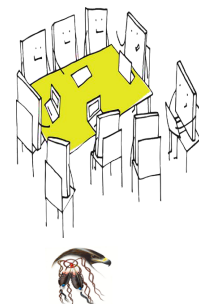
The Caregiver Skills Training is about learning to Support Your Loved One Who Is Struggling with Substances (alcohol, prescription, street drugs, etc.).

The goals of the training are:

- To assist caregivers in developing an understanding of Substance Use/Mental Health,
- To help caregivers recognize how their lives have been affected and to encourage and support them towards personal growth and development, and
- to learn to assist caregivers, identify their personal needs and struggles with their loved ones Substance Use/Mental Health.

Overall this opportunity is to help caregivers gain knowledge/ skills to effectively support a loved one with Substance Use/Mental Health.

The program will accept 20 individuals and if you are interested, please contact Jennifer Brideau, Wellness Coordinator or Joan Elliott, Wellness Coordinator at 705-692-3651.



To register for the training, please call
Jennifer or Joan by **January 22, 2020.**

To ensure a successful program, you must be committed to completing the full training.

Dates are as follows:

Phase 1: January 31- February 1, 2020

Phase 2: February 13 to 15, 2020

Phase 3: Friday, March 20 - 21, 2020

For more information, please contact Jennifer or Joan.

Shawenkezhik Health Center...705-692-3651



Family Well Being Program

Family Night

January 14th 5:00pm
Activity: TBD

Beading Group

Will resume on January 9th,
2020
5:00pm-7:00pm
Workshop Room

For More Information Contact Teresa McGregor
705-419-2326 ext 203 or tmcgregor@wfn.com

Family Well Being Program

Cultural Training Day

Free – All Welcome

Atikameksheng Complex

Thursday January 23rd, 2020

We invite you to join us in an interactive experiential exercise to help better understand and build awareness on shared history or Indigenous Peoples of turtle island.

8:30 Light Refreshments

9:00 Training

12:00 Lunch Provided

Please Register by January 6th so we can make accommodations for lunch.

For more information please contact

Teresa McGregor at tmcgregor@wfn.com or 705-419-2326 ext 203



Community Notices

AMIGAT SHKOONGAMING



POST SECONDARY FINANCIAL ASSISTANCE APPLICATIONS

Application Deadlines:

The Application due dates are as follows:

For September.....Second Friday of May
For January.....Second Friday of October
For Spring or Summer Registration.....Second Friday of February
(Only approved for students whose program requires spring or summer courses.)

List of Required Documents

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

1. A completed **Post-Secondary Application for Financial Assistance Form**.
2. Confirmation of application with the Ontario Universities Application Centre, the Ontario College Application Centre, and/or the applicable Post-Secondary Institution.
3. Final Marks – Continuing students must provide a copy of their final semester or term marks.

Assistance to Complete the Application

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

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

Application Submission

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

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



LANGUAGE NIGHTS

*anishinaabemowin
waa-kendamaajig*

The Ones Who Want to Know the Language

TUESDAYS FROM 6 PM - 8 PM
AT THE ATKAMEKSHENG
KENDAASII-GAMIK
212 MAANII STREET
EVERYONE WELCOME



BROUGHT TO YOU IN PARTNERSHIP BY AKINOMOSHIN WIGWAM AND
THE ATKAMEKSHENG EDUCATION PROGRAM

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

Draft Election Code

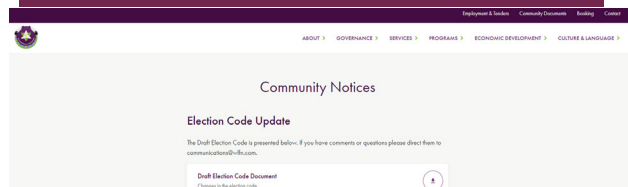
Copies of the draft election code will be available for you to review at reception and found on our website. If you'd like one sent to you or you have any questions or comments please email communications@wfn.com.



Find it on the website:

atikamekshenganishnawbek.com

About -> Community Notices -> Election Code



Vote on the Election code is set for January 30th, 2020.

Council Chambers 10am-8pm



Community Notices

Job Opportunities at Atikameksheng

PLEASE CHECK THE WEBSITE FOR FULL JOB DESCRIPTIONS

Open Positions

- Finance
 - Human Resources Specialist
- Operations
 - Director of Education and Social Services

Find information on what's happening in the community on the Community Notices page of the website

[ABOUT](#) [GOVERNANCE](#) [SERVICES](#) [PROGRAMS](#)

Community Notices

ATTENTION: Public Health Alert
Hep A in Sudbury

Tobacco Policy

Tobacco Retailer Application

Tobacco Policy

Election Code Update

The Draft Election Code is presented below. If you have comments or questions please direct them to communications@wlfm.com.

Draft Election Code Document
Changes in the election code

Christmas Shut Down Contacts

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!

Community Meeting



Community Funds from the Tobacco Quota

Effective January 1st, 2020 the new Tobacco Policy will go into effect. Smoke shops in Atikameksheng will now pay a \$3 fee on regulated tobacco carton sales. This fee will generate \$45 - \$47k/year revenue that will go to identified community priorities.

As a community we will decide where these funds should go. Several ideas include: Annual Gathering and Ground Work, Anishnaabemowin Language Initiatives, Youth infrastructure projects, Programming and Community Events. We have created a survey to obtain your feedback. Please go to the survey link below to record your response.

<https://www.surveymonkey.com/r/JWS9MPB>

The Tobacco Retailer Application and Policy can be found under Community Notices on the website.

<https://atikamekshenganishnawbek.ca/> About -> Community Notices.

**JAN
21/20**

**2PM - 4PM
6PM - 8PM**

A community meeting will be held January 21, 2020 from 2-4pm and 6-8pm at the Community Centre. Together, we can decide how to use these monies.

Chief and Council Meeting JANUARY 13, 27.

Contact Whitney Nootchtai: WNootchtai@WLFN.com to complete a community members meeting request form if you would like to be added to the agenda.