



# ATIKAMEKSHENG ANISHNAWBEK

## FEB 2020

Monthly Newsletter

MKWA GIIZIS

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# UPDATES

## Gimaa & Council

### GIMAA MIINWAASH EGIIGIDOOWIJIG

#### GIMAA VALERIE RICHER

Aaniin Kina Wiya!

Council started off the new year by coming together in ceremony through a Sweat Lodge with Elders Julie and Frank Ozawagosh. We did this on behalf our community and to seek guidance and support for the work that we are doing. I am happy to share that we had the full participation of all Council and it was a beautiful and positive experience. I want to say miigwech to Julie and Frank for conducting the lodge and for the guidance and teachings they shared with us.

This was a good start for us because January was a very tough and emotional month. It is not always easy doing what we think is right for our community. I was deeply saddened and surprised this month to learn that some individuals believe they hold a personal or individual sovereignty that supersedes the rights of the collective of our community. This is clearly wrong. Our sovereignty and our rights as Anishnawbek comes from our collective. We hold these rights together and one individual or a few individuals cannot supersede the rights of our collective. This is what makes us different than non-Indigenous people. This is also where we gather our strength. When I was elected as Gimaa, and when I was lifted up by the grandmothers of our community, I took an oath to serve our community and to do what is in the best interests of our community. I am still committed to this. I may not be popular with some for doing what I believe is good for all, but I am trying my best. As Anishnawbek we value relationships and that means that with our “rights” also come responsibilities to those around us.

January was also a difficult month because we lost one of our loved and respected Elders, Bernie Baa Petahtegoose. Bernie dedicated his life to working for our Nation and he was a great advocate for our treaty rights and in particular, our Timber Claim. He was most likely one of the longest serving employees and he was also a former Chief.

We'd also like to pay our respects to Elder Dora Baa Nootchtai. We will miss Dora and Bernie and offer our deepest condolences to all their loved ones.

The month of February could bring many changes for us. We have the vote on the Anishinabek Nation Governance Agreement, and by the time you read this we will have had the results of our own vote on the Election Code. I believe that whatever our community has decided will be the best choice for us.

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

Miigwech,

Gimaa Valerie Richer







# Gimaa & Council

## GIMAA MIINWAASH EGIIGIDOOWIJIG

### UPDATE FROM SHAWENEKEZHNIK HEALTH CENTRE AND COMMUNITY WELLNESS COMMITTEE

#### MKWA GIIZIS (FEBRUARY) 2020

Aahnii, Boohoo!

Greetings from Councillor Rubina Nebenionquit

Looking back at 2019, the Shawenekezhnik Health Centre and the Community Wellness Committee have had many successes thanks to the organization and dedication of staff. A comprehensive summary was included in the August 2019 update. Additional program updates are listed below.

I'd like to say chi-miigwetch to all involved who continue to ensure the betterment of our community. As we move forward with new endeavours in 2020, the Atikameksheng Health Team and Community Wellness Committee continue to be an asset in providing excellent service delivery to our community. Our monthly meetings ensure we continue to move towards achieving the goals outlined in the Atikameksheng Anishnawbek Community Health Plan. The main areas of focus includes:

Lifestyle, Chronic Disease, Mental Health and Addiction, Cancer, Elders and Seniors.

#### 2019 (September-December) Outreach Initiative Highlights:

**First Nations Food, Nutrition and Environmental Study** - Participant results can be viewed at [www.fnfn.ca](http://www.fnfn.ca).

**Emergency Response Plan** – Meetings to review the plan including: Responsibilities, Notification System, Emergency Public Information Plan, Resource List, Emergency Operations Centre, Evacuation Plan, etc.

**Aboriginal Children's Health and Wellbeing Measure-** Atikameksheng Anishnawbek has agreed to participate in this study.

**Community Hunt and Harvest** – Program was a success. A feast was held for the community.

**Children's Christmas Party** - Atikameksheng Leadership prepared and served the pancake breakfast from children and families over the Christmas break.

Miigwetch to the Atikameksheng Anishnawbek community for your continued support of the Shawenekezhnik Health Centre. Please do not hesitate to contact the office and or take part with any ongoing projects and services offered. We always welcome comments for improving our services, and your input is always appreciated.

Our goal is to address health issues facing our people and to improve the overall health of our community. This goal will be addressed in future plan implementation.

"Promote holistic, healthy lifestyles for community members." Healthy community, body, mind and spirit.

Available Health Services: Counselling (Family or one-on-one), Support Groups (Cultural/ Traditional), Home Care Services, Case Management, After Care Program and Support, Non-Insured Health Benefits (NIHB).

Councillor Rubina Nebenionquit

"Minomadzawin of the Anishinabek"  
(Good Health for Our People)

The mandate of the Shawenekezhnik Health Centre Health and Community Wellness Committee is to act in an advisory capacity on matters about health promotion, health policy development and comprehensive health planning for programs with the Health and Community Wellness department.





# Department Updates

## EZHWEBAK

## Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

The Education and Social Services department said farewell and best wishes to Lawrence Chakwesha in his future endeavors as his last day with us was January 17, 2020. On the interim bases, Rhonda Stonepoint has accepted the role of A/Child and Youth Program Centre Manager. Her role will be to begin the development of the programs and services with the Elder in Residence, Oshkaabewis (Helper) and the Child and Youth Workers.

As previously corrected in the January 10, 2020 flyer, the School Lunch Market is coordinated by the Family Support Workers, Rhonda Stonepoint, Michelle Beaudry, and Lawrence Chakwesha which is sponsored by the Education Program.

### SCHOOL LUNCH MARKET

During the month of January, 43 families attended the lunch market and we serviced 79 children.

The next event is scheduled for February 9, 2020, 1:00pm-2:00pm, Band Office.

### FAMILY RETREAT 2020

This year's Family Retreat was attended by 30 families which consisted of 104 participants.

Each family worked together to create their own Vision boards for 2020 and then presented to the larger group. Job well done by all!

In the evening participants attended a dance with opportunities to win prizes during spot dances and a door prize. 95 people attended the family dance with some step dancing moves from the parents and children. It was a memorable and enjoyable evening.

The weekend was filled with love, laughter and happiness!



### EDUCATION SUPPORT WORKERS

Activities held during the one-day consecutive teachers' strike included: skating at the complex rink and skating oval, playing hockey, a light lunch and some crafts afterwards.





# Department Updates

## EZHWEBAK

## Planning & Infrastructure

### NIIGAAN-NAABIING

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

- The department is currently in the process of hiring a full-time Natural Resource Coordinator and Business Park Coordinator.
- The Business Park's sewage lift station arrived on schedule and was successfully installed on December 19, 2019. Associated concrete work was completed on December 27th. Final commissioning of the lift station electronics and hand over to the City is expected to be completed in the spring (weather dependent).
- Bagone'an JS Drilling Inc. (Atikameksheng Anishnawbek majority owned drilling company) was selected as the winner of the 2020 PEP Indigenous Business Partnership of the Year. The award was presented to Bagone'an at an Awards Gala on January 21, 2020 at Verdicchio's. The PEP (Procurement, Employment and Partnerships) Conference is put on by the Greater City of Sudbury Chamber of Commerce and the Canadian Council for Aboriginal Business (CCAB).
- The Outdoor Rink is now open as of January 8, 2020. The Hours of Operation are as follows:
  - o Monday-Friday: 5:00 p.m. to 9:00 p.m.
  - o Saturday-Sunday: 9:00 a.m. to 9:00 p.m.
- A bonus skating trail rink on the ballfield has also opened as of January 20, 2020.
- The Planning & Infrastructure Department will be hosting the 2020 Winter Carnival on February 21-22! There will be a ton of fun winter activities, contests, and giveaways for our members and their families. We hope to see you there!



### HOUSING DIVISION:

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

- Annual Housing List

o It's that time of year again! Band members must complete and submit a new letter of interest to be added to the Housing List after January 1st. Please note that an applicant with rental arrears and/or outstanding accounts (money owing) to the band will not be eligible, as per the Housing Rental Policy.

- The Residential Rehabilitation Assist Program (RRAP) and Repairs and Home Adaptations for Senior's Independence (HASI) is provided by Canada Mortgage and Housing Corporation. Letters of interest are required every year after January 1st in order to be considered. Assistance shall be granted to eligible applicants on a first-come, first-served basis to the maximum of funding available.



# Department Updates

## EZHWEBAK

### Planning & Infrastructure

NIIGAAN-NAABIING

#### Recycling – Bins

##### What's Recyclable?

- Aseptic and polycoat **containers** (juice boxes/milk cartons)
- **CARDBOARD** and **BOXBOARD** (remove all plastics and flatten to 30"x 30")
- Clear and coloured **GLASS** containers (no broken glass)
- Disposable **ALUMINUM** foil, plates and trays
- **METAL** food and beverage cans (tuna, juice cans)
- **PAINT** and **STAIN** cans that are empty and dry (lids removed)
- Empty **AEROSOL** cans
- **PLASTIC** containers **#1, 2, 4, 5** and **6**. (Number 3 and 7 plastics and plastics without numbers are not recyclable)
- Rigid **FOAM** packing and containers **#6** (no foam peanuts or flex foam)
- **Non-treated PAPER** bags/gift bags (remove strings/hard plastic handles)
- **PLASTIC bags** (no zippers and remove paper receipts). Place all plastic bags in one bag, tie and place inside the Blue Box.
- **PAPER**, books, magazines

**\*\* Rinse** and place items in the Blue Box loosely **\*\***

Do **NOT** bag recyclables. *The **two exceptions** are **shredded paper** and **Styrofoam**. These items can be placed separately in clear plastic bags.*

*If you need bins, please call Front Reception (705-692-3651) and we will deliver to you.*







# Department Updates

## EZHWEBAK

## Planning & Infrastructure

### NIIGAAN-NAABIING

### PUBLIC WORKS DIVISION

The Public Works Division would like to share the Snow Plow Work Plan with the community:

#### Our Service Area

The Public Works crew works hard to ensure that the entire 83-kilometer of Atikameksheng's road network is clear and passable within 24 hours, following the end of a winter storm. We also maintain over 2 km of walkways and ensure that approximately 6 Public Building parking lots and entrances are cleared of snow.

#### Driveway Plowing

Once 5 centimeters of snow has accumulated, the Public Works crew are sent out to plow Elders and paid driveways, where necessary sanding will be done when freezing rain occurs or when there is a request to sand.

#### Road Clearing Workplan during Winter Storm

Type of Road or Pathway	Desired Condition	Activities and General Time Frame
Class 1 to 4	Plowed & Snow Packed	<ul style="list-style-type: none"><li>• 6 am before School Buses and Business Activities</li><li>• 2:30 pm before Buses</li><li>• 9 pm to 11 pm if necessary</li></ul>
Class 5 Rural Roads	Emergency access route – snow packed	<ul style="list-style-type: none"><li>• After 24 hours, emergency route plowed after 10 cm has accumulated</li><li>• After the average storm has passed and other snow removal duties are done in the community.</li></ul>

#### Plowing Schedule

Please review the table below for average clearing times for roads. Average clearing times depend on a variety of factors including:

- Severe weather conditions
- Equipment breakdowns
- Parked cars impeding road access
- Heavy traffic or accidents

Staff regularly patrols community roads throughout the community to assess the need for plowing, sanding and salting. Residents are reminded to drive according to weather and road conditions and should exercise caution around operating Plow and sand trucks.

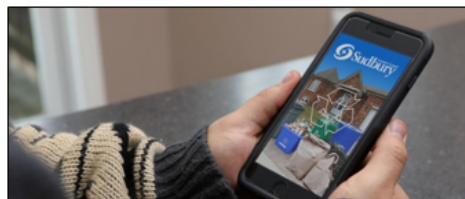
#### [Waste Wizard/Waste Wise App](#)



Download the Waste Wise app on [Google Play](#) or the [App Store](#). Search for "Greater Sudbury Waste Wise".

#### Use our Waste Wizard tool to:

- Get your garbage, recycling, leaf and yard and green cart pick up schedule.
- Find out what items need to go in your blue box, green cart, leaf and yard or garbage.
- Make a request for a large furniture or appliance pick-up.



Find out what goes where and get updates on your mobile device for:

- Pick up day reminders,
- Changes to collection schedules,
- Household Hazardous Waste Depot dates and more!

#### The app also gives you information on:

- Landfill and recycling centre location and hours,
- How to book an appointment with the Toxic Taxi; and
- Where to purchase bag tags for extra waste.



# Department Updates

## EZHWEBAK

### Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIIG

Aanii and welcome to the February Newsletter.

The Health Team has been busy planning for next fiscal year (April 2020 to March 2021) and will have finalized workplans the first week of February. The workplans will include information gathered from the recent community presentations/sessions held in the community, the Comprehensive Community Plan sessions and the Community Health Plan. The result is that each department will have a departmental workplan and individual staff workplans.

Below is an update on some of the activities the Health & Community Wellness Team is coordinating.

The Roundhouse/Family Treatment Program is a joint initiative with Nogdawindamin Child and Family Services. Meetings were held with Nogdawindamin Kelly Solomon and both health & social services staff and it was determined and agreed to, that a community engagement session is needed. This was held on January 29, 2020. An update will be provided to the community in the March Newsletter.

Missing and Murdered Indigenous Women and Girls Project: The unveiling of the monument will be displayed at the February 2020 Event in Atikameksheng Anishnawbek. Grace Migwans has been contracted to paint the 5 x 4 ft. monument. Location of the monument has been discussed and the proposed location is on the corner of Reserve Road and Maani Street.

John Vallely, Restorative Justice Coordinator began his role on January 6, 2020. John will work with the community, staff, leadership and the Government to develop the program and we look to implement in the new fiscal year.

Caregivers Skills Training first session was held January 30 to February 1, 2020. The aim of this program is to provide members with tools so they can help their loved one with addictions. The training will be delivered in 3 phases. This program is facilitated by Sandy Botham who has extensive knowledge and experience working with individuals experiencing addiction issues.

Emergency Response Plan: The plan is almost revised; the team is updating the annexes to the plan. Once this is completed, the Plan will be given to Chief and Council for approval and we will host a session in March to advise you of the plan. Please keep an eye out for the community session.



### Little NHL Support

MIIGWETCH TO KGHM

Thank you to KGHM for supporting our Little NHL participants. This year Atikameksheng has 4 teams registered to represent the community in Mississauga Ontario in March.

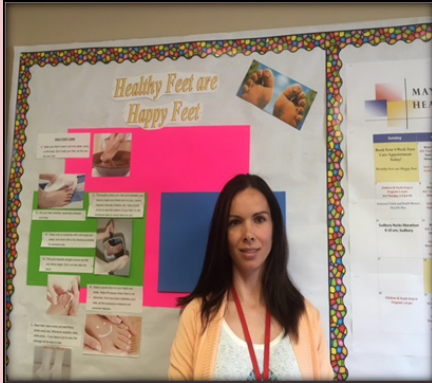




## What's Happening

### ENKAAMIGAT

# NEWS



Aanii,

My name is Jessica Hubbard and I am a Diabetes Nurse Educator (DNE) with Maamwesying.

My role as a diabetes nurse educator includes providing support, education and health teaching on a variety of aspects of diabetes, such as; how to monitor and understand blood sugar levels, how to administer insulin, preventing and treating hypoglycemia, or assisting clients with setting and achieving overall personal health goals.

I do believe that managing diabetes is a team approach and each of us play an important role in preventing or managing diabetes and reaching our optimal health.

Meegwetch

Jessica Hubbard

## Atikameksheng Anishnawbek Summer Student Employment

Atikameksheng Anishnawbek will be accepting Summer Student Employment Applications. Application forms are available at the Administration Office and at [www.wlfn.com](http://www.wlfn.com). This year there are 2 application categories:

**'Post-Secondary Student Application' – Deadline: Fri. March 27 2020 before 12:00PM noon**

**'Highschool Student Application' – Deadline: Fri. April 24 2020 before 12:00PM noon**

Please fill out and return your form to the office before the deadline, along with any additional documents as listed on the application form. Unfortunately late submissions can not be considered for initial job selection, and only successful candidates will be contacted.

### To Be Eligible:

- ✓ Student must be at least 14 years of age (at time of application) and entering minimum of grade nine in September.
- ✓ Student must have attended school full time for minimum 1 semester of the same year as applying for employment.
- ✓ Student must be planning to be enrolled to return to school full time in September.
- ✓ Students who have missed 25 days of school or more will not be considered for initial job selection, unless there are noted medical reasons for absences.
- ✓ Students must submit a complete application by not leaving portions of the application form blank, and also including the extra documentation that's requested/listed on the application.

**Pick up your Application Form at the band office, (or online), today!**

## Another step in the Business Park Project

**THE SEWAGE LIFTSTATION HAS ARRIVED AND BEEN INSTALLED!**





## Announcement – adikmegoshiing anishinaabemowin Survey

### UPCOMING LANGUAGE SURVEY

Over the coming three weeks, we will be conducting a survey with Atikameksheng membership and community residents to gather your thoughts and ideas about anishinaabemowin and how we can revitalize our sound, enweyiing, in our community and among our members.

Survey visitors will be coming door to door to visit households to gather this information and help you to complete the survey. You can expect to see Sarah Shawbonquit, Melissa Godfrey, Sage Petahtegoose, Emma Petahtegoose, Maddie McGregor, Maajijiwan Petahtegoose, or Saffiyah Briggs, coming around to visit.

An on-line survey will also be available for those of our members who live away from the community. We encourage our members who live away to update your contact information on the Atikameksheng Anishnawbek website so we can share the on-line survey link with you.

Once the information is gathered, a report with recommendations for language revitalization strategies will be shared with our membership.

Stay tuned to the website and weekly flyers for on-going information about the survey.



LANGUAGE LEARNING AT KENDAASII-GAMIK

## Cultural Awareness Day

THANK YOU TO THOSE THAT PARTICIPATED!







## What's Happening

ENKAAMIGAT

# NEWS



### Lookout for new signs in anishinaabemowin coming soon to Atikameksheng!

Stop – NGAABZAN

Caution, Children Playing – WEWENI ODAMNAWAG ABINOOJIIINHYAG

Speed Bump —NEGAACH

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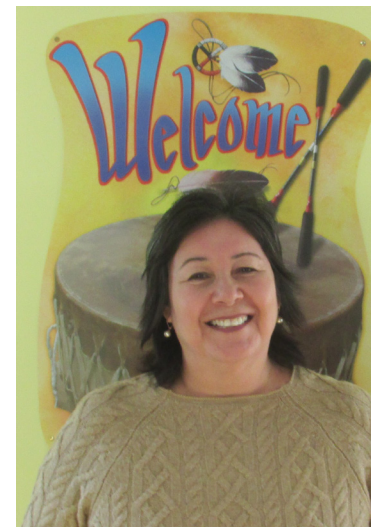
## Employee Spotlight

### BEVERLY BELANGER

Aanii,

My name is Beverly Belanger. I was born and raised in Atikameksheng Anishnabek till my early twenties then ventured off reserve for education and employment. I have a diploma in Social Service and Personal Support worker. I've had various jobs such as an education assistant for a Mom's and tots program at the Waldorf School and afterschool care program. I have been employed with Atikameksheng Anishnabek for 5 years as the Healthy Babies Healthy Children worker. I enjoy my position supporting and helping families 0-6 years of age in various programming such as child development, nutrition, prenatal and postnatal pregnancy, breastfeeding, FASD (Fetal Alcohol Spectrum Disorder) and family cultural activities. The HBHC program is located at 601 Gobode St a building known as the EYC (Early Years Center). I can be reached at 705-692-1606 or email bbelanger@wfn.com.

Meegwiich










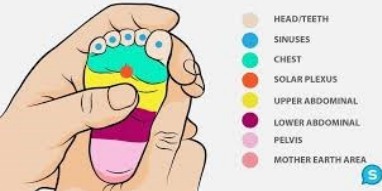
# Healthy Babies Healthy Children

## GIISOOK

### Healthy Babies/Healthy Children 0-6yrs

### FEBRUARY 2020



Monday	Tuesday	Wednesday	Thursday	Friday	For your information...
<b>3</b>  <b>Closed</b>	<b>4</b>  <b>CPNP Day</b> <b>EYC</b> 1:15pm-3pm	<b>5</b>  <b>Closed</b>	<b>6</b>  <b>Closed</b>	<b>7</b>  <b>Drop In Social &amp; Playtime/DVD Parenting the Native Way</b>  1pm-3pm	<b>Contact:</b> <b>Beverly Belanger</b> <b>601 Gobode St</b> <b>705-692-1606</b>  <b>Bbelanger @wfn.com</b>
<b>10</b>  <b>Red Is Best Story &amp; Painting</b> 9am-noon 1pm-3pm 	<b>11</b>  <b>Single Parenting:</b> The Family in Harmony Creating a Healthy Life For Yourself DVD Volume 1 & Discussion	<b>12</b>  <b>Prenatal Online</b> <b>EYC</b> 9am-noon 1pm-4pm 	<b>13</b>  <b>Prenatal Online</b> <b>EYC</b> 9am-noon 1pm-4pm 	<b>14</b>  <b>Valentine Craft Bee Mine</b> 10am-noon 1pm-3pm 	<b>Welcome All Visitors</b> <b>Child must be accompanied by a parent, aunt, uncle, grandparent or caregiver.</b>  <b>Bring a friend</b>
<b>17</b>  <b>CLOSED</b> <b>Family Day Holiday</b>	<b>18</b>  <b>9 Magical Months</b> <b>EYC</b> 9am-noon 	<b>19</b>  <b>Bonding With Your Baby</b> <b>Handouts, Utube &amp; Discussion</b>  1pm-3pm	<b>20</b>  <b>The FASD Success Show wih Jeff Noble</b> <b>Podcasts</b> <b>EYC</b> 9am-3pm	<b>21</b>  <b>Drop In Social &amp; Playtime</b> 9am-noon 1pm-3pm <b>7 Grandfathers</b> <b>Paint a rock</b>	
<b>24</b>  <b>Closed</b>	<b>25</b>  <b>Closed</b>	<b>26</b>  <b>Closed</b>	<b>27</b>  <b>Closed</b>	<b>28</b>  <b>Home Visiting Day</b>	<b>Resources</b> <b>Child Development, Nutrition, Prenatal &amp; postnatal, breast feeding &amp; FASD resources are available to the community.</b>







# Physical Activity Program

GIISOOK

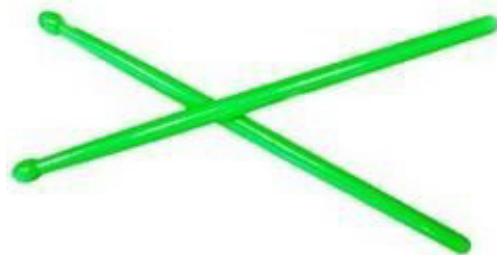
## FEBRUARY 2020

Community Physical Activity programs

FEEL FREE TO SUGGEST ANY ACTIVITIES OR EVENTS YOU WOULD LIKE TO SEE/PARTICIPATE IN! ANY QUESTIONS ABOUT PROGRAMS GIVE ME A CALL (705) 692-365 EXT.238

SUN	MON	TUE	WED	THU	FRI	SAT
<b>TO REGISTER FOR PROGRAMS EXCEPT WEIGHT ROOM PLEASE CONTACT DARLENE GEAUVREAU AT 705-692-3651</b>						<b>1</b> <b>QUINCY MAKING</b> <b>1:00PM</b>
<b>2</b> <b>WOMEN'S SELF-DEFENSE</b> <b>1:00-2:00PM</b>	<b>3</b> <b>WEIGHT ROOM</b> <b>5:00-7:00PM</b>	<b>4</b> <b>OPEN GYM</b> <b>5:00-6:00PM</b>	<b>5</b> <b>TRANSPORTATION TO ARC</b> <b>6:00-8:00PM</b>	<b>6</b> <b>WEIGHT ROOM</b> <b>5:00-7:00PM</b>	<b>7</b> <b>ADULT SPORTS NIGHT</b> <b>4:30-6:00PM</b>	
<b>9</b>	<b>10</b> <b>WEIGHT ROOM</b> <b>5:00-7:00PM</b>	<b>11</b> <b>SNOWSHOEING</b> <b>5:00-7:00PM</b>	<b>12</b> <b>WEIGHT ROOM</b> <b>6:00-8:00</b> <b>POUND</b> <b>6:30-8PM</b>	<b>13</b>	<b>14</b> <b>VALENTINES DAY</b>	<b>15</b>
<b>16</b>	<b>17</b> <b>WEIGHT ROOM</b> <b>5:00-7:00PM</b>	<b>18</b> <b>HIIT CIRCUITS</b> <b>5:00-6:00PM</b>	<b>19</b> <b>WEIGHT ROOM</b> <b>6:00-8:00</b> <b>POUND</b> <b>6:30-8PM</b>	<b>20</b> <b>SNOWSHOEING</b> <b>5:00-6:00PM</b>	<b>21</b> <b>ADULT SPORTS NIGHT</b> <b>4:30-6:00PM</b>	<b>22</b> <b>WINTER CARNIVAL</b> <b>FISHING LURE CRAFT</b>
<b>23</b>	<b>24</b> <b>WEIGHT ROOM</b> <b>5:00-7:00PM</b>	<b>25</b> <b>TRANSPORTATION TO ARC CLIMBING</b> <b>6:00-8:00PM</b>	<b>26</b> <b>WEIGHT ROOM</b> <b>6:00-8:00</b> <b>POUND</b> <b>6:30-8PM</b>	<b>27</b> <b>OPEN GYM</b> <b>5:00-7:00PM</b>	<b>28</b>	<b>29</b>

Email: LBisschops@WLFN.com

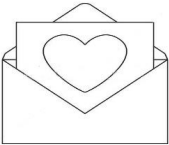













# Adult Day Program

## GIISOOK

### Adult Day Program February 2020

<p>Tea Time: Valentine Card Making Date: Tuesday February 4 Time: 1-3pm Where: Health Board Room For ages 50+</p> 	<p>Walden Food Bank Date: Thursday February 6 Time: 1-3pm Where: Walden Space is limited For ages 50+</p> 
<p>Visit at Geka Date: Friday February 7 Time: 9am-3pm Where: Cutler Space is Limited</p> 	<p>Tea Time: Valentine Cookie Decorating Date: Tuesday February 11 Time: 1-3pm Where: Health Board Room For ages 50+</p> 
<p>Tea Time: Vision Health Date: Tuesday February 18 Time: 1-3pm Where: Health Board Room For ages 50+</p> 	<p>Isaac Murdoch: The Trail of Nenaboozhoo Date: Wednesday February 19 Time: 1:30pm-10pm Where: Manitowaning Space is limited For ages 50+</p> 
<p>Men's Fishing Tip Up's Workshop Date: Saturday February 22 Time: 1-3pm Where: Community Centre For all ages</p> 	<p>Tea Time: Fun with Paint Date: Tuesday February 25 Time: 1-3pm Where: Health Board Room For ages 50+</p> 
<p>Dinner &amp; Movie Night Date: Thursday February 27 Time: 4-9pm Space is Limited For ages 50+</p> 	<p>Adventures in Cooking Class Date: Friday February 28 Time: 11-2pm Where: Workshop Room For ages 50+</p> 

If you are interested in any of these programs please call Darlene G to sign up. 705 692-3651





# Service Schedule

## GIISOOK

**February 2020**

**MAAMWESYING**  
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

**SERVICE SCHEDULE**  
**Atikameksheng Anishnawbek**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 James – Counselling	4 Rochelle – NP Clinic (evening) Lisa Marie – Sacred Smoke Program 5-7pm Cheryl – Suboxone Program James – Counselling Emily – Physiotherapy	5 Rochelle – NP Clinic Patricia – Traditional Medicine Heidi – Occupational Therapy	6 Rochelle – NP Clinic Danielle – Dietitian Clinic Jessica – Diabetes Clinic James – Counselling	7 Cheryl – Suboxone Program Heidi – Occupational Therapy Dr. Finlay – Clinic	8	9
10 Heritage Day – STAT	11 Rochelle – NP Clinic (evening) Lisa Marie – Sacred Smoke Program 5-7pm Cheryl – Suboxone Program James – Counselling Emily – Physiotherapy	12 Rochelle – NP Clinic Heidi – Occupational Therapy	13 Rochelle – NP Clinic Danielle – Dietitian Clinic Jessica – Diabetes Clinic James – Counselling	14 Cheryl – Suboxone Program Heidi – Occupational Therapy Dr. Finlay – Clinic	15	16
17 Family Day – STAT	18 Rochelle – NP Clinic (evening) Cheryl – Suboxone Program James – Counselling Emily – Physiotherapy	19 Rochelle – NP Clinic Heidi – Occupational Therapy	20 Rochelle – NP Clinic Danielle – Dietitian Clinic Jessica – Diabetes Clinic James – Counselling	21 Cheryl – Suboxone Program Heidi – Occupational Therapy	22	23
24 James – Counselling	25 Rochelle – NP Clinic (evening) Cheryl – Suboxone Program James – Counselling Emily – Physiotherapy	26 Rochelle – NP Clinic Heidi – Occupational Therapy	27 Rochelle – NP Clinic Jessica – Diabetes Clinic James – Counselling	28 Cheryl – Suboxone Program Heidi – Occupational Therapy Dr. Finlay – Clinic	29	

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 Daybutch if you wish to receive this monthly schedule via email: [emily.daybutch@nmninoeyaa.ca](mailto:emily.daybutch@nmninoeyaa.ca)







## February 2020



Atikameksheng  
Anishnawbek



Allyssa Soucy-Leroux,  
Child & Youth Worker  
Phone: 705-698-2169  
Email:  
ASoucy2@WLFN.com

Stanley Maskell,  
Child & Youth Worker  
Phone: 249-878-7826  
Email:  
SMaskell@WLFN.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Quincy Making 1:00PM
2 Self Defense 1:00-2:00PM	3 Francis Pine Connecting to Culture Ages 7-12yrs. 4:30-5:30PM	4 Youth Centre Open 3:30-5:00PM	5 	6 	7 Youth Centre Open 3:30-5:00PM	8 Movers & Shakers 10:00AM- 3:00PM
9 	10 	11 Youth Centre Open 3:30-5:00PM  Family Night 5:00-7:00PM	12 Healthy Choices 5:00-8:00PM	13 Snow Sculpture Techniques 4:30-5:30	14 Youth Centre Open 3:30-5:00PM  <b>Valentine's Day</b>	15 Guitar Training 9:00AM-4:00PM
16 	17 Family Day <i>No Program</i>	18 Youth Centre Open 3:30-5:00PM	19 	20 	21 Youth Centre Open 3:30-5:00PM	22 Winter Carnival
23 Self Care 101: Indigenous Yoga 2:00-3:00PM	24 	25 Youth Centre Open 3:30-5:00PM	26 <b>Pink Shirt Day</b>  Wear a pink shirt to stand against bullying	27 	28 Youth Centre Open 3:30-5:00PM	29 Ball Hockey Camp 11:00AM- 3:00PM  Round Dance 5:30PM



Have you  
checked out the  
fishies in the  
Youth Centre?



# Community Notices

## AMIGAT SHKOONGAMING

# UPDATES

## Movers and Shakers winter gathering 2020.

Saturday February 8th, 2020

Location: Atikameksheng  
Anishnawbek  
Community center  
37 reserve road,  
Time: 10:00am-4:00pm  
Contact: Nadine.Nootchtai@nmninoeyaa.ca  
Featuring: Mukwa  
Adventures with ATV rides.  
Myths & Mirrors with a  
creative craft.  
And snowshoeing and  
firemaking.



Joelle M. Wallin

## Pow Wow Call Out



Atikameksheng Anishnawbek is seeking interested individuals or families to coordinate the 2020 Annual Gathering (Pow Wow).

Are you or your family members interested in coordinating Atikameksheng's Annual Traditional Gathering/PowWow? If so, let us know!  
An honorarium will be provided.

### Some of the items to consider when coordinating are;

- Master of Ceremonies
- Breakfast Coordinators
- Tenders for Feast
- Drum Groups
- Giveaway Coordinator
- Fund Raising Coordinator
- Dancers
- Fire Keepers Coordinator
- Vendors
- Parking Coordinator



Please send your resume and letter of intent to  
Darlene Paquin, Executive Assistant to the CEO at

## February 2020

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

### The Walking Group



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Walking Group 10am-11am	3	4	Walking Group 10am-11am	5	6
7	Walking Group 10am-11am	8	9	10	Walking Group 10am-11am	11
12	Walking Group 10am-11am	13	14	Walking Group 10am-11am	15	16
17	Walking Group 10am-11am	18	19	Walking Group 10am-11am	20	21
22	Walking Group 10am-11am	23	24	Walking Group 10am-11am	25	26
27	Walking Group 10am-11am	28	29	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 Inquires Or  
Transportation Needs Contact

Lindsay Fraser-Adult Day Programmer  
OR  
Liam Bisschops-Physical Activity Coordinator  
705-692-3651

## Q&A on the Governance Agreement Vote

Hosted by Atikameksheng for  
Atikameksheng



Wednesday February 5th  
6pm at the Community Centre



We will be having a sharing circle to discuss the Anishinabek Nation Governance Agreement and answer any questions the community may have. Dessert provided!






# Community Notices

## AMIGAT SHKOONGAMING

# NOTICES




**Atikameksheng Anishnawbek**

## Round Dance

**February 29, 2020**

**Atikameksheng Complex**



5:00pm Pipe Ceremony  
5:30pm Feast  
6:00pm Round Dance  
9:00 pm Snack  
11:30 pm Giveaway

M.C: Gordon Sands  
Pipe Man: Darren McGregor  
Stick Man: Gabe Gaudet

**INVITED SINGERS:**  
**VYDEL SANDS**  
**BRYDEN KIWENZIE**  
**DAVE HOOKIMAW**  
**ELIJAH STEVENS**  
**WAYNE MOBERLEY**  
**NATHAN ROY**

Contact:  
Teresa McGregor [tmcgregor@wfn.com](mailto:tmcgregor@wfn.com) or  
705-419-2326 ext 203

Made with PosterMyWall.com

## Family Well Being Program

### Family Day

February 11, 2020

Activity: TBD



## Family Well Being Program

### Beading Nights

Thursday's

5:00-7:00pm

Workshop Room



Bring your beading projects or start a new one.

## Check out this Podcast!

**THE HB/HC PROGRAM INVITES YOU TO A SCREENING OF THE PODCAST ON**

**FEB 20TH** Everyone is welcome! 9am-3pm  
Coffee and snacks available.



## Atikameksheng Anishnawbek

Hey Little NHL'rs, Hockey Enthusiasts and those looking for a little fun. We will be Co-Hosting a 2-Day Ball Hockey Camp with Wahnapi-tae First Nation and Indigenous Vitality at Cambrian Athletic Centre February 29th and March 1st. Come be on out and have some fun.

15 spots available; sign up deadline February 12th 2020. Ages 8-17. Contact Darlene G. @ 705-692-3651 ext.221 or Stanley M. @ 249-878-7826 to reserve your spot

**Ball Hockey Camp**

Date: February 29th & March 1st 2020

Time: 11:00am-3:00pm







# Community Notices

## AMIGAT SHKOONGAMING

### MAAMWESYING

NORTH SHORE COMMUNITY HEALTH SERVICES INC.

Traditional Health Program presents...



Traditional Medicine Practitioner

Patricia Toulouse is an Ojibwe Mother and Grandmother of Sagamok Anishnawbek. A graduate in Human Services, practices Earth Medicines, and treats ailments by individual symptoms. A Traditional Medicine Practitioner for Maamwesying works with the communities of the North Shore, which include Thessalon, Sault Indian Friendship Center, Garden River, Batchewana, Mississauga, Serpent River, Sagamok and Attikameksheng First Nations to provide a Traditional Approach to medicine for Community Members. This focuses on your overall Health & Wellness or your health issues. Please stop by the health centres if you are in the area to meet with her or if you would like more information.

#### East End

Month	Monday Mississauga (705)356-1621	Tuesday Serpent River (705)844-2152	Wednesday Attikameksheng (705)692-3674	Thursday Sagamok (705)865-2171
January	6	7	8	9
February	3	4	5	6
March	2	3	4	5
April	6	7	8	9
May	4	5	6	7
June	1	2	3	4
July	6	7	8	9
August	10	11	12	13
September	14	15	16	17
October	5	6	7	8
November	2	3	4	5
December	7	8	9	10

Protocols: Un-Opened Tobacco Offering

### 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



KINOOMAADZIWIN  
EDUCATION BODY

## MURAL ART CONTEST

\$500  
Prize



#### Art Contest

The Kinooamaadziwin Education Body is hosting a youth art contest for a mural to be painted in our head office board room. The winning entrant could win a \$500 grand prize.

#### Theme

Artwork must be representative of Anishinabek culture, teachings or history, and must focus on the theme of Anishinabek education.

#### Who can enter?

The KEB Mural Art Contest is open to youth who are members of the Anishinabek Education System's Participating First Nations, ages 12-24.

#### Submissions

Artwork may be submitted as original artwork, full colour scans or photographs. The deadline for submissions will be February 7, 2020 at 4:00pm.

#### EMAIL SUBMISSIONS TO:

makenzie.dokis@a-e-s.ca

#### MAIL SUBMISSIONS TO:

Kinooamaadziwin Education Body  
132-100 Osprey Milkaan  
North Bay, Ontario  
PIB 8G5

For complete contest details, please visit:  
[www.aes-keb.com](http://www.aes-keb.com)

#### LANGUAGE NIGHTS

anishinaabemowin  
waa-kendamajig

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 AKINOOMOSHIN WIIGWAM AND  
THE ATKAMEKSHENG EDUCATION PROGRAM



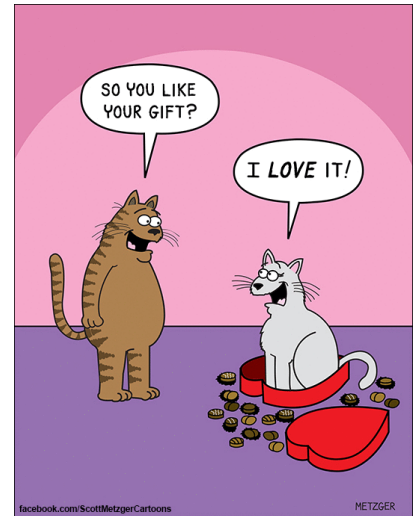
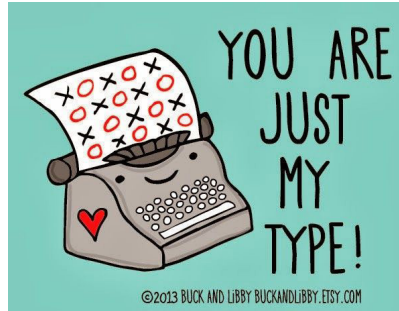
# NOTICES

## Community Notices

### Job Opportunities at Atikameksheng

**PLEASE CHECK THE WEBSITE FOR FULL JOB DESCRIPTIONS**

- Planning & Infrastructure
- **Natural Resource Coordinator**



## Anishinabek Nation Governance Agreement

### How to Vote

#### Vote in Person at Atikameksheng

Thursday February 27th: 9:00am-12:30pm

Friday February 28th: 12:00pm-6:00pm

Saturday February 29th: 2:00pm-8:00pm

Voting will take place at the Atikameksheng Anishnawbek Band Office in the Community Workshop Room, 25 Reserve Rd Naughton.

#### Online Voting

You may also vote by electronically from February 1 to February 29, 2020 at 8:00 p.m.

In order to cast an Electronic Ballot, follow the instructions set out at <https://onefeather.ca/nations/anishinabek>.



[governancevote.ca](https://governancevote.ca)

Robinson Huron  
Waawiindaamaagewin  
Engagement Session  
'Renewing the Relationship'

#### Agenda:

Catered Dinner (5:30 p.m.)

Opening - Elder  
Julie Ozawagosh

Annuities Update  
Angus Toulouse

Waawiindaamaagewin Update  
Earl Commanda

Treaty History  
Cheryl Recollet

February 13, 2020

6:00 p.m. – 8:00 p.m.

Atikameksheng  
Anishinawbek

Community Centre

For more information:

Cheryl Recollet,  
Researcher/  
Community Facilitator

Cheryl@  
mamaweswen.ca

Models: Stefanie Recollet (Wamapitise) and James Lee King (Wasauksing)  
Location: Robinson Huron Treaty Lands | © Moworks Photography 2019

### Chief and Council Meeting FEBRUARY 10 & 24.

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