



ATIKAMEKSHENG **MAR 2020** ANISHNAWBEK

Monthly Newsletter

ZIIZBAAKIDOKÉ GIIZIS

IN THIS ISSUE

Gimaa & Council	2
Education & Social Services	4
Planning & Infrastructure	5
Health and Community Wellness	6

NEWS

Winter Carnival	7
Energy Challenge	8
Cannabis Law Update	9
Employee Spotlights	10

CALENDARS

Healthy Babies Healthy Children	12
Physical Activity Program	13
Adult Day Program	14
Service Schedule	15
Youth Centre	16

UPDATES

Community Notices	17
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Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

GIMAA VALERIE RICHER

Aaniin Kina Wiya!

March is here and spring is just around the corner! The days are getting longer and warmer and we're all thinking about March break for our children. And the L'NHL is just around the corner too!

The big news for February was the ratification vote on the Anishinabek Nation Governance Vote. As you are likely aware our community voted no. While I am disheartened by this, I also recognize that we just are not ready at this time. But we still have lots of work to do and so we will continue to do our best to move our community forward.

Other big news was that we received funding for a new Early Years Youth Centre. We have also committed funding from our Own Source Revenue to fund the daycare portion of this facility. This will mean so much to our young children and to our young families in the community. This will also be an Anishnawbemowin language immersion program so we will also be taking great measures to save our language with this investment in our little ones. It's an exciting time!

In February, we also had a great turnout to talk about the work that the Robinson Huron Waawiiddaamagewin team is doing and we were also provided an update on the Robinson Huron Treaties annuities case.

In March, we are starting off strong with the first week being dedicated to our Community Comprehensive Planning. We have a final document and are beginning work to implement some of the key strategies such as a wellness strategy. We are in the process now, planning another community session to share information and hopefully get your input!

We also have developed a Cannabis Law and held one community session so far. We will be bringing this to the community for a vote in the near future.

There is lots happening, and I look forward to an opportunity to talk to you soon! If you would like to schedule time for a visit, please reach out to Whitney to set up a time!

Miigwech,

Gimaa Valerie Richer



MEETING WITH VALE TO PROVIDE SOME HISTORY AND CULTURAL BACKGROUND OF OUR COMMUNITY TO A VISITOR WHO WAS A SENIOR VALE LEGAL REPRESENTATIVE FROM BRAZIL. AFTER THE MEETING WE TOOK HIM ON A TOUR OF THE COMMUNITY. IT WAS ONE OF THE COLDEST DAYS OF THE WINTER!



UPDATES

Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

CARLA PETAHTEGOOSE, COUNCILLOR

Dear Community,

As the Health Portfolio Representative I would like to share with you some updates in the area of Health and Policing.

Recently, there has been some developments in the area of Cannabis. The lands committee, health committee and police committee have recently met to review the proposed Cannabis law and had the opportunity to provide feedback in a number of areas as well as time ask questions about what was being presented. In addition to the meeting with our committees, there was also a community session held to present to our community members and get more feedback on this document. If you are an interested Community member and would like a copy of the Cannabis Law it can be requested by reaching 705-692-3651.

Loretta Miller and Kevin Greer have joined the police committee in the new year. Kevin Greer was on the board of directors for legal aid, and has been involved with the community issues on trespassing. Also a representative for the first nations through Maamwesying. Lauretta Miller is working for the school board as the Aboriginal support worker since 2008, at Lo-Ellen and Lockerby schools. She was also a member of the Restorative Justice program years ago.

Caregiver skills training is being provided by Sandy Botham who is a registered psychotherapist. The training involves having the family communicate with family members that have addictions to drugs and alcohol. No blame/no shame approach, there are 3 series of meetings, one at the end of January, the middle of February and in March.

Naloxone program, has an agreement with Public Health to obtain the Naloxone kits and the needle drop off program. Anyone can go to the pharmacy and get Naloxone. The Naloxone policy has been approved by Chief and Council. Some health staff have had training on how to administer the Naloxone.

During our time together as a committee we have been faced with having to work with our laws and by laws and in part have had to have discussions with multiple committees, because of the work that is being presented in , jurisdiction, Justice development, enforcement of laws and development of restorative practices. In speaking of this the undertaking is quite large and requires multiple teams to work on the identified areas for Atikameksheng Anishnawbek

The health department recently got an approval of funding two begin development in the areas of restorative justice. John Valley recently presented some of his work to our police committee and is looking forward to doing some collaborative work in the area of restorative justice.

At our February Police Committee meeting we were presented a statistics update from the OPP Francis Endanawas on year 2019 and reviewed with the Police Committee members. The stats are shared to assist with understanding what work our officers are doing within the community and what is being reported. The information presented is an annual number and no information is identified on persons. Some of those areas are false alarms, mischief, disputes, trespassing, assaults.

The police committee meets every month at the first Tuesday of every month which is attended by Carmen Wabegijig Nootchtaï, our two First Nation constables along with OPP liaison Francis Endawnawis, Carla Petahtegoose and active police committee members.

For More Information on Laws and ByLaws or questions to the police committee you can email

cpetahtegoose@wfn.com - Carla Petahtegoose

atikpolicecommittee@gmail.com



Department Updates

EZHWEBAK

Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

During the month of February, Education and Social Services (ESS) department has seen some growth in filling some of the vacant positions. With the Child & Youth Program Centre, we are welcoming Kimberly Russell, Child and Youth Worker, Brandon Petahtegoose, Oshkaabewis – Helper and Joan Elliott, Elder in Residence. Starting Monday March 2, 2020, Rilie Phillips, Family Support Worker with the Child and Family Services Unit.



Along with our growth and collaboration efforts with the Planning and Infrastructure and Health and Community Wellness Departments, we will be doing groundbreaking for a new building. Our new building, Child and Youth Program Centre is being designed for shared space between a Day Care, the Healthy Babies/Healthy Children, Child and Youth Program – with ESS and Nogdawindamin. Watch for announcements for a Groundbreaking Ceremony.

Wishing fun, swift feet and laughter to all our Atikameksheng players heading to Little NHL this coming March Break. May our players hear us cheering from home, for those of us staying closer to home.

Jessie Gorman

EDUCATION SUPPORT WORKER

Aanii, I'm Jessie Gorman- one of Atikameksheng's Education Support Worker's. My role includes working one to one with our students and families, working alongside schools and making sure any and all needs our students may have are being met. I organize tutoring support, a wide variety of assessments and make sure agency recommendations are being completed but most importantly I advocate for our students and their families.

I graduated the Advance Child & Youth Worker Program at Cambrian College in 2008 where I immediately began working in the Atikameksheng Community as the Youth Worker for several years. In April 2017 I was hired as the Education Support Worker and immediately developed a great passion for helping our students succeed.

If you have any questions or would like to call to chat- I'm here to help! I can be reached at 705 419 2326 x 201





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.

“NO TRESPASSING” signs were placed at Makada Lake, Long Lake, and Lake La Vase. Trail cameras have also been placed at these locations and will be monitored weekly by the Lands Division.

The Public Works Division will be placing new English and Ojibway road signage (Stop, Children at Play, and Speed Bump) in the coming weeks. Please be on the lookout!

Atikameksheng Anishnawbek has been awarded the Community Energy Plan by IESO. The Final Funding Agreement, Offer Letter and instructions on how to execute the Funding Agreement will be sent to us in the coming weeks.

The Planning & Infrastructure Department hosted the 2020 Winter Carnival on February 21 and 22, and we had a great turn out! There were a ton of fun winter activities, contests, and giveaways on both days for our members and their families. We hope that everyone enjoyed themselves and we look forward to our next department-coordinated event!

HOUSING DIVISION:

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

Annual Housing List -Annual RRAP and HASI Letter of Interest

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.

We are pleased to announce that the On-Reserve Immediate Needs Housing Renovation Guidelines was approved by Chief and Council on January 29, 2020. Funding is available to Atikameksheng homeowners as a one-time funding grant opportunity – until all funds are disbursed. Eligibility criteria shall also apply for the On-Reserve Renovations Funding:

1. The applicant shall demonstrate that they hold a Certificate of Possession on the home that On Reserve Renovations Funding is being applied for.
 2. The home must be at least fifteen (15) years old.
 3. The home must be in need of major repairs in one of the following areas: heating, structural, electrical, plumbing and fire safety.
- Funding is available to an applicant only once (one-time funding) and must continue to own and occupy the home for at least six (6) months after the work is done

The Housing Renovation Guidelines and application is available upon request – please contact the Housing Assistant, Michelle Elliott, at 705 692-3651 or email melliott@wfn.com for further information.





Department Updates

EZHWEBAK

Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIIG

Spring is on its way and with the nice weather coming and the days getting longer, the Health & Community Wellness Team will be preparing for the community maple sugar making. Preparations include going to the Community Maple Sugar area towards Round Lake and making trails. If you are interested in learning and helping, please contact the Health Centre and a staff member will call you to advise of the plans. Plans are dependent on Mother Nature and once the weather is nice during day and cold at night, the sap will begin to run and we will be out in the area. As you may recall, the Community Maple Sugar Bush is the area where the late Rose baa and Ralph baa Shawbonquit tapped and made their maple syrup. The Shawbonquit Family has allowed this area to be used for the community. Rose baa was an avid outdoorswoman enjoying hunting, making maple sugar, gardening, composting to name a few. We thank the Shawbonquit Family for allowing us use of the land and look forward to tapping this year. February has come and gone. While it was a busy month, it was also a month of learning.

Comprehensive Community Plan Update – the Health & Community Wellness Team participated in workplan training where a new template was introduced. The new workplans will be linked to the Comprehensive Community Plan and a process will be implemented ensuring outcomes are reported in the new template and shared with leadership and community. Please come out to the community presentations on March 5, 2020. Each department will present their plans based on the needs expressed in the Community Planning development.

Joint Health & Safety Research Project Update – a meeting was held on February 12, 2020 where participants from the focus group was provided with the themes based on the collective responses. Three communities took part in the research. Another update will be provided to the participants in the upcoming months advising them of the results and recommendations from the research. It was noted that education and awareness by the organization is key in preventing work illness and injuries.

The Elders Lodge/Nursing Home Feasibility Study was received and will be utilized to support the funding application to build a 48 bed Elders Lodge (Nursing Home) in Atikameksheng Anishnawbek. The deadline to submit the funding application to the Ministry of Health is March 31, 2020. The concerns from the session held in December will be reviewed and solutions to be considered when completing the application. In order for the application to be approved, the Ministry guidelines requires the building to be connected to a sewage system. This requirement limits the location in the community and consideration were made to build the Elders Lodge at the Wolchuk Property.

Caregivers Skills Training second round of sessions was held February 12 – 15, 2020. Participants learned emotional coaching techniques and role played with each other to practice and become familiar with this new technique. Learning these new skills will help when communicating with their loved ones and others. A part of the learning requires participants to understand they do not have any control over what others do and that support and healthy communication is key to healing. Research shows parents who emotion coach have children who achieve more in school, have more friends, experience fewer behavioural problems and are more resilient. It is a way of telling a child that they are supported, cared about, understood and respected. Participants will be practicing their new skills and will come back together again in March for the final training session.

Emergency Response Plan – a community session is planned for March 25, 2020 from 5 – 8 p.m. Come out to learn what is in the plan and how you can assist if our community experiences an emergency. COVID-19 is currently a topic of concern for the nation and please be advised the health risk for Atikameksheng Anishnawbek residents is low. Personal hygiene is recommended by washing your hands. Health Canada is continuously providing updates on the health risks with all First Nation Health Centres. If you have any concerns, please speak with Marina McComber, CHN.

In wellness and may your life be filled with love, joy, and peace.

Carmen Wabegijig-Nootchta, Director of Health & Community Wellness



What's Happening ENKAAMIGAT

NEWS

Winter CARNIVAL





What's Happening

ENKAAMIGAT

NEWS

Energy Challenge!

WINTER CARNIVAL

The Atikameksheng Anishnawbek Winter Carnival was upon us over the weekend and the Community Energy Champion's exhibit was a bicycle generator. Along with Diesel Garage Services (Dan Soucy) and Zackery McHugh, the complete assembly took approximately 40 hours to build. A CHI-MIIGWETCH to them as they donated their services to make this project happen. The complete assembly took approximately 40 hours to build.

The bicycle generator generates power as the bike is peddled. There are a few misconceptions on how this works, so I will explain how this bike works. The first misconception is once you start peddling it should light all the lights. This isn't correct. The motor must be spinning to generate the power, and this varies depending on the motor. Once the motor hits the appropriate revolutions per minute (RPM), it starts generating power. This ease of peddling depends on the "load" required. One LED lightbulb is easier to peddle power for, than a 200 W incandescent lightbulb. The load is the wattage of the light bulbs (an LED at 9.5 Watts (W) and the rest are incandescent lights at 40 W, 100 W, 150 W and 200 W) for a total wattage being 499.5. You can see the changes in the person cycling when the load increases. As the load increases the person must cycle harder to keep the power flowing.

Another common misconception is that the power will continue to flow if you stop peddling. This I believe was the most frustrating to the participants who tried the bike generator during the carnival. Once the peddling stops, the power is no longer being generated so the lights go out. There are things that can be done that will aid in peddling to make it easier to peddle with larger loads. But this bike is version 1.0. I will continue to look at ways to improve on this and make it easier on the cyclist. So keep watch for version 2.0 in the future.

On a final note, I would like to say a chi-miigwetch to the participants who tried the bike and I hope you enjoyed it. Chi-Miigwetch to Mira Ransom & Andrea Blais for their assistance at the energy challenge exhibit. Congratulations to the winners of the Energy Bike Challenge:

1st Liam Bisschops \$150

2nd Paige Patterson \$100

3rd Jamie McHugh \$50

Miigwetch!

William Ransom, Community Energy Champion



We want you to design our Energy Mascot!



Atikameksheng Anishnawbek's Community Energy Champion (CEC) needs your help. We need an energy hero to help keep us on a good path for energy. Someone to help guide us for future energy use. Do you have a have an idea for a design? Submit it for your chance to win.

Prizes for Mascot design:

1st Place \$100 Visa

2nd Place \$50 Visa

3rd Place \$25 Visa

Send your mascot concept to William Ransom (wransom@wlfm.com) by March 27 2020, 4:30 PM EST .



Do you recognize these mascots?





Information on the Atikameksheng Cannabis Law.

Thank you to those that came out to the Cannabis Law presentation last week. There were a number of questions raised and we wanted to address them.



The proposed Atikameksheng Cannabis Law would allow us to license retailers and cultivators here in Atikameksheng. Our priority is ensuring safe and regulated product to protect the health and safety of the community.

It is important to note that The Cannabis Law is in no way connected to the Anishnawbek Nation Governance Agreement or the respective vote. The law was developed based on feedback received in the Cannabis Survey in Feb 2019 as well as feedback received from community members and retailers (through Cannabis Think Tank sessions) over the course of the previous year. Chief and Council believes this law will ensure the health and safety of the community is protected, benefit the community as a whole, and empower our entrepreneurs and retailers to participate in this industry under our own law.

The Cannabis Law is not a partnership with Ontario and/or the Federal Government, it is our own law that would be passed under our G'Chi-Naaknigewin pending a successful ratification vote. It is important to note that the law does not dictate the price that the retailer needs to sell the product for. It will be up to the retailer to determine what is profitable for their business. The agreement provisions provide an opportunity for retailers and the Band to negotiate an agreement that will work best for the community and individual retailers.

There is no section of the law that states taxes will be imposed. The law references a community health and benefit fee which would be negotiated to ensure retail profitability and community benefits. This law would provide flexibility for retailers to pursue an Alcohol and Gaming Commission of Ontario (AGCO) cannabis license until regulated and licensed products can be secured directly. There are currently models in other First Nations who operate without any laws or regulation but these models fail to provide certainty in respect to safe product and community benefits.

Currently, the AGCO Cannabis License is the only option that ensures safe and regulated product to protect the health and safety of the community.

This law will allow us to license businesses to ensure safe product.

Our top priority is community health and safety.

**A follow up engagement session will be
Tuesday March 10th 6:00pm in
Council Chambers.**

Questions reach out to
communications@wfn.com





Restorative Justice

A FOCUS ON HEALING

Hello, my name is John Vallely (Nootchtai) I am the Restorative Justice Coordinator here in Atikameksheng.

Presently, I am in a position to facilitate Restorative Justice circles/conferences for our people and I am looking for ways to broaden my reach to be inclusive of as much of our collective needs as possible as they relate to youth and/or adult diversion within the court system.

I am drawn to RJ because of the focus on healing rather than retribution. Finding the lost balance between people harmed and those responsible, and especially keeping our people out of jail.

Is this something you are interested in? Do you have family living in the City of Sudbury who could benefit from Restorative Justice programs or interested in the development?

Please feel free to contact me if you have questions or comments about this Restorative Justice program and I'll be happy to discuss possibilities.

Sincerely

John Vallely



Kim Russell

CHILD AND YOUTH WORKER

Hello, my name is Kimberly Russell, but you can call me Kim. I am the new Child and Youth Worker and am very excited to be a part of your community and bring new ideas to the community. I will be working with the children and youth of the community and already have many great ideas I would like to see happen to help to enrich the lives of the children and youth. I graduated from the Child and Youth Care Practitioner program at Cambrian College in 2017 and shortly after graduating was hired at Sudbury Developmental Services where I provided one on one care and residential care in group homes with adults who have developmental disabilities.

A little bit about me, I enjoy going for walks and exploring different areas, I also enjoy going for drives around the city listening to music. During my down time and especially in the winter months I enjoy relaxing at home cuddling with my cats and hanging out with my bearded dragon. I am expecting my first child in April 2020 and am excited to begin this new chapter of my life.





Kendaasii-gaamik

LIBRARY UPDATE

There is an increase number of Indigenous voices and books with indigenous content. Many of the books are written with more contemporary themes, gone are the days of generic Indian -looking characters. With that being said, here are some recommended books for you:

- Company Wife Helen Webster, stories of Whitefish Lake and surrounding areas,
- Anishinaabewin Niswi 2011/2012 about culture Movement,
- Critical Moments,
- Deep Roots New Growth,
- One Native Life , Richard Wagamese, this book is roots and uncovering them.
- Go Show the World a celebration of Indigenous Heroes Web Kinew.

The library has evolved over the years and we now offer piano, guitar, violin lessons every Wednesday from 5-9pm.

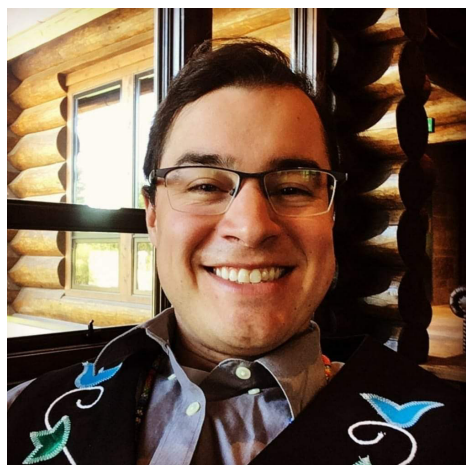
St Albert's Adult Education is here twice a week on Thursdays/Fridays 9 am – 3pm. Language is offered on Tuesday with Julie Pegahmagbow 6-8pm. Aatzokey hold their meetings here every first Sunday of the month. Different Workshops by the organization are also held at the Library. Just recently we had Nick Sherman, a Nishnabe from Sioux Lookout, come to do a workshop on music and perform for the community.



KENDAASII-GAMIK

MARCH 2020 •

MONDAY	1-4pm and 5-9pm
TUESDAY	1-4pm and 5-9pm (Tea Time 1-3pm in the Health BdRm)
WEDNES	1-4 and 5-9pm (Music 5-9pm)
THURS	1-4 pm and 5-9pm
FRIDAY	1-4pm and 5-9pm



Employee Spotlight BRANDON PETAHTEGOOSE

Boozhoo,

My name is Brandon Petahtegoose. Many community members know me as B.J. as well as my spirit name Gizhe-Naabe (The Kind Man). I would like to announce that I have accepted the Oshkaabewis (Helper) position for Atikameksheng. I received a Bachelor of Arts Honours degree in Indigenous Studies at Trent University, as well as being a Masters candidate at the University of Winnipeg. Much of my experience in carrying out the work as Oshkaabewis comes from my cultural background in attending ceremonies, pow wows and other cultural gatherings, as well as being part of the Elders and Youth advisory council for the NWMO (2014-2024). I have a passion for enhancing the traditions and culture of our people and our nation.









Healthy Babies Healthy Children

GIISOOK

Healthy Babies/Healthy Children 0-6yrs March 2020 EYC



Monday	Tuesday	Wednesday	Thursday	Friday	For your information...
2	3 Tea Time & Social with Elders 1pm-3pm	4 Health Office	5 CPP Complex 2pm-8pm All community Welcome	6 Closed	<u>Welcome All Visitors</u> Child must be accompanied by a parent, aunt, uncle, grandparent or caregiver. Bring a friend
9 Closed Training Bridges of Poverty	10 Health Office	11 CPNP Day 9 Magical Months 1-3pm 	12 Drop In & Playtime 9am-noon 1pm-3pm	13 Closed	<u>Resources</u> Child Development, Nutrition, Prenatal & postnatal, breast feeding & FASD resources are available to the community.
16 Closed	17 	18 Closed	19 Closed	20 Closed	
23  ALCOHOL CAN HARM UNBORN BABIES	24  Drop In & Playtime 9am-noon 1pm-3pm	25 Drop In & Playtime 9am-noon 1pm-3pm	26 Home Visiting Day 	27 Closed	<u>Contact:</u> Beverly Belanger 601 Gobode St 705-692-1606 bbelanger@wfn.com





Physical Activity Program

GIISOOK

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

MARCH 2020

Come get active with friends and family!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 WEIGHT ROOM 6:00-8:00 POUND 6:00-8:00PM	5	6	7
8	9 HIIT CIRCUITS 5:00-6:00PM WEIGHT ROOM 5:00-6:00PM	10	11 WEIGHT ROOM 6:00-8:00 POUND 6:00-8:00PM	12	13 GYM SPORTS 5:00-8:00PM WEIGHT ROOM 5:00-8:00PM	14
15	16 WEIGHT ROOM 5:00-7:00PM	17	18 WEIGHT ROOM 5:00-7:00	19	20 GYM SPORTS 5:00-7:00PM WEIGHT ROOM 5:00-7:00PM	21
22	23	24	25 WEIGHT ROOM 6:00-8:00 POUND 6:00-8:00PM	26 WEIGHT ROOM 6:00-8:00PM	27 HIIT CIRCUITS 5:00-6:00PM WEIGHT ROOM 5:00-7:00PM	28
29	30 WEIGHT ROOM 5:00-7:00PM	31				



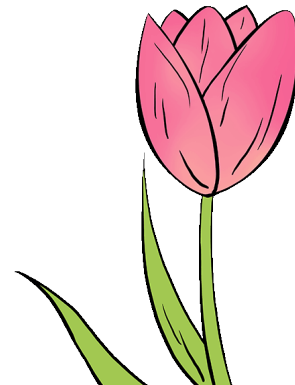


Adult Day Program

GIISOOK

Adult Day Program March 2020

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



<p>Tea Time: At Early Years Date: Tuesday March 3 Time: 1-3pm Where: Early Years Centre For ages 50+</p>		<p>Tea Time: Candle Making Date: Tuesday March 10 Time: 1-3pm Where: Health Board Room For ages 50+</p>	
<p>Visit at York Date: Friday March 13 Time: 10-2pm Where: Extendicare York Space is limited For ages 50+</p>		<p>Tea Time: Suncatchers Activity Date: Tuesday March 17 Time: 1-3pm Where: Health Board Room For ages 50+</p>	
<p>Walden Food Bank Date: Thursday March 19 Time: 1-3pm Where: Walden Space is limited</p>		<p>Tea Time: Board Games Date: Tuesday March 24 Time: 1-3pm Where: Health Board Room For ages 50+</p>	
<p>Dinner & Movie Night Date: Thursday March 26 Time: 4pm—9pm Where: Silver City Space is limited For ages 50+</p>		<p>Adventure in cooking Date: Friday March 27 Time: 11am-2pm Where: Workshop Room For ages 50+</p>	
<p>Tea Time: Colorectal Cancer Information Date: Tuesday March 31 Time: 1-3pm Where: Health Board Room For ages 50+</p>			



Service Schedule

GIISOOK

March 2020



SERVICE SCHEDULE

Atikameksheng Anishnawbek

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





March 2020



**Atikameksheng
Anishnawbek
Youth Centre**

Child & Youth Worker
(Ages 13-21yrs.)
Allyssa Soucy-Leroux
705-698-2169
Email: ASoucy2@wlfm.com

Child & Youth Worker
(Ages 7-12yrs.)
Stanley Maskell

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Ball Hockey Camp 11:00AM- 3:00PM	2	3	4	5	6	7
8	9 Francis Pine: Connecting to culture 4:30PM	10 Family Night 5:00PM	11	12	13 Craft Night 6:00-8:00PM	14
15	16 AOG Meeting 5:00PM	17	18 Join Diner's Club	19	20	21
22	23 Spring Solstice 5:00PM	24	25 Education Portfolio 5:00PM	26 Gardening: Planting the Seed 5:00PM	27 Youth Drop-In 3:30-5:00PM	28
29	30 AOG Meeting 5:00PM	31	2			

Movers & Shakers

WINTER GATHERING

February 8th was a very eventful day for youth all over the Northshore as they came together in Atikameksheng Anishnawbek for this year's Movers and Shakers winter Youth Gathering. We had youth come from Sagamok First Nation, Serpentine River First Nation, Mississauga First Nation. Thank you to the coordinators.

The day started off with a nice smudge, opening prayer and song from Atikameksheng's elder Art Petahtegoose. He shared memorable knowledge with the youth. Next there was a fun ice breaker game led by Allyssa Soucy to get the youth amped up for the day. The day was comprised of fun-filled activities like snowshoeing, sliding, craft making with Myths and Mirrors and guided ATV tours with Mukwa Adventures.

"It was really nice to hear the elder talk about our people and our culture during the opening" said one participant. "I really enjoyed the sliding and snowshoeing I just wish I brought my skates" said another youth. Some youth suggested for next year's Movers and Shakers include skiing or snowboarding or even a hockey tournament. During the day if at any point some youth felt uncomfortable there was always a sacred fire going on at the back of the Community Center.

"It was a really good turnout to see youth come from all over the Northshore to this gathering" said a chaperone. "It is really good to see youth connecting with other youth from other reserves" Movers and Shakers Gatherings are held twice a year. The goal of the gathering is to improve overall health, develop youth leadership skills and to educate youth about their history and ceremonies of the Anishnawbek. We'd like to thank everyone who attended this year's winter gathering.

-Nadine Nootchta



Community Notices

AMIGAT SHKOONGAMING



Save the Date

Family Night

Tuesday March 10th
Atikameksheng Complex

5pm



Activity to be posted soon.

FAMILY WELL BEING PROGRAM

Spring Solstice

MONDAY MARCH 23, 2020

5:00PM

ATIKAMEKSHENG COMMUNITY COMPLEX

PIPE CEREMONY

DRUM

POTLUCK FEAST

We encourage you to bring your feast bundles.

For more information please contact Teresa McGregor 705-419-2326 ext 203
or email tmcgregor@wlfm.com

Sweat Lodge

Wednesday March 25th - 6:00 pm
Atikameksheng - 701 Cedar Street

Sweat Lodge Teachings

Sunday March 22, 2020 @ 5:00pm
Community Workshop Room



To sign up please contact:
Teresa McGregor 705-419-2326 ext 203 or email
tmcgregor@wlfm.com

In Partnership with Family Well Being Program & Nodawindamin Cultural Services



Winter Carnival Royalty!



Community Notices

AMIGAT SHKOONGAMING

BEAUTIFUL BOY

STARRING STEVE CARELL AS DAVID SHEFF

WHEN: THE EVENING OF THURSDAY MARCH 12TH 2020

WHERE: ATIKAMEKSHENG COMMUNITY COMPLEX

TRADITIONAL OPENING AT 6:30PM BY ELDER AND OSHKAABEWIS

FILM SCREENING TO BEGIN AT 7PM FOLLOWED BY SHARING CIRCLE

INTENDED FOR ADULTS 18+

Open to All
Community
Members of
Atikameksheng
Who Are of Age.



"Teenager Nicolas Sheff seems to have it all with good grades and being an actor, artist, athlete and editor of the school newspaper. When Nic's addiction to meth threatens to destroy him, his father does whatever he can to save his son and family."

Rated R for Drug Content Throughout, Language and Brief Sexual Material.

Popcorn and Refreshments will be Provided.

Support Staff will be in Attendance.

Hosted by Education and Social Services.

Calling All Grandmas & Aunties To participate in the Tree Of Life Self Care

1375 Regent Street
Sudbury

10 participants
Per day

Only
70 seats



Transportation
if needed

Register
ASAP

PICK YOUR DATE:
Session Schedule

Friday Feb 21 from (9:30am - 3:00pm)

Saturday February 22 from (9:30-3:00)pm

Wednesday Feb 19(1 of 2) & Thursday Feb 20 (2 of 2) evening 5:30pm 8:30pm

Wednesday Feb 26(1 of 2) & Thursday Feb 27 (2 of 2) evening 5:30pm 8:30pm

Saturday March 14 from (9:30am - 3:00pm)

Saturday March 22 from (9:30-3:00pm)

Sunday March 23 from (9:30-3:00pm)

FULL

To sign up, please call Education & Social Services reception at (705) 692- 3651 Ext 251

CANADA REVENUE AGENCY INCOME TAX INFORMATION SESSION

MARCH 10TH, 2020 from 1:30 pm to 3:00 pm

**Atikameksheng Anishnawbek Band Office
Council Chambers**

This session looks at the 'WHY' of filing an income tax return. We'll look at benefits and credits that may be available, how to apply, and how to keep receiving them in the future.

Are you accessing all of the benefits and credits you're eligible for?

This session goes through the Canada Child Benefit, Disability Tax Credit (and Registered Disability Savings Plan), Child Disability Benefit, the Canada Workers Benefit (CWB), GST/HST credit, how to file a return, what you should do if you get a letter from CRA, and our online services. They will also answer any tax related questions you might have.

Economic Development Officer:

Fitzgerald Reid
Atikameksheng Anishnawbek
25 Reserve Road
Naughton, ON, P0M2M0

Telephone: (705) 692-3651 ext. 215
Email: freid@wifn.com
Web: atikamekshenganishnawbek.ca



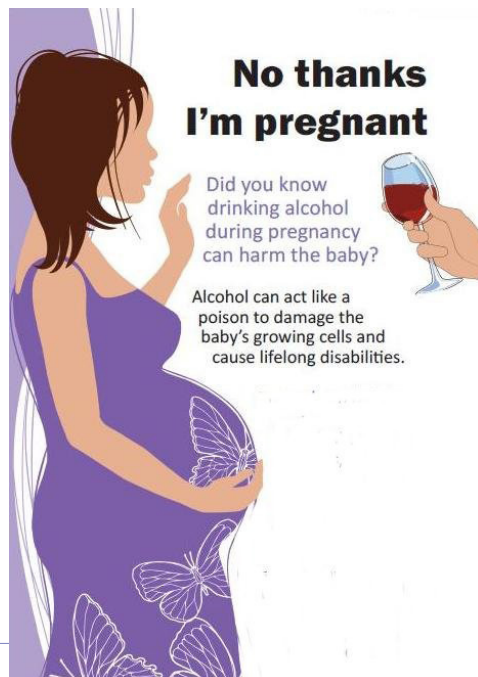
ATIKAMEKSHENG
ANISHNAWBEK

Canada Revenue Agency Agence du revenu du Canada

No thanks I'm pregnant

Did you know
drinking alcohol
during pregnancy
can harm the baby?

Alcohol can act like a
poison to damage the
baby's growing cells and
cause lifelong disabilities.





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



Pink Shirt Day

February 26th, Anti-Bullying Day

March 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	Walking Group 10-11am	2	3	4	5	6
8	Walking Group 10-11am	9	10	11	12	13
15	Walking Group 10-11am	16	17	18	19	20
22	Walking Group 10-11am	23	24	25	26	27
29	Walking Group 10-11am	30	31			

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 Needs
Contact

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

LANGUAGE NIGHTS

*anishinaabemowin
waa-kendamajig*

The Ones Who Want to Know the Language

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



BROUGHT TO YOU IN PARTNERSHIP BY AKINOOMOSHIN WIIGWAM AND THE ATIKAMEKSHENG EDUCATION PROGRAM



Community Notices

Job Opportunities at Atikameksheng

PLEASE CHECK THE WEBSITE FOR FULL JOB DESCRIPTIONS

- Education and Social Services
 - **Child and Youth Worker**
- Finance
 - **First Nation Services Receptionist**

Chief and Council Meeting MARCH 9 & 23.

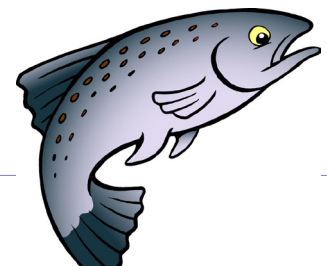
Contact Whitney Nootchtai:
WNootchtai@WLFN.com to complete a community members meeting request form if you would like to be added to the agenda.



Lake Trout Release

STOCKING OUR LAKES

Lake Trout (Namegos) have hatched and been released into a nearby lake. Thank you to the youth centre for giving them a happy home to grow!



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. 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!