



ATIKAMEKSHENG **JUNE 2020** ANISHNAWBEK

Monthly Newsletter

ODEWMIN GIIZIS

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Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

GIMAA VALERIE RICHER

Aanii Kina Wiya!

I want to congratulate you for keeping our community safe during this pandemic! As I write this, I am so thankful that there are NO COVID-19 cases in Atikameksheng and that the numbers are starting to decrease in our surrounding area. I pray that the numbers continue to decline.

I know how hard it is to stay home and socially distance and I want to sincerely thank you for all that you are doing to keep yourself safe and our community safe too.

We are taking slow steps now to re-open our community and our Band office. Our COVID-19 Response Team is taking every precaution we can to continue to keep people safe. We will not be returning to the way things were, but we are continuing to work and provide services to our community. For some this will mean working from home, while others will return to the office or stagger their hours but we are trying to ensure that our services continue and the work continues. We have so much that we want to accomplish as identified in our Community Comprehensive Plan! (Please see our website for the full plan. It is under the "About" section.)

We are also working with retailers to put in place plans to address the safety of our community, their customers and their staff. This is not easy an easy task and I worry about opening our community back up to large volumes of traffic. There is no easy answer for this. If you have any suggestions to share on how to do this, please let us know. Suggestions can be sent to William Ransom, A/Business Development Manager at wransom@wlfm.com. We have a trial run scheduled for June 15 – July 1 and we are ready to quickly adapt and change as needed.

On a lighter note, this is also a historic month for our community as we are finally stepping away from the Indian Act in holding our own election! This has been a long and outstanding issue for us and now it is time to celebrate our success. I am happy to report that I will be the last Chief elected under the Indian Act. This is a huge success for us and we should celebrate this! It may not be the perfect election code but it is our own law, made under our authority and we can always mold it to suit our needs moving forward. We no longer require the Minister's approval. This is a victory Atikameksheng! We can do things our own way and under our own terms!

I want to thank all of the candidates that are running. I know this is not easy to do and I thank you for caring enough about our community to put yourself out there. While not everyone will win a seat, I do hope it is a positive experience for all of you and I say chi-miigwech for trying to make our community a better place.

Miigwech and much love! Please stay safe,

Gimaa Valerie Richer





Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

UPDATES

MONICA HOMER, COUNCILLOR

Aanii Kina Waya!

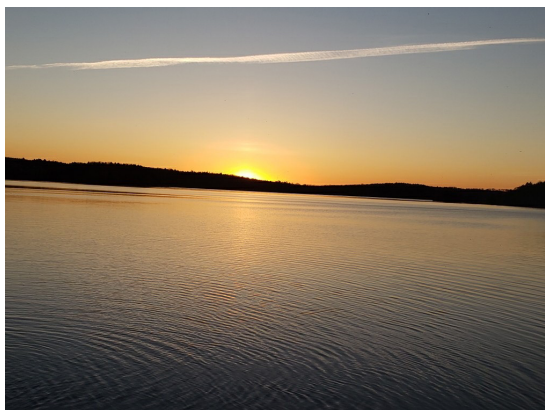
In my last update to the newsletter; I wrote “to cherish every moment and every memory”. These last few months have certainly been unforgettable. What will you remember ten years from now as we reflect and share stories from then? I find myself today with a profound sense of reflection and gratefulness.

These are unprecedented times and I for one am extremely grateful for the work our team and community have done to keep us safe. We will grow from this experience and we can take the challenges we are confronted with and learn from them. For their tireless efforts and sacrifices, I simply want to say Miigwetch to our team. I for one will remember your selflessness in the stories I share in the years to come with my grandchildren.

The work has continued despite these difficulties. We have had “zoom” meetings with the Lands department and the Housing Committee; weekly update meetings and Band Meetings. The Environmental Management Action Plan has been approved by Council. This will provide the foundation as we continue to develop our environmental laws and policies. Housing has been busy with planning for the new housing projects. We had zoom meetings with Habitat for Humanity. This informational meeting will require follow up and also presented us with potential work sharing partnerships. The Housing Committee met with Scott Flamand to present information on the recommended steps required to develop a Housing Authority. An analysis on identifying gaps and readiness will be undertaken and reported on.

With spring here and summer on the way, I am wishing you all to stay safe and healthy as we enjoy this beautiful weather! Miigwetch. Baamaapii

Councillor Monica Homer





Department Updates

EZHWEBAK

Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

Now that spring temperatures have arrived, the beauty of nature is going green and hearing the birds sing, make sure you take the time to sit outside and enjoy sights and sounds.

The Education and Social Services Department staff have been very busy this past month with various programs. With June knocking at our door, we will continue to see the Education and Social Services staff providing programs and services via Facebook, Zoom invites and through the weekly flyers.

Moving forward, the Education staff are working on details to ensure our Graduates receive the recognition they so deserve. The Education Support Workers have requested for pictures of graduating students along with a quote, these can be emailed to Jessie at jlee@wfn.com. Keep an eye out for more details to come.

An update on the Child & Youth Program Centre is anticipated to be completed around October 20, 2020. A groundbreaking ceremony will to be scheduled in the next month or two.

FEELING INSPIRED

My heart is filled with love from those around me
When I smile and I feel better
I chuckle at myself when I do something silly
My family and friends are a phone call away
Trying new hobbies builds up my skills
Reflecting on all the good things
Remembering that challenges we face and conquer
builds our resiliency
Stand Strong, Proud because we all have Goodness within

By Darlene Shawbonquit
May 25, 2020





Department Updates

EZHWEBAK

Planning & Infrastructure

NIIGAAN-NAABIING

Its approximately two months since the community closed and now world is moving to open again. However, let us not put our guards down and still follow Provincial and Atikameksheng health advisories and act on them. Planning & Infrastructure department is at present working in conjunction with Health and Wellness Department to plan our Office opening with hope that we need to keep going as we are almost there.

The Planning & Infrastructure Department updates to share with the community:

- The border control at the Atikameksheng Anishnawbek bridge now operates from 7:00AM – 11:00 PM considering measures to allow for visiting, the border functions mainly to screen residents and visitors (primarily for symptoms or travel outside of Northeastern Ontario) and to advise of store closures.
- Stores are being approved to open for a trial period from June 15 – July 1, 2020 with reduced operating hours, subject to adhering to Standard Operating Procedures and approval from Chief and Council. The package of forms and guidelines have been provided to each retailer.
- Panache Cottagers have been notified of the opening of cottage lots and a letter has been forwarded indicating that all safety measures concerning COVID-19 must be adhered to.
- A new dock was installed at the Ojibway Road Boat Launch in Panache on May 22nd. This project was made possible by the Atikameksheng Anishnawbek Trust.
- The Public Works Division has placed Bilingual ‘Children at Play’ Signs within the community, be on the lookout!
- The Environmental Management Action Plan was approved by Chief and Council in a special meeting held on May 21, 2020.
- The tender for the construction of the Multi-Complex Office Building at the Business Park was posted on Monday, April 27th and will be closing on Tuesday, June 9, 2020. The tender documents can be found on the Atikameksheng Anishnawbek Website.
- First Nation Engineering Services Ltd. (FNESL) was awarded the contract to provide project management services for the construction of six residential units within the community. Two project meetings have commenced since April 28, 2020.
- The department is currently working with Glencore to set-up a recruitment process for Atikameksheng Anishnawbek band members. Once this process is in place, an advertisement will be placed in the weekly community flyer.





Department Updates EZHWEBAK

Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIJIG

Aanii, Bozhoo;

Welcome to the June 2020 Newsletter, it has been another busy month for the Health & Community Wellness Department with the development of plans, policies, procedures, etc. to assist with ensuring precautionary measures are put in place in the community. COVID-19 has been a focal point for the Director of Health & Community Wellness role in the last 2.5 months; attending meetings, reviewing statistics for Sudbury and area, planning and implementing a variety of activities.

As we receive new COVID-19 information, we review and assess how to implement different procedures in the community, we also need to consider the long-term impacts of COVID-19 on the programs and services in the community. The new normal will look different for us all and to accept that we will have a new normal will be important in keeping us all safe.

Health programs and services have been provided virtually and we encourage you to join any sessions the health sessions.

The Elders Lodge/Nursing Home Application has been a long-standing item in Health and an important one. The application was not submitted in May as we need to obtain 2 more documents to ensure a successful proposal.

The opportunity to host a Regional Youth Cultural Camp was unsuccessful and the First Nations in this region chose an established Camp in the North Bay Area.

The Wellness Strategy is another plan that has been taking some time, the Health Team has met to review the activities in the last quarter and have identified activities that will help to continue the work in the community. Data collection and analysis, procedures and referral systems between all partner organizations (Atikameksheng Anishnawbek, Nogdawindamin, Niigaaniin and Maamwesying North Shore Community Health Services Ltd.) will be a focus for the Director of Health & Community Wellness.

The value of growing your own foods and how this can increase your vitality for life, please see the Community Health Nurse and Child and Youth Worker to see what gardening programs will be held this year. If you would like to volunteer at the Community Garden, please let Amanda Wabegijig-Jourdain, Health Promotions Manager know as she will be working with the Gardening Group with proposal development, seeking funds for gardeners and hosting a variety of gardening topics.





Historic vote underway for Atikameksheng Gima and Council

VOTING IN THE 2020 ATIKAMEKSHENG ANISHNAWBEK ELECTION IS NOW UNDERWAY.

This historic vote is being conducted like never before, under the First Nation's new custom election code and via online electronic voting. This new law, Gimaakeng Naaknigewin, governs the process and conduct of the Chief and Council election. The code was ratified in January 2020.

In order to raise awareness of the election and get out the vote, the community is working to inform their citizens through online communications, including a new election website: <https://atikamekshenganishnawbek.ca/elections/> and using its social media channels on Facebook and Twitter.

The theme of the online campaign is “Our Election. Our Way.” – a means of raising awareness of this historic election – the first under the new custom election code.

The path to developing the Gimaakeng Naaknigewin began years ago following approval of the Atikameksheng Chi-Naaknigewin in 2015. The First Nation's constitution was developed and approved to guide the community in how it would govern its own affairs and ultimately, how it would select their own leadership.

The 2020 election process began with a nomination meeting on April 23, 2020. Four (4) candidates are vying for the office of Gima (Chief), while seventeen (17) candidates have been nominated for the office of Councillor. Five (5) are to be elected to the office of Councillor.

For the first time in Atikameksheng history, the term for office has been increased from a two year term, the default under the Indian Act, to four years under the new election code.

The in-person poll will be held on June 27, 2020 from 10:00 a.m. until 8:00 p.m. at the Atikameksheng Anishnawbek Community Centre. Any person on the Atikameksheng Anishnawbek Band registry and is 18 years of age or older as of June 27, 2020 is eligible to vote. Voters can also cast their vote via mail-in ballot.

There is further history in the making for Atikameksheng. Under the Gimaakeng Naaknigewin, there are provisions for conducting the vote using online electronic voting. This is certainly timely given the public health concerns arising from the COVID-19 pandemic.

Electronic voting for Chief and Council election is open from today, June 1, 2020 at 8 a.m. until June 27, 2020 at 8 p.m. Atikameksheng citizens of voting age can access the OneFeather voting site at <https://onefeather.ca/nations/atikameksheng-anishnawbek>. Although this is the first electronic vote for Chief and Council in the history of the community, the community has used electronic voting in the past, most recently in ratifying the election code in January.

Other COVID-19 precautions will be in place, including physical distancing at the polling station, Surfaces including pencils, marking stations and even the ballot box will be disinfected after each use. Masks will be worn by all election officials.

Over the next 27 days, Atikameksheng will continue to update the community with timely information and instructions on how to vote. A special community newsletter edition is planned, as is an online forum to answer questions posed by Atikameksheng citizens.



What's Happening

ENKAAMIGAT

UPDATES

Education Support

JUNE ESW UPDATE

Tutoring sessions are still available based on the individual tutor- to inquire please contact Tim Saikkonen tsaikkonen@wlnf.com OR Jessie Gorman jlee@wlnf.com

Weekly check-ins are still happening as well if you have a concern with your child please do not hesitate to connect with one of the ESW's.



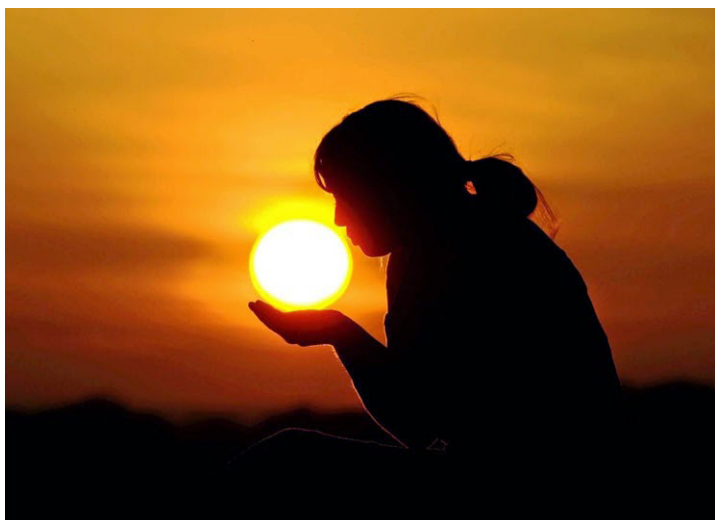
Family Well Being Program

JUNE ACTIVITIES

Zoom Beading Wednesdays
6:00pm

Contact Teresa McGregor for
Zoom meeting invite link.

tmcgregor@wlnf.com



Summer Solstice Celebration

JUNE 23RD

6:00pm

Zoom Gathering

Drum opening and Teachings

Participants joining will be entered in a draw to win a gift card. One ballot per zoom entrance.



What's Happening

ENKAAMIGAT

UPDATES

Act. Interact. Vote

OUR ELECTION, OUR WAY

A Call to Action for all Atikameksheng Anishnawbek:

Act! – Visit the Elections page to learn more about the 2020 Election and the election code. Sign up to the Members Portal.

Interact! – Like us on Facebook and Twitter. Share information, opinions and stories. Use hashtag #OurElectionOurWay.

Vote! – Most importantly, exercise your right and get out and vote. You can cast your online electronic vote right now. You can also send in your mail-in ballot or vote at the polling station on June 27, 2020. Conventional voting instructions can be found on the website.



PICK UP AVAILABLE FOR ALL
MEMBERS



MIIJIM SUPPORT

Contact Lori Nootchtai 705 920 7200 or email lonootchtai@wfn.com or see the flyer for more information.

We do not have the capacity to do deliveries.





Jordan's Principle

HELPING FIRST NATIONS CHILDREN

WHAT IS JORDAN'S PRINCIPLE?

Jordan's Principle is a child-first principle named in memory of Jordan River Anderson. Jordan was a First Nation's child from Norway House Cree Nation in Manitoba. Born with complex medical needs, Jordan spent more than two years unnecessarily in hospital while the Province of Manitoba and the federal government argued over who should pay for his home care. Jordan died in the hospital at the age of five years old, never having spent a day in his family home.



Jordan's Principle ensures that First Nations children can access all public services when they need them. Services need to be culturally based and take into full account the historical disadvantage that many First Nations children live with. The government of first contact pays for the service and resolves jurisdictional/payment disputes later.

WHY IS JORDAN'S PRINCIPLE IMPORTANT?

Payment disputes within and between federal and provincial or territorial governments over services for First Nations children are common. First Nations children are frequently left waiting for services they desperately need, or are denied services that are available to other children. This includes, but is not limited to, services in education, health, early childhood services, recreation, and culture and language. Jordan's Principle calls on the government of first contact to pay for the services without delay and seek reimbursement later so the child is not tragically caught in the middle of government red tape.

WHAT CAN WE DO FOR YOU?:

As your local Jordan's Principle Case Managers/Systems Navigators we are here to assist with your Jordan's Principle application.

If you have previously submitted an application and were denied, we can help with the appeal process.

Jordan's Principle covers all public services such as mental health, special education, dental, physical therapy, medical equipment, physiotherapy and more.

The following are the types of things that can be applied for – this is not an exhaustive list. If you think you have an application for Jordan's Principle, or have questions, please give us a call.



WHAT CAN WE DO FOR YOU?

HEALTH

- ☐ Mobile aids
- ☐ Wheelchair ramps
- ☐ Services from Elders
- ☐ Assessments and Screenings
- ☐ Medical supplies and equipment
- ☐ Mental health services

- o Social Worker
- o Land-based activities
- o Respite care (Individual or group)
- o Specialized programs based on cultural beliefs and practices

- ☐ School supplies
- ☐ Tutoring services
- ☐ Teaching assistants
- ☐ Psycho-educational assessments
- ☐ Assistive technology and electronics

To learn more
about Jordan's
Principle visit [www.
jordansprinciple.ca](http://www.jordansprinciple.ca)
or contact:

Rose Messina
Case Manager/
Systems Navigator
Jordan's Principle

705 849 6496

RMessina@wfn.
com

Perry Ashawasegai
Case Manager/
Systems Navigator
Jordan's Principle

705 521 5048

PAshawasegai@
WLFN.com

Come and spend an hour learning the Ojibwe language by one of our most fluent speakers in the community.

When: Thursdays from 5pm – 6pm, the 1st session being May 28th, 2020

HOW TO REGISTER: : [HTTPS://ZOOM.US/MEETING/REGISTER/TJERCUURQZ4PET3BWG8GOTSMD95BEI_4G XEV](https://zoom.us/join/zoom/register/tjercuurqz4pet3bwg8gotsmd95bei_4g_xev)

Open to all community Member. You only have to register once! Please bring ideas of what you would like to say in the Ojibwe language.

If you have any issues, please e-mail Mary at mfraser@wfn.com or the Oshkaabewis, Brandon at bpetahtegoose@wfn.com



What's Happening

ENKAAMIGAT

UPDATES

Elder in Residence and Oshkawbewis

Ahnii. I am Joan Elliott, The Elder in Residence and I work along with Oshkawbewis offering new cultural teachings and programs. We work to get families and the community involved should they need supports in cultural activities that reflect their needs and interests.

This program provides access to traditional, cultural-based services and will provide opportunities to participate in Traditional cultural teaching circles and ceremonies. The main focus is a traditional program that incorporates aspects of counselling, advocacy, cultural learning, teaching groups and activities.

I understand that we can face negative challenges that affects our mind, our emotions, our body and spirit. The team works with individuals on a broad range of issues, for example: abuse (physical/emotional/sexual/spiritual/etc), effects of the residential school system, heritage identity, substance use, adoption and foster care issues, self-esteem, and relationship issues.

We support the community families and caregivers to give strong sense of Cultural identity. Our Traditional Team uses traditional approaches to healing. Providing non-judgmental, compassionate support for those involved. Miigwetch

PRESENT PROGRAMS

COMMUNITY GROUP

Sharing circle through Zoom- Thursdays from 6pm – 7pm-
Register with Brandon Petahtegoose Oshkawbewis

TRADITIONAL TEACHINGS AND CULTURAL SUPPORT FOR STAFF

Tuesdays from 1pm – 2pm

ONE-ON-ONE SUPPORT

For On or Off-Reserve Community Members register with Brandon Petahtegoose Oshkawbewis

UPCOMING PROGRAM

1.SPRING TEACHING ON FAMILY Limited Is 6, June 6, 2020 ,
Time:11am-2pm At The Arbor

PLEASE REGISTER FOR THIS EVENT FOR CATERING PURPOSES,
to register contact Brandon Petahtegoose at bpetahegoose@wfn.com or Joan Elliott at jelliott@wfn.com

SOCIAL DISTANCING WILL BE PRACTICED
FULL MOON CEREMONY JUNE 6 TIME TBA





What's Happening

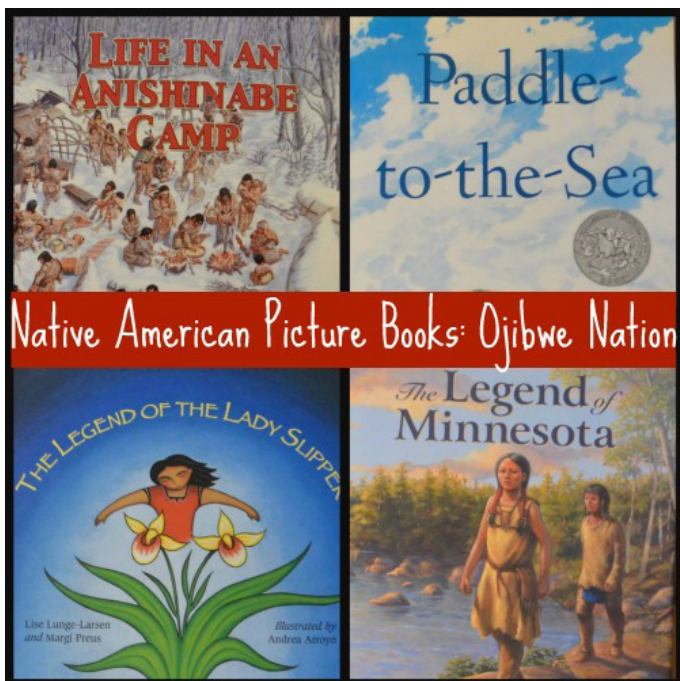
ENKAAMIGAT

Anishinaabe Storytime Online

WITH MARY FRASER

Come and spend an afternoon listening to stories being told in the Ojibwe language by one of our most fluent speakers in the community. When: Wednesdays from 1pm – 3pm, the 1st session being May 27th, 2020.

How to Register: <https://zoom.us/join/zoom/register/>



Upcoming Anishinaabe Storytime sessions will have invited special guests helping to share their stories.

Any issues contact Brandon Petahtegoose at bpetahtegoose@wfn.com or Mary Fraser.

SPRING TEACHING ON FAMILY

When: Saturday June 6th, 2020

Time: 11am-2pm

Where: The Arbor, Sacred Grounds

PLEASE REGISTER FOR THIS EVENT FOR CATERING PURPOSES

Limited to 6 participants. To register, please contact Brandon Petahtegoose (Oshkaabewis) at bpetahtegoose@wfn.com

We can come together, but let us continue to socially distance ourselves.

For More Information Contact:
Joan Elliott And Brandon Petahtegoose

JOIN US FOR Feel Good Thursdays ON INSTAGRAM LIVE

CONNECTING TO YOUR CREATIVITY - MAY 21ST

ASK AUNTIE - INDIGENOUS YOUTH Q & A - MAY 28TH

DRAG FOR COPING & CONFIDENCE - JUNE 4TH

INDIGENOUS STORYTELLING - JUNE 11TH

CREATING A YOUTUBE CHANNEL & FILM TIPS - JUNE 18TH

at 4pm PT • 5pm MT
6pm CT • 7pm ET • 8pm AT

WE MATTER



Healthy Babies Healthy Children

GIISOOK

INFO



Stroller Walks





“NEW”

Prenatal Care Basket

Register with Healthy Babies Healthy Children

Call: Beverly Belanger at 705-690-7503 or email
bbelanger@wfn.com



*A 9-month journey for your prenatal care.
Lovely items for you from bump to birth.*

LOVE ME





Healthy Babies Healthy Children

GIISOOK

INFO

HB/HC & Youth
FASD RED MOCCOSIN HOME KITS
Register Before June 19, 2020
Call: Beverly Belanger @ 705-690-7503
Allyssa @ 705-690-7513



I will need foot measurements when your call in your registration. Kits will be delivered June 30th. We hope to have our red moc walk on national awareness FASD day Sept 9th.

To educate and inform our community about FASD (Fetal Alcohol Spectrum Disorder)

JUNE

GARDENING!





Community Notices

AMIGAT SHKOONGAMING

INFO

YOUTH CENTRE

May started with jellybean contest, testing young adolescence brains to check if they are still practicing their volume theories! We had whopping 34 guesses!

Live at 5 on Friday we streamed a session of Would You Rather? We had 13 participants for craft night who now own beautiful Doylee Dreamcatchers.

The weekly garden updates are coming to the point that the plant will be ready to go to their new homes in the community soon.

We had three champions for our Physical Activity Challenge and ended with a paint and social Story. This month was a month to become inspired and embrace your creativity. Congrats to all, keep up the great work!



Let your

TALENTSHOW

Create a 30 second or more video displaying your special talent. Submit your work to Allyssa Soucy-Leroux @ 705-690-7513 or ASoucy2@wfn.com
Deadline for application is April 13th, 2020
Prizes for 1st, 2nd, and 3rd.



Leather Head Bands Craft Night

June 5th, 2020 Delivery Day

All Ages

Limited Spots are available. Sign Up is required.

Sign up Deadline is June 3rd, 2020!

If you are interested in this event please contact

Allyssa Soucy-Leroux,

@ 705-690-7513 or email: ASoucy2@WLFN.com



JUNE 2020—STRAWBERRY MOON

SUN	MON	TUE	WED	THU	FRI	SAT
The sixth moon of Creation is Strawberry Moon. The medicine of the strawberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self righteousness. The strawberry is the first berry to ripen it is thought to be a good medicine for the heart and the teeth.						
	1 Zoom Meeting 4:00PM	2 Question of the Week 3:00PM	3	4 Gardening Update 5:00PM	5 Craft Night Delivery Day: Head Bands	6
7	8 Zoom Meeting 4:00PM	9 Question of the Week 3:00PM	10	11 Garden Lottery 5:00PM	12	13 Let your Talent Show Deadline Today
14	15 Zoom Meeting 4:00PM	16 Question of the week 3:00PM	17	18 AOG's Inspirational Video Post	19	20 Elder & Youth Dance Challenge Deadline Today
21	22 Zoom Meeting 4:00PM	23 Question of the week 3:00PM	24	25 Live Video @ 5:00PM	26 Moccasin Making Kits Delivery Day	27
28 Atik Youth Culture Contest Deadline Today	29 Zoom Meeting 4:00PM	30 Question of the week 3:00PM				



**Participants
of the Physical
Activities
Challenge!**
**WELL DONE TO
ALL!**





ATIK YOUTH TIK TOK CHALLENGE

DEADLINE SUBMISSION:
June. 28th, 2020
by 5:00PM

WHAT, TIK TOK?

**Submit a 30 second Video of
yourself expressing your
Culture! Submit to
Allyssa Soucy-Leroux
@ 705-690-7513 or
ASoucy2@WLFN.com
Receive a Gift Card!**

ALL AGES

**All Submissions
will be shared
with the
Community !**

Show your Pride !

Inspire Others!

THE HEAT IS ON!

Well Atikameksheng Anishnawbek, we will be expecting hotter weather this Summer, as explained by www.almanac.com, "Summer will be hotter than normal, with the hottest periods in late June and early to mid- and mid- to late July. Precipitation will be above normal in the east and below in the west. September and October will be slightly warmer and drier than normal."



In order for our community to remain safe during this heat, there are a few things we need to remember.

- Keep cool and hydrated
- Minimize your time in the sun between 11:00 a.m. and 4:00 p.m
- Drink plenty of water
- find shade
- visit cool buildings
- slow down
- bathe in cool water
- wear light-coloured clothing

You're Invited to Boogie with Us!
All Ages Accepted Challenge.

When: Deadline for Submission is June 20, 2020!
You have 3 weeks!

How: Record a 30 second or more video of an Elder and Youth dancing to their favorite song, but there's a Catch All participants must be practicing proper Social Distancing!

Gift Cards will be given out participants!

RSVP TO: Allyssa Soucy, 705-690-7513

Or

email: ASoucy2@WLFN.com



Summer Pet Safety **KEEP OUR FURRY FRIENDS COOL**

Summer days can be fun for pets and humans alike. The sun is shining, the sky is clear, and the park has never looked more inviting. But just as children and even adults can be negatively affected by excessive heat, animals are susceptible to those same dangers.

Here are six tips to keep your beloved pet happy and healthy during this heat wave and throughout the summer season.



No parking, please - Never leave your pet in a parked car. It doesn't matter if you're getting milk or just picking up a prescription. As with babies, leaving an animal in the car is extremely dangerous and even fatal. Leaving a living creature in a metal box with lots of windows results in something called the greenhouse effect, which will make the inside of your car much hotter than it is outside.

Bath time - Summer days usually make the best beach days. While it's not always convenient or safe to bring your dog to the beach it's sometimes nice to cool down in other ways. You can let your doggie into the pool if he's a skilled swimmer and you make sure he's not drinking chlorinated water.

Get a trim - A good haircut usually solves life's problems, and it can definitely help your pet keep cool this summer. Give your dog's fur a nice cut, leaving it about an inch long. Make sure not to trim all the way down to his skin, as this will leave your pet without protection from the sun.

Exercise intelligently - While exercise is important for both pets and their caretakers, it's usually best when kept to the early hours of the morning and later in the night. This keeps your pets healthy as well as cool. Never force your pet to go for a walk in the heat, especially on asphalt where he can burn his paws, unprotected by sneakers or flip-flops, and always make sure to provide plenty of water before, during, and after a run.

Beat the heat, stay inside - It may be a tad inconvenient to drag a bigger, wilder dog inside for the afternoon, but animals are more sensitive to heat than people. Too much sun can be extremely dangerous. So if the day's turning out to be uncomfortably hot, do your pet a favor and bring him inside. He'll thank you for it.

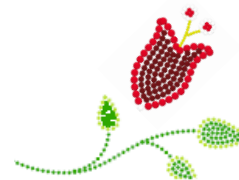
Maintain your cool - It's hard to stay cool with the sun beating down your brow or muzzle. Keep your pets cool by making sure they have a shady place to stay at all times throughout the day. A nice, well-ventilated dog house is a great start. Finally, and most importantly, is to keep your dog well-watered. Make sure that your beloved animal has access to fresh, clean, and cool water at all times. If it's extra hot, consider stocking your pet's water bowl with ice cubes. Your pet will thank you!



What's Happening ENKAAMIGAT



NIIGAANIIN



Anishnawbek Ehnkiijik

Our Anishnawbek Ehnkiijik staff are the initial point of contact for community members seeking access for the regional Niigaaniin Services.

Have you started a new job and need help with start up equipment? You may be eligible for up to \$500.00!

Anishnawbek Ehnkiijik specialty is pre-employment and employment services come brush up your resume with us!

Contact

Meghan Tarantini
meghan@niigaaniin.com



Aaniish Naa

Need someone to talk to during COVID-19?

Our Aaniish Naa team offers Mental Health, Addictions, as well as Greif and Trauma sessions with a certified counsellor that can assist you with daily challenges.

Call today for a 30 minute "What's Up" session to find out more. Aaniish Naa services community members 18 years of age and older residing within the Robinson Huron Treaty Area.

Contact

Jennifer Digby
jennifer@niigaaniin.com | 705-918-5282

Ontario Works

Services include; financial, emergency and employment assistance. Ontario Works provides financial assistance for basic needs and shelter when you are between jobs or transitioning to work.

Those not on Ontario Works or Ontario Disability may be eligible for emergency assistance for unexpected or unplanned incidents.

Contact

Victoria Petahtegoose
victoria@niigaaniin.com | 705-920-8860

Mino Bimaadizidaa

Mino Bimaadizidaa provides an understanding and awareness of how self-identity influences life choices. It encourages personal development through cultural awareness and alternative ways to live a healthy lifestyle as well as ways to cope and adapt to life stressors.

The Mino Bimaadizidaa curriculum helps you answering these four questions: Who am I? Where did I come from? Where am I going? How do I get there?

Contact

Michelle Seanor
mseanor@niigaaniin.com
705-923-3668

Veronica Nashkawa
vnashkawa@niigaaniin.com
705-862-0625





What's Happening ENKAAMIGAT

NOTICES



Minobimaadizi

Living Well with Diabetes during COVID-19

Aaniin? How are you today?

Many of you may be worried or challenged with how the COVID-19 pandemic has brought many changes to your daily routine and your families too. Especially, if you or someone you are caring for is living with diabetes this time may bring new uncertainties and questions, such as: ***how can I take care of myself or someone I care for who is living with diabetes during the pandemic?***

Here are some tips to help stay on track with diabetes while keeping safe at home.

BE KIND TO YOURSELF

...
It's important to be kind to ourselves in this period of change. Discover and explore new interests. Prioritize keeping safe at home.

BALANCE YOUR NUTRITION

Snacking more than usual? That's OK. Try snacking on yummy treats that have a source of fibre, like popcorn.



MEDICATIONS & SUPPLIES

Continue to take your medications/insulin, as prescribed.

Not feeling well or don't have enough supplies?

****Connect with your Diabetes Team.**

KEEP HYDRATED

BE ACTIVE

Build some time for physical activity at home. Try a virtual family dance party!



KEEP A REGULAR SCHEDULE

Know your blood sugar levels

Why? It is important to check your blood sugar level because it will:

- ✓ tell you if you have a high or low blood sugar at a given time
- ✓ show you how your lifestyle and medication affect your blood sugars
- ✓ help YOU and your diabetes health-care team work together to improve your blood sugar levels

Have you checked today?



Recommended blood sugar targets *for most people with diabetes:

"Fasting blood sugar"/ blood sugar target before meals	Blood sugar target TWO hours after eating
4.0—7.0 mmol/L	5.0—10.0 mmol/L

*Your targets may not be the same as those in this chart, use the targets given to you by your Diabetes Team.

Have Questions?

****Connect with your Diabetes Team**

Joby Quiambao, RD

Registered Dietitian-East

705-849-8459

joby.quiambao@nmninoeyaa.ca

Jessica Hubbard, RPN, CDE

Diabetes Nurse Educator-East

705-849-3524

jessica.hubbard@nmninoeyaa.ca



Community Notices

AMIGAT SHKOONGAMING

INFO



#IndigenousYouthRise: COVID-19 Support Fund will provide up to \$500 for online event. Apply at: wemattercampaign.org/supportfund Deadline: June 15th, 2020 We Matter can support your application if needed! Reach out with any questions and submit your application to grants@wemattercampaign.org.

Live Story Time

Join Sarah Blackwell, Youth Coordinator on the Anishinabek Nation Youth Facebook page for a live story time and discussion!

Mondays at 11am

Tuesdays at 11am

Wednesdays at 11am

Thursdays at 11am

Fridays at 11am



Brought to you by Anishinabek Nation Weshkiniijig (Youth) Program
www.anishinabek.ca | Facebook @AnishinabekNationYouth



Kitchen Fun

**Healthy Recipes &
Food Tips for Families**

Join Sarah Blackwell, Youth Coordinator, certified Raw Food Educator, Health Coach and Yoga Instructor on the Anishinabek Nation Youth Facebook page. We can't wait for you to join us in the kitchen!

Thursdays at 10am

Fridays at 10am

Brought to you by Anishinabek Nation Weshkiniijig (Youth) Program
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Community Notices

AMIGAT SHKOONGAMING

FUN STUFF

Parade! THANK YOU STAFF AND TO THE COMMUNITY THAT CAME OUT TO WATCH!



OUR ELECTION OUR WAY

GET OUT AND VOTE THIS JUNE!