



ATIKAMEKSHENG
ANISHNAWBEK

AUG 2020

Monthly Newsletter

DATGAAGMIN GIIZIS

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Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

GIMAA CRAIG NOOTCHTAI

Aanii, Boozhoo!

First of all I wish to say Chi-Miigwetch to everyone for all the encouragement and support you have shown me since taking office July 1! I am very grateful and honoured to serve our Nation over the next four years as your Gimaa. I am also very excited to work with our Councillors Jennifer Petahtegoose, Lesley MacNeil, Vance Nootchtai, Harvey Petahtegoose, and Art Petahtegoose; there is a tremendous amount of experience, strength, wisdom, and passion on Council! Completing our political team is Whitney Nootchtai, the Executive Assistant to the Political Office. To our previous Gimaa and Council we say thank you for all the hard work and dedication you provided over the last two years; we will do our best to keep the momentum going.

During the first month we have participated in several onboarding and orientation activities in order to prepare us for our governance roles. Some of these exercises included signing documents including:

- Oath of Office
- Oath of Confidentiality
- Conflict of Interest
- Declaration of Conflict of Interest

These documents are important because they hold us accountable for our actions and decisions that we will make over the course of our four year term. We also have met with the Health & Community Wellness, Education & Social Services, Housing & Infrastructure, Lands & Economic Development, Finance & Administration, and Governance & Special Projects teams to discuss their progress, budgets, and projects they are currently managing. These sessions are very important as they will prepare Councillors for their roles in each of the Committees they will be assigned to next month. During these sessions we realized how hard our staff work to serve our community; their dedication and professionalism is evident by the advancement of some key projects in our community including the Early Years Centre (daycare), the outdoor rink upgrades, the Construction of six new homes, the new Office Complex in the Business Park, and the Bypass Road project. Keep up the great work!

Aside from the onboarding and orientation sessions we have been very active in advancing our Timber Claim and Boundary Claim to the next stages. Gimaa and Council have received an overview of both claims including a background, current status, and the next steps required to advance both claims. Look for updates in our flyer, on our website, and on social media in the near future regarding important consultation we will be conducting with our Members!



Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

Moving ahead we will complete our orientation and onboarding activities and will begin work on our own workplans for the next four years, including portfolio assignments. Much of this work will focus on our Chi-Naaknigewin; engaging our membership to prepare the laws and policies that will govern our Nation. Some laws that are close to ratification include the Cannabis Law and the Land Use Law; Gimaa and Council will address these once we complete our onboarding and orientation activities.

Now that we have loosened up some of the restrictions regarding indoor and outdoor gatherings we can select the date and location of our official swearing in ceremony. Once the date and location have been picked we will notify our Members via our website, flyers, and social media sites. Also, we can now organize community engagement sessions to have important discussions with our members on important issues such as the Bypass road project, our legal claims, our communications strategy, and our Chi-Naaknigewin.

On behalf of Council I wish to thank Montana Geauvreau for taking the initiative to organize the social distancing powwow on such short notice, to the Black Bull Moose singers for singing some songs for us, to Councillor Art Petahtegoose for providing teachings during the event, and to Andrea Wabegijig for providing the Indian Taco fix. Those that attended said that this was their first powwow of 2020 and were very grateful to us for inviting them to the event.

Finally, I look forward to serving our Nation over the next four years, and to meeting with our Members to discuss the issues that affect our Nation. By working together and by supporting each other we can achieve great things. It is up to us, as a Nation, to determine if and how we will prosper; so I encourage everyone to participate in the community engagement sessions that will be ongoing throughout the four year term, to provide your contact information to us so that we can regularly communicate with you on important matters, and to volunteer your time and be active in our committees. Together we will build our community into a sovereign Nation that our Ancestors will be proud of. Miigwetch.

Baa Maa Pii

#AtikamekshengProud



Gimaa Craig Nootchtai with MP Marc Serre



UPDATES

Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

COUNCILLOR LESLEY MACNEIL

Aanii,

Another election and come and gone and I'd like to take this time to acknowledge our last elected Gimaa and Council; former Giima Valerie Richer, Councillors Carla Petahtegoose, Monica Homer and Rubina Nebenionquit. The last 2 years with this group of beautiful Anishnawbe-kwe has been very rewarding, informative and with a lot of hard work and dedication towards our community. Your gifts, perseverance and dedication have and will continue to shape our future.

As we continue our journey together and move into the next stage of these unprecedented times of our pandemic, we continue to work for the better for you, our community and membership. Through the measures put in place, we have successfully kept our community safe. Please be reminded that this isn't over yet, so please follow the recommended guidelines. Our administration staff have been very engaged and continue to advise the elected leadership on measures that we should continue to follow.

Lastly, as a reminder to everyone, please encourage your family and fellow band members to sign up for our members portal and let us know if they want to receive regular communications from our office. This will ensure that they receive emails, and regular mail from us on upcoming important events, voting and items that affect our membership.

Miigwetch and baa-maa-pii!

Councillor Lesley MacNeil



miin giizis (blueberry moon/July)



Above: Hailey Wheeler picking blueberries. Photo submitted by Jennifer Petahtegoose

Right; Blueberry haul. Photo submitted by Whitney Nootchtai



Department Updates

EZHWEBAK

Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

Education and Social Services Department

The Education and Social Services Department would like to give High Fives to:

Education Support Workers for a great coordination in having our 2020 Graduates recognized. It is great to see all the academic achievements of our students.

Family Support Workers and Band Representative for being out on the Front Line and providing support and assistance to our families.

Jordan's Principle staff for ensuring our students 18 years and younger have the necessary equipment necessary for academic success.

Child & Youth Program Centre welcomes Tammy Naponse as our Child & Youth Program Centre Manager.

Mijim Support Coordinator for the dedication to ensuring that the Mijim Support Program operated smoothly.



MIIJIM SUPPORT PROGRAM UPDATE



Since we've started this program on April 1, 2020, the program has provided over 400 food box requests. The intent of this program is to ensure that our families and member has access to food safely while reducing risk of contact of the COVID-19.

Even though we have closed the doors, Atikameksheng is looking at the overall needs for operating our own Mijim Support here in the community. This will a short-term goal and we will have an update come fall as to the work completed in identifying operational and financial requirements.



Department Updates EZHWEBAK

Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIJIG

Aanii, Bozhoo;

Welcome to the August 2020 Newsletter. The Health & Community Wellness Department continue to monitor the COVID-19 pandemic and how we can prevent the spread of the virus. Meetings with within the organization continue twice per week and with Public Health, Indigenous Services Canada and the Ontario Health North.



Gimaa and Council have extended the order to the August 29, 2020 and we will begin to see the impacts from Stage 3 Reopening Ontario and will be able to adjust our plans if needed. The Reopening of the Community Plan was approved at the last July 20th Band Meeting along with the Orders. The Plan is located on the website if you would like to read it.

Health programs and services and meetings will continue to be provided virtually. Your patience and understanding are appreciated.

An application to the Ministry of Health for an Elders Lodge/Nursing Home Application will be completed as the Ministry has announced they are accepting applications. Both the Director of Health & Community Wellness and Home Care Manager will be busy completing this application.

In closing, I hope you are enjoying your summer and are able to get on the land to spend time with family and friends. Please remember to stay in your social group or bubble, wash your hands (water and soap is the best for you), cough/sneeze into your elbow or in a Kleenex and wear a mask if your unable to maintain 6ft physical distancing.

Baa maa pii.

Wearing a mask shows...



Kindness





Department Updates

EZHWEBAK

Planning & Infrastructure

NIIGAAN-NAABIING

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

- The Community Centre, Chalet, and Reserve Camp are now available to rent. Renters must follow the COVID-19 protocols that have been put in place for each building.
- Our department hired five (5) summer students this year: 2 Public Works Workers, 2 Lands Technicians, and 1 Community Consultation Lead Intern. We are excited to train and work with our students this summer!
- The tender for the exterior renovation at the Chalet closed on July 15th and a selection was made on Friday, July 17th. The renovations are expected to begin on August 31st.
- The tenders for the upgradation of the Outdoor Rink was posted on July 10th. So far, we have 14 interested construction companies.
- Public works dept. has a siding and LED project for Administration Building started July 13th. We will be replacing worn fiberboard and upgrading to steel.
- S. Brunett and Associates have been awarded the contract to update Atikameksheng Anishnawbek's Capital Planning Study and the first kick-off meeting took place on July 16, 2020. The Capital Planning Study is expected to be completed in April 2021.
- Chief and Council approved and signed Band Council Resolution # 2020-2021-004 to concur and commit to the Waste Management Strategy Plan that was prepared by Atikameksheng Anishnawbek and First Nation Engineering Services Limited (FNESL).
- The Canada Ontario Resource Development Agreement (CORDA) application for funding was approved for our Fishing and Invasive Species Skills Training program. This is a 2-week program which will provide hands-on training. Plans are underway for the implementation of this project.





Lands Department

LETS HELP OUR REPTILE FRIENDS

During the month of July, we've had two summer students join the Lands Division, and this will provide hands on learning with some of the Species at Risk (SAR). It is crucial that our students learn how to identify each characteristics of different species which can be found in our area. The different types of species can range anywhere from birds, mammals, reptiles and amphibians alike.

So far, summer students have been able to be out on the land which has allowed them to conduct surveys with locations of concern. They have also placed Turtle Protective Nest cages, in hopes of protecting turtles' along with their nests and eggs. The Snapping Turtle can also be found as a 'Special Concern' under the Species at Risk (SAR).

We have been approved with and provide with funding for a Fishing and Invasive Species Skills Training opportunity. This is being funded by the Canada Ontario Resource Development Agreement (CORDA). This training opportunity is being planned to take place during the month of August.

This is a high peak busy time for Lands, and as always, we are involved with Camp lot assessments, Species at Risk reporting, Bat project monitors, Turtle Protective Nest cages, along with Species Identification.

Another species to mention is the 'Canadian Cicada'. Inhabitant of northern areas such as limestone soils, and white cedars. The population levels fluctuate from year to year and they could exceed large numbers.



To listen the cicada and distinctive sound they sing here is a link, <http://songsofinsects.com/cicadas/canadian-cicada>.

Here is a link for a species list of endangered, threatened, special concern or extirpated. <https://www.ontario.ca/page/species-risk>

As for other projects within the Lands Department, we did not receive funds in order to continue with the Moose Project 2020-2021. This project was funded through the Climate Change and Health Adaptations Program (CCHAP), and unfortunately funding was not provided for this year. However, we are very optimistic with the submission of next year's application. For now, we will continue working on our Camera Trap Study, which will allow us with Moose population information.



Lands Department

SUMMER 2020

FEATURE SPECIES OF THE MONTH BATS!

For the Bat Project of 2020-2021, within Atikameksheng we have found 3 species that have been mentioned on the Species at Risk (SAR) list.

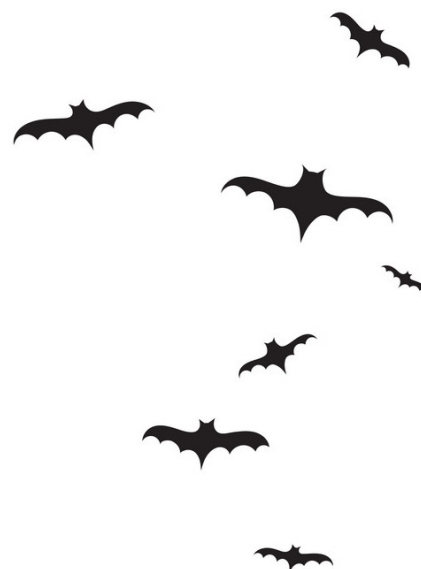


One is endangered, while the other 2 are at risk. Currently, we have deployed our bat monitors in the community which will allow us to capture the echolocation, 'sound waves from bats during flight'.

Bats are nocturnal creatures and could live up to 10 years. The wingspan of Little brown bat and the Big brown bat, ranges from 20-35 cm (8-14 inches) and can easily capture 600 mosquitoes each hour. They will also use echolocation as sound waves and echoes to determine objects in the environment. Bats will normally navigate and find food in the dark of night. During the summer and autumn months, bats will build up 'stores of energy', known as brown fat. This will help them for hibernation. A 'hibernaculum' is a bat's winter home. Temperatures for these types of homes which are inside their dens, can range from 0-15 Celsius. Some of these homes have been located on some of Atikameksheng old gravel pits.



Hibernaculum -A Bat's Winter Home





Robinson Huron Treaty UPDATE

UPDATES

“The Ontario Superior Court in Stage 1 has given equal weight to the Anishinaabe perspective in interpreting the 1850 Robinson Huron Treaty, particularly the augmentation clause and also gave force to the principles of respect, responsibility, reciprocity and renewal which ought to enlighten our Treaty relationship going forward. I simply want to emphasize our willingness to vigorously pursue all phases of the litigation but the preference is to negotiate true reconciliation with the Crown.”

Ogimaa Duke Peltier



Ontario is doing everything it can to resist the Stage One Decision of Justice Hennessy. Undoubtedly, it's because Ontario has made a lot of money from the resources in the RHT Territory and it doesn't want to have to share any of that money. Nor does it want to pay any past compensation for what it has failed to pay in the past. Since the last time the annuity was increased to \$4.00 in 1875, Ontario has never disclosed how much money it has made from the RHT Territory.

Ontario has done two things to contest the Stage 1 Decision:

1) Ontario Motion for Fresh Evidence and to Re-open the Stage 1:

Ontario launched a motion to try and reopen the Stage One trial even though Stage One was over. Its lawyers were arguing that they have uncovered new evidence that might have changed the outcome of the Decision. They lost this motion and are not appealing.

2) Ontario Appeals Stage 1 Decision

Ontario is appealing the Stage One Decision, saying that Justice Hennessy erred in her interpretation of the treaty augmentation clause. Canada has not appealed the Stage One Decision. The dates for the appeal are now finalized: January 11-14 and 18-21, 2021 in Toronto or virtually if the pandemic is still here. We will update the communities well in advance of the dates to organize community activities.



Back Row from L to R: Ashley Nootchta, Leroy Bennett, Art Pehtagoose, Joyce Tabobonbdung, Dora Tabobondung, Martha Charbonneau, Maryjoyce Clayden Tobobondung, Roger Daybutch and Peter Recollet

Front Row from L to R: Cheryl Recollet, Gail Shawbonquit, Sharon Wabegijig, Lila Tabobondung



Robinson Huron Treaty UPDATE

UPDATES

STAGE 2: OVERVIEW

In Stage Two, the Court was asked to answer the following questions:

- Who is liable to pay the full amount of any compensation owed to the Anishinaabek Plaintiffs?
- Are any of the Anishinaabek Plaintiffs' claims against Ontario barred by the application of a statutory limitation or Crown immunity?

The hearing took place in Sudbury between October 15-25.

Result: We Won Stage 2!

On June 26, 2020, 18 months after releasing the Stage 1 decision, Madam Justice Hennessy released her Stage 2 decision.

As in the Stage 1 decision, Justice Hennessy again encouraged settlement. "Everyone would agree that resolution in this case is a laudable goal and one that must be encouraged at every stage of the litigation," said Justice Hennessy.

Upon hearing about the decision, Chief Duke Peltier said, "Resolution and reconciliation have been our objective from day one when we initiated the lawsuit almost 6 years ago."

Chief Dean Sayers added "We are resilient. We remember the promises the Crown made to us. The Treaty is in force in perpetuity."

In Stage 2, Ontario sought to limit how far back it could be liable for Crown breaches of the Treaty and fiduciary duty. It advanced technical arguments of Crown immunity and statutory lim-

itations based on mischaracterizing the nature of the Treaty, and the relationship that it set out as a contract. In her decision, Justice Hennessy flatly rejected these arguments:

"In Stage One, this court found that the Treaty promises created fiduciary obligations within the context of a sui generis fiduciary relationship. ... The breach of the promises in the Robinson Huron and Robinson Superior Treaties cannot be considered in the broad and simple concept of a "wrong." The claims allege breaches of express promises on which the signatory First Nations relied when they entered the Treaties....

"The Treaties represent unique agreements by the Crown and the First Nations of the Lake Huron Territory and the Lake Superior Territory whose long-term goal was peaceful and respectful co-existence in a shared territory. Treaties are part of the constitutional fabric of this country. Simple contracts they are not. The Robinson Treaties did not start out as contracts nor did they somehow transform into contracts for the purpose of a statutory limitations defense."

Moving on, Stage 3 will deal with the issue of compensation going all the way back to 1850. Work is well underway by the RHT Legal Team in preparation for this next important stage.

Meanwhile, Ontario's appeal of Stage 1 is set to be heard in the Ontario Court of Appeal in January 2021. Canada did not appeal and will appear as a respondent.

The Lake Huron Leadership is again requesting the Government of Ontario to abandon their appeal and for Prime Minister Trudeau and Premier Ford to do the honourable thing and to not use the COVID-19 pandemic as an excuse to delay good faith negotiations.



Robinson Huron Treaty UPDATE

UPDATES

Stage 3: Confirmed and the Dates are set for April 2021 and June 2021

Stage 3 is in the process of being organized and legal teams are preparing for the hearing in April 2021 and June 2021 in Sudbury with a week in a nearby Lake Huron First Nation community. More information will be provided in the coming months.

In Stage 2 Justice Hennessy confirmed that our arguments related to which Crown should pay must be addressed in Stage 3. She did not find against our arguments, just that they are better addressed in Stage 3.

Now that the Stage 2 decision confirmed the Crown is liable back to 1850, we are better prepared for the issues to be addressed in Stage 3 regarding the compensation owed to the First Nations.

This will be the final Stage, subject to potential appeals for Stage 2 and 3. However, the First Nations will be pushing for the settlement of this case at every stage.

We encourage our citizens to attend this Stage of the case and the Appeal.

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE AND FOLLOW OUR SOCIAL MEDIA ACCOUNTS:

WEBSITE: WWW.RHT1850.CA

FACEBOOK: [ROBINSON HURON TREATY – ANNUITY CASE](#)

TWITTER: [@1850RHTREATY](#)



RobinsonHuronTreaty
[@RHT1850](#)

Dolores Naponse (Atikameksheng Anishnawbek)

"I realize after being in the ceremony in the teepee that I am part of history like my ancestors. I am here today to be part of this like my ancestor Shabogeshig was at the signing. I would like to see a positive outcome soon because Anishinabek people have struggled for a long time. I am glad that our Anishinabe culture is a part of the court proceedings. Our first nations are all connected."

Ashley Nootchtai (Atikameksheng Anishnawbek)

"Aanii, my name is Ashley Nootchtai, I am a single mother of two daughters aged 11 and 13, a graduate from a Paralegal Program, and a member of Atikameksheng Anishnawbek."

"The one thing that struck a chord for me was when I first saw the Judge go for a break and she had carefully carried the sacred eagle feather in a beautiful casing with her. This respectful act alone restored my trust, confidence, and hope for justice. Later on that day I was informed that The Honourable Justice Hennessy also erected one of the poles for the teepee and sacred fire. These acts moved me in a way I had not anticipated and for that I am grateful and say Miigwetch."



What's Happening

ENKAAMIGAT

UPDATES

Education Support

ESW UPDATE

Tutoring sessions are still available during the Summer, if interested in continuing on-line sessions please email Jessie or Tim for arrangements.

jlee@wfn.com OR tsaikkonen@wfn.com

A new school year is right around the corner, please sign up for the "School Readiness" Program by Friday Aug 7th to receive your child's school preparation kit. We will be requiring:

Name, Age, Grade and School- stay tuned for more information.



CONGRATULATIONS CLASS OF 2020!

On Wednesday July 22nd, the Education Support team held a social distancing Graduation Ceremony for all elementary and Secondary students. It was an amazing turnout with 19 of our students in attendance with their closest family.

Heartfelt and inspirational words were shared by Joan Elliot- Elder in Residence, Gimaa Craig Nootchtai, Darlene Shawbonquit- Director of Education & Social Services and Kimberly Nootchtai- Education Coordinator/ MC of this wonderful event. Gowns, caps and shawls were provided by Jennifer Nootchtai- Trust Chairman with opening and closing drum music of Black Bull Moose.

Our students were truly celebrated and supported this evening!

We wish all our continuing students nothing but the best of luck in all their future endeavors, GIMAAMIKWENMIGOOM!





What's Happening

ENKAAMIGAT

UPDATES

Summer Student Program

Aanii, My name is Ethan Soucy, I'm a 17-year-old summer student working Atikameksheng. In September I will be attending my last year of high school at St. Benedict Catholic Secondary School. I hope to move forward to post-secondary education. My overall plan for my education is to achieve a master's degree in biochemistry as a premed, and then move forward into medical school to pursue a career in medicine with my interest set on cardiothoracic surgery, or some other type of surgery.

My official role here at Atikameksheng is Finance Intern with my office being placed at front reception of the band office. I have been doing a wide range of tasks which include guiding people in the correct direction, either that be VIA phone call or in person, to processing cheques and purchase orders. In total, I give a helping hand in any task that is needed to make

thing easier for everyone, especially since a lot of staff are working out of office and need help with small but crucial duties.

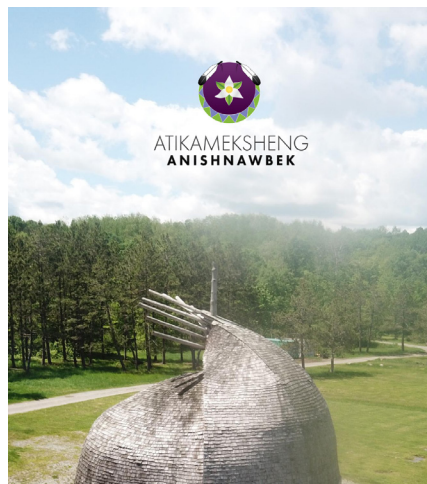
I really enjoy coming into work every day and being able to greet people as get into work on the dreaded Monday mornings setting the tone of the week right. I think everyone deserves happiness and joyfulness in their everyday life. I look forward to continuing working with everyone and being able to give my assistance to anything that's put in front of me.



Chi-Miigwetch, Ethan Soucy

Wallpaper for Download

DESKTOP AND PHONE BACKGROUNDS AVAILABLE. FIND THEM ON THE COMMUNITY DOCUMENTS SECTION OF THE WEBSITE.





What's Happening

ENKAAMIGAT

EMPLOYEE SPOTLIGHT

TAMMY NAPONSE

My name is Tammy Naponse and I am very excited to be a part of the Education & Social Services team as the new Child & Youth Programs Centre Manager. I am a mother of three amazing children who love to spend time in the bush with me hiking and paddling. I am the daughter of Kathleen and Gordon Naponse and was raised here on the reserve. As a young person I spent a lot of time with family on Round Lake and Lake Penage. I have a strong passion for paddling, traditional harvesting of food and medicines. I was also raised in a logging family which has given me a strong connection to the land and protecting our treaty rights. I am looking forward to working with our

young children, youth and our families. I have been working very hard on my education as the educational system was very challenging for me. I am very proud to say I have invested in my family by achieving my Native Early Childhood Education (1999), Developmental Service Worker (2017) and most recently achieved my Honors Degree in Indigenous Social Work (2019). I am proud Anishnabwe Kwe learning every day about who I am and my Journey.

If you would like to chat about the upcoming programs, services or provide feedback to programming ideas please send me a message and we can chat. tnaponse@wlfm.com.

Stay Safe and I look forward to working with our families.

Healthy Babies Healthy Children

GIISOOK

HB/HC 0-6 YRS. PROGRAM

Note: the EYC is closed for the construction of the new daycare.

Beverly Belanger will be working from home, to contact

Call at 705-690-7503 or email BNootchtai@WLFN.com





Healthy Babies Healthy Children

GIISOOK



EXPECTING A BABY?

We invite you to Register with the Healthy Babies Healthy Children Worker to receive the beautiful gifts and blessings of the following:

- Prenatal Care Basket & Baby Welcome Basket
- Monthly Prenatal Grocery Gift Card (CPNP voucher)
- Home Visiting Program
- Baby Food Making Workshop
- Cultural Teachings and Workshops
- Prenatal Supports
- Resource Materials
- And Much More....

"A mother's joy begins when new life is stirring inside... when a tiny heartbeat is heard for the very first time, and a playful kick reminds her that she is never alone." –
Author Unknown



Reach out to Beverly Belanger today by calling 705-690-7503 or by email bbelanger@wlfm.com





Community Notices

AMIGAT SHKOONGAMING

INFO

CALL OUT RESTORATIVE JUSTICE PROGRAM

Foundations of Restorative Justice



Respect



Accountability



Healing



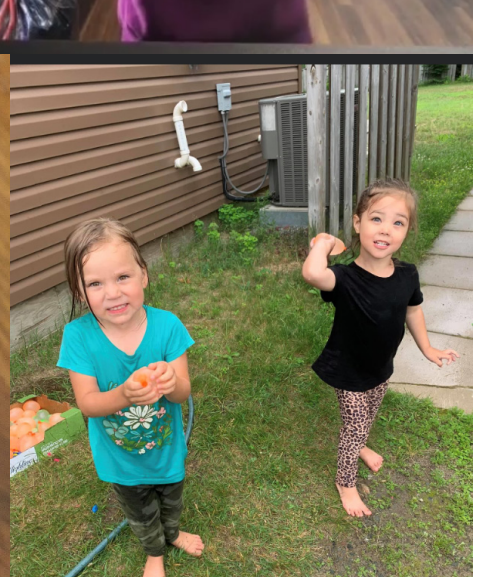
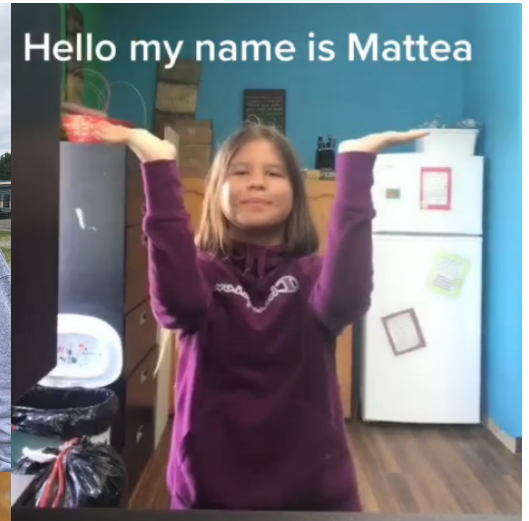
Empathy

In January 2020, the Atikameksheng Anishnawbek started developing a Restorative Justice program(RJ). Part of this development includes recruiting Knowledge Keepers and Elders who have an interest in Justice to participate in the RJ project development and implementation.

If you know someone or you have an interest in Justice development please contact: John Vallely at 705 692 3651(Ext 233) or jvallely@wlfm.com.

Family Fun!

FUN IN THE SUN WITH THE YOUTH CENTRE PROGRAM





What's Happening GIISOOK

INFO

Welcoming Atikamesheng to the
Discover The Stages of Change Program!
Youth Ages 12 and up.

WHEN: TUESDAY'S AND THURSDAY'S, 5:00PM -7:00 P/
DATES: AUGUST 11TH -SEPTEMBER 17TH, 2020

**SNACKS AND BEVERAGES
PROVIDED**

WORKBOOKS PROVIDED

Special Guest speakers to
attend Week 3 and Week 5
sessions

Certificate Ceremony and
Pizza Party with Draw Prize
on the last day !

Stages of Change is a fun-
educational growth and goal
development program for
youth to explore new skills
and focus on making positive changes in their lives!

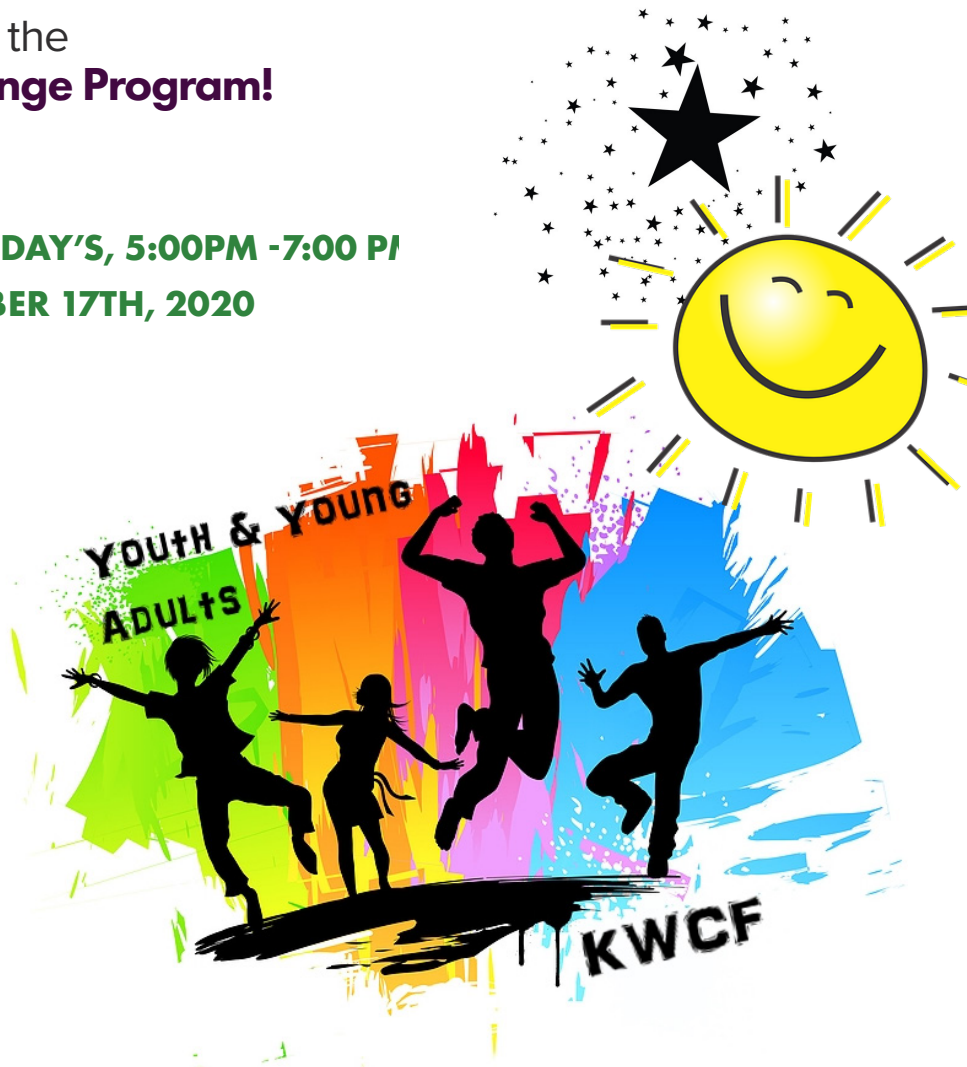
A big big thank you! To all of our families and youth who participate!

Please Contact Jamie McDonald for more information

Telephone: 705.207.3406

E-mail: jmcdonald@wlfm.com

PLEASE R.S.V.P BY AUGUST 7TH, 2020



JOIN US



The Summer Program kicked off with a fun packed week of Family Activities. Activities included a community BBQ, Movie Night, and even Chillin' N Tubing on the Vermilion River! Other fun activities were the Graduation, Go-Carting, & owning your very own Water Balloon Baby. Well done to those that kept theirs safe! The summer program this year continued to break trail for our online programming. The Summer programs and events have run smoothly, and we thank our volunteers for their time and efforts!

Children & Youth alike are in full swing of celebrating their along side their Families. Of course, we are missing our in-person events, the Youth Centre doesn't seem half as loud as usual at this time year, but we are keeping busy and hoping to provide the same for our virtual participants! Keep a look out in the community for the Treats for Jokes Van Next Month. We will be trading Free Ice Cream for Jokes to Share with the Community!!! Lots of fun to come!

AUGUST 2020

For More information. Please Contact: Allyssa Soucy-Leroux

Phone: 705-690-7513

Email: ASoucy2@wfn.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Office Closed	4	5	6 Round Lake Water Walk	7 Craft Night: Sweet Grass	8
9	10 AOG Meeting 5:00PM	11 Stages of Change Program Starts 5:00-7:00PM	12	13 Stages of Change Program: Session 2 5:00-7:00PM	14	15
16	17	18 Stages of Change Program: Session 3 5:00-7:00PM	19 Paint Party @ YC	20 Stages of Change Program: Session 4 5:00-7:00PM	21 Wellness Strategy Dinner & Quiz Game Night	22
23	24 Treats for Jokes 5:00-6:00PM	25 Stages of Change Program: Session 5 5:00-7:00PM	26	28 Stages of Change Program: Session 5 5:00-7:00PM	29 Survived the Summer Street Dance	30



Niibing Minobimaadizi Diabetes & the Summer Heat

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.
Maamwesying kina gweyash Minobimaadizi - Working as one for the wellbeing of all



Managing diabetes during the Summer Heat: a summer guide.

Did you know? The summer heat can affect blood sugar levels.

Self-management is a core element of effective diabetes care and is essential during COVID-19.

If you have any questions you can connect virtually with your Diabetes Wellness 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

MEDICATIONS & SUPPLIES

Did you know? Heat and direct sunlight can damage your diabetes medications and supplies.



Keep insulin, medication and diabetes supplies out of direct sunlight. While travelling, place your insulin in a cooler and keep away from direct sunlight.



Check your blood sugar during, after and many hours after exercising. Taking insulin or certain diabetes pills can put you at risk of a low blood sugar (less than 4mmol/L).



Keep a quick sugar source on hand, especially if planning exercise/activities away from home. Examples: 6 Life Savers, Dex4Tabs, 2 rolls Rocket Candy and juice box.

SUN SAFETY TIPS



Wear sunscreen. Use sunscreen on exposed skin, like your face and lips, with an SPF of at least 30.



Limit your sun time. Keep out of the sun between 11 a.m. and 3 p.m. to protect from high UV index.



Wear protective clothing. Try to wear light-coloured breathable fabrics, sunglasses and a wide-brimmed hat.

KEEP HYDRATED

Did you know? Dehydration can raise blood sugar levels.



Adequately hydrated

Possibly dehydrated



Probably dehydrated

Am I drinking enough fluids? On a warm day, your urine should be a light yellow color. Dark yellow urine has a strong smell and may be a sign of dehydration.

Drink and Eat more water! Enjoy water-rich foods like cucumber, watermelon, celery, spinach and strawberries.



Choose decaffeinated drinks more often. Too much caffeine can raise blood sugar levels. Look for 'caffeine-free' or 'decaf' options.

+ Refreshing Infused Water Recipe

Tired of drinking plain water? Try these simple, Refreshing Infused Water recipes:



Step 2—Add lemon, thinly sliced
1/2 cup berries
pieces of herbs
(try basil leaves or rosemary sprigs)



Step 3—Mix
Chill in the fridge
and enjoy it
throughout the day!

