

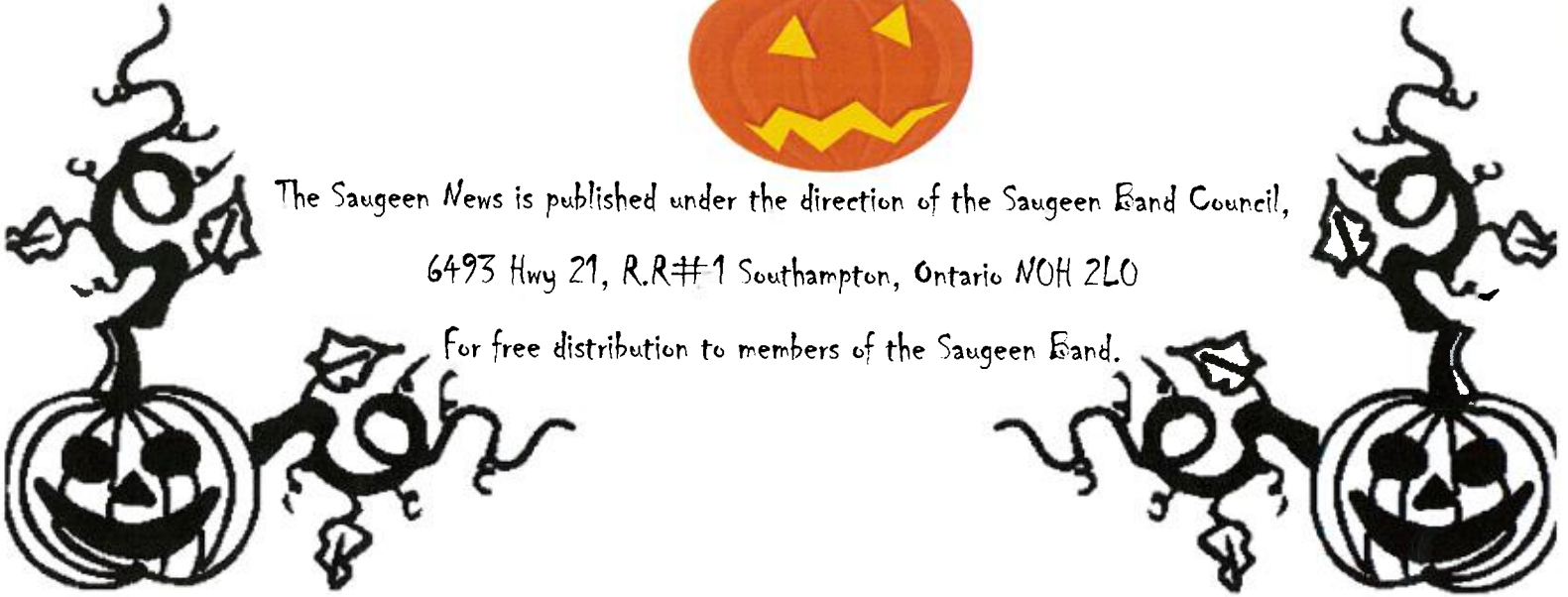


BHAAKUWII GIIZIS



(Falling Leaves Moon)

October 2018
Saugeen News



The Saugeen News is published under the direction of the Saugeen Band Council,
6493 Hwy 21, R.R.#1 Southampton, Ontario NOH 2L0

For free distribution to members of the Saugeen Band.

Saugeen Band Council Minutes In Brief



Saugeen Band Council
Friday, August 3, 2018
Council Chambers 9:30 a.m.

Present: Chief Anoquot, Mike Henry,
Mark Mandawoub, Letitia Thompson,
Herman Roote, Sonya Roote, Conrad Ritchie

Absent: Randal Roote, Lorne Mandawoub,
Gayle Mason Stark

MOTION No.01

Moved by: Herman Roote
Seconded by: Conrad Ritchie
To accept the 2018 Pow Wow Budget.
6 in favor Carried

MOTION No.02

Moved by: Mark Mandawoub
Seconded by: Herman Roote
To accept the Saugeen Band Council minutes
dated June 25, 2018.
6 in favor Carried



Saugeen Band Council
Tuesday, August 7, 2018
Council Chambers 9:30 a.m.

Present: Mark Mandawoub, Letitia Thompson,
Gayle Mason Stark, Herman Roote, Mike Henry,
Sonya Roote, Randal Roote

Absent: Chief Anoquot (Travel), Conrad Ritchie

MOTION No. 01

Moved by: Letitia Thompson
Seconded by: Gayle Mason Stark
To appoint a band councilor as chairperson for
today's meeting, Monday, August 7, 2018.
6 in favor Carried

MOTION No.02

Moved by: Letitia Thompson
Seconded by: Mike Henry
To accept the agenda as presented for today's
meeting, Monday, August 7, 2018.
6 in favor
Carried

MOTION No.03

Moved by: Gayle Mason Stark
Seconded by: Mike Henry
To accept the Saugeen Band Council Minutes of
July 23, 27, 30, 2018 as presented.
6 in favor Carried

MOTION No.04

Moved by: Letitia Thompson
Seconded by: Mike Henry
To support the sponsor 3 youth to attend the Native Canadian Fastball Championship August 3-6, 2018 in Regina Saskatchewan.
6 in favor Carried

MOTION No.05

Moved by: Mike Henry
Seconded by: Gayle Mason Stark
To agree to Post Secondary Funding for two students to attend college for the school year 2018-2019.
5 in favor 1 Declined to vote – Herman Roote
Carried

MOTION No.06

Moved by: Gayle Mason Stark
Seconded by: Herman Roote
To RESIND Motion No.10 dated March 29, 2018 for the Allocation of Unmarked Cigarettes for the fiscal year April 1, 2018 to March 31, 2019.
6 in favor Carried

MOTION No.07

Moved by: Gayle Mason Stark
Seconded by: Letitia Thompson
To approve the Allocation of Unmarked Cigarettes and/or Cigarettes Tobacco for the fiscal year April 1, 2018 to March 31, 2019.
Further, that we revoke the allocation from a band member due to No Business and not being used.
Further, that all quota holders will be reviewed in the next quota not being used, any unused quota will be reverted back to the band.
Further, that anyone caught selling their portion of the quota will NOT receive another quota.
5 in favor 1 Out of the Room – Randal Roote
“Conflict” Carried

MOTION No.08

Moved by: Mike Henry
Seconded by: Mark Mandawoub
To authorize payment to Olthuis Kleer Townshend LLP for the June 2018 statement.
4 in favor 1 Declined to vote Randal Roote “Not in the room” Carried

MOTION No.09

Moved by: Gayle Mason Stark
Seconded by: Mike Henry
To authorize payment to Cole’s Engineering Group Ltd. For invoice dated July 2018.
6 in favor Carried

MOTION No.10

Moved by: Mike Henry
Seconded by: Letitia Thompson
To authorize payment to Leaders & Cie. Conseil en gouvernance et leadership Inc. for invoice date June 2018.
6 in favor Carried

MOTION No.11

Moved by: Herman Roote
Seconded by: Mike Henry
To authorize payment to Pape Salter Teillet LLP for the June 2018 Invoice.
6 in favor Carried

MOTION No.12

Moved by: Mike Henry
Seconded by: Herman Roote
To authorize payment to Olthuis Kleer Townshend LLP for the June 2018 Invoice.
6 in favor Carried

MOTION No.13

Moved by: Gayle Mason Stark
Seconded by: Letitia Thompson
To authorize “Out of Province Travel” for Land Manager to attend the 11th National Lands Management Gathering in Whitehorse YK September 10-14, 2018.
6 in favor Carried

MOTION No.14

Moved by: Letitia Thompson

Seconded by: Gayle Mason Stark

To authorize "Out of Province Travel" for a Band Councilor to attend the 11th National Lands Management Gathering in Whitehorse YK.

5 in favor

1 Declined to Vote – Herman Roote "Conflict"

Carried

MOTION No.15

Moved by: Mike Henry

Seconded by: Letitia Thompson

In agreement of write-off of Service Fee Arrears covering Lot 71, Block "B", Shore Subdivision, Saugeen Indian Reserve No.29. Cottage Lease has been "Cancelled" by Indigenous Affairs Canada for Non-Payment.

6 in favor Carried

MOTION No.16

Moved by: Mike Henry

Seconded by: Mark Mandawoub

In agreement of Write-Off of Cottage Lease Rental Arrears for 2016, 2017, 2018 for Lot 71, Block "B", Shore Subdivision, Saugeen Indian Reserve No.29. Cottage Lease has been "Cancelled" by Indigenous Affairs Canada, for Non-Payment. 6 in favor Carried

MOTION No.17

Moved by: Herman Roote

Seconded by: Gayle Mason Stark

To direct Saugeen Lands Management & Leasing Office to advise a band member that Cottage Lease effective May 2017 covering Lot 84, Chief's Point Indian Reserve Subdivision in Chief's Point Indian Reserve No.28, Province of Ontario that Cottage Lease Rentals Arrears covering period commencing May 2017 (Plus Late Charges) to present to remitted payment in Full.

Failure to comply will result with property being posted "No Trespassing" and that cottage Building and improvements thereon be removed at the expense of band member.

4 in favor 1 Opposed – Randal Roote "Lack of Consistency, others that have done this"

Carried

MOTION No.18

Moved by: Mike Henry

Seconded by: Gayle Mason Stark

To adjourn for today's meeting, time being 3:00pm. Carried



Saugeen Band Council

Monday, August 13, 2018

Council Chambers 9:30 a.m.

Present: Chief Lester Anoquot, Randal Roote, Conrad Ritchie, Mark Mandawoub, Lorne Mandawoub, Gayle Mason Stark, Sonya Roote, Letitia Thompson
Absent: Herman Roote (Medical)

MOTION No.01

Moved by: Gayle Mason Stark

Seconded by: Letitia Thompson

To appoint a band councillor as Chairperson until time of Chief's return. 6 in favor Carried

MOTION No.02

Moved by: Sonya Roote

Seconded by: Mark Mandawoub

To accept the agenda as presented with additions for today's meeting, Monday, August 13, 2018. 6 in favor Carried

MOTION No.03

Moved by: Sonya Roote

Seconded by: Gayle Mason Stark

To authorize payment to Bruce Grey Catholic School Board for statement dated June 2018. 5 in favor 1 Opposed Lorne Mandawoub "Too high, should have been before, do we have the money" Carried

MOTION No.04

Moved by: Sonya Roote

Seconded by: Letitia Thompson

To authorize payment to Pape Salter Teillet LLP Barristers and Solicitors for the June 2018 statement.

5 in favor 1 Out of the meeting – Mike Henry Carried

MOTION No.05

Moved by: Gayle Mason Stark

Seconded by: Letitia Thompson

To accept and approve the Saugeen Band Council minutes of August 7, 2018 as presented. 5 in favor 2 Opposed

Sonya Roote “Need Verbatim Minutes”

Lorne Mandawoub “Don’t understand why so much talk about Cigarette Quota, we can’t take away someone’s quota”

Carried

MOTION No.06

Moved by: Letitia Thompson

Seconded by: Conrad Ritchie

To give notice to the Registrar of the acceptance of a new member in the membership of Saugeen First Nation to request departmental records to amended to reflect this addition to our Registry Group.

Further, that Due Diligence has been done to the lineage to Saugeen First Nation.

7 in favor Carried

MOTION No.07

Moved by: Sonya Roote

Seconded by: Mark Mandawoub

To agree to purchase new Boxing Equipment for the Saugeen Gym from Full Contact Sport. 7 in favor Carried

MOTION No.08

Moved by: Mike Henry

Seconded by: Randal Roote

To agree to sponsor a Chief and Council team for the 12th Annual Nawash Charity

Golf Tournament at the Cobble Beach Golf Links Owen Sound August 2018.

8 in favor Carried

MOTION No.09

Moved by: Sonya Roote

Seconded by: Mike Henry

To agree to sponsor a youth that participated in the 2018 Summer Europe Tour Trip, The Carnevale Hockey Group from July 28 to August 5, 2018 in Italy, Germany and Austria with half of requested amount. Expenses included Flights, hotel accommodations, meals & Bus Transportation to and from games. 8 in favor Carried

MOTION No.10

Moved by: Sonya Roote

Seconded by: Letitia Thompson

To approve the application to Lease the whole of Lot 356 Block A, to Mr. Dymond of Etobicoke ON for an annual rate effective August 2018 and ending April 2021.

8 in favor Carried

MOTION No.11

Moved by: Gayle Mason Stark

Seconded by: Lorne Mandawoub

To adjourn for today’s meeting, time being 3:01pm. 7 in favor Carried



Saugeen Band Council

Tuesday, August 14, 2018

Council Chambers 9:30 a.m.

Present: Chief Anoquot, Conrad Ritchie, Lorne Mandawoub, Mike Henry, Letitia Thompson, Herman Roote, Gayle Mason Stark, Randal Roote

Absent:

Sonya Roote Meeting

Mark Mandawoub – Meeting

MOTION No.01

Moved by: Lorne Mandawoub
Seconded by: Conrad Ritchie
To accept the agenda for today's meeting
Tuesday, August 14, 2018 as presented.
7 in favor
Carried

MOTION No.02

Moved by: Gayle Mason Stark
Seconded by: Mike Henry
To accept and authorize the Timeline of
Phase 2 or the "Nishin – SFN Language
Transfer 2017-2018 for July – September
2018. 7 in favor Carried

MOTION No.03

Moved by: Lorne Mandawoub
Seconded by: Mike Henry
To accept the committee members for the
Saugeen Committees 2018-2020.
7 in favor Carried

MOTION No.04

Moved by: Letitia Thompson
Seconded by: Gayle Mason Stark
To approve two councilors as Chair and
Co-Chair for the Saugeen First Nation Social
Services committee for the 2018-2020 Term.
7 in favor Carried

MOTION No.05

Moved by: Mike Henry
Seconded by: Conrad Ritchie
To adjourn for today's meeting, time being
12:21pm.
7 in favor Carried



Saugeen Band Council

Monday, August 20, 2018

Council Chambers 9:30 a.m.

Present: Chief Anoquot, Conrad Ritchie,
Letitia Thompson, Sonya Roote, Herman Roote,
Randal Roote, Mark Mandawoub, Mike Henry,
Lorne Mandawoub, Gayle Mason Stark

MOTION No. 01

Moved by: Lorne Mandawoub
Seconded by: Letitia Thompson
To accept the agenda for today's meeting,
Monday, August 20, 2018 as presented.
9 in favor
Carried

MOTION No. 02

Moved by: Herman Roote
Seconded by: Gayle Mason Stark
To accept the Saugeen Band Council minutes
dated August 13, 14, 2019 as presented.
8 in favor 1 Opposed Sonya Roote
"Need Verbatim Minutes" Carried

MOTION No. 03

Moved by: Mike Henry
Seconded by: Sonya Roote
To accept an approve the Amphitheatre Budget
for the Fiscal Year ending March 2019 as
presented. 9 in favor Carried

MOTION No.04

Moved by: Sonya Roote
Seconded by: Lorne Mandawoub
To grant a band member a Housing Subsidy.
8 in favor Carried

MOTION No.05

Moved by: Lorne Mandawoub
Seconded by: Mark Mandawoub
To authorize to sponsor the 3rd Annual Camp
Meeting August 30, 2018 to September 2, 2018.
Further, that all receipts will be handed into the
finance department. 8 in favor Carried

MOTION No.06

Moved by: Gayle Mason Stark
Seconded by: Herman Roote
To approve for a band member and Non- Band Member to have their remains buried in the Scotch Settlement Catholic Cemetery.
9 in favor Carried

MOTION No.07

Moved by: Herman Roote
Seconded by: Conrad Ritchie
To approve and authorize for KL Martin & Associates to move forward with all plans for the new Governance Building as planned.
9 in favor Carried

MOTION No.08

Moved by: Gayle Mason Stark
Seconded by: Mike Henry
To approve and authorize for the Title Research Proposal Lay Summary of the Principal of Free, Prior and Informed Consent and Development in Indigenous Territories Case Study from a Band Member. 9 in favor Carried

MOTION No.09

Moved by: Mike Henry
Seconded by: Mark Mandawoub
To adjourn for today's meeting, time being 3:14pm. 9 in favor Carried



Saugeen Band Council

Monday, July, 30, 2018

Council Chambers 9:30 a.m.

Present: Chief Anoquot, Conrad Ritchie,
Randal Roote, Mark Mandawoub,
Loine Mandawoub, Gayle Mason Stark,
Herman Roote, Letitia Thompson, Sonya Roote
Absent: Mike Henry – Personal

MOTION No. 01

Moved by: Lorne Mandawoub
Seconded by: Conrad Ritchie
To accept the agenda
for today's meeting, Monday, August 17, 2018 as
presented with additions. 8 in favor Carried

MOTION No.02

Moved by: Sonya Roote
Seconded by: Herman Roote
WHEREAS the Saugeen First Nation has been without community-based policing since the spring of 2007; and
WHEREAS the community continues to struggle with increasing social and systemic issues, including an in trafficking and abuse of illegal drugs; and
WHEREAS the lack of a dedicated, culturally sensitive and visible police service has only compounded these issues and the direct and tragic impacts on individuals, families and the community as a whole; and
WHEREAS the consensus within the community is that without community-based policing these issues will worsen; and
WHEREAS community members no longer feel safe and secure in their community; and
WHEREAS the community continues to express the need and urgency to restore community policing in the Saugeen First Nation; and
WHEREAS it is the priority of leadership and the community as a whole to ensure that our community is safe and secure for our people; and
NOW THEREFORE BE IT RESOLVED that the Chief and Council act immediately to take all necessary steps to become of the Anishinabek Police Services ("APS") including a formal request to the Chair of the Police Governing Authority and the Member Nations to join the APS; and
BE IT FINALLY RESOLVED that Chief Lester Anoquot is authorized to communicate directly with the Chair of the Police Governing Authority and Member Nations, and any other parties as may be required, and to utilize any necessary administrative or legal support necessary to solidify

Saugeen First Nation's status as a member of the APS. 8 in favor Carried

MOTION No. 03

Moved by: Conrad Ritchie

Seconded by: Herman Roote

To authorize for the Acting Health Director to sit on the Native Horizons Treatment Centre Board

as a band representative for the term of August 2018 to August 2019 until such time a Health Director is permanently hired.

Further, that the Alternate Representative will be Sonya Roote

7 in favor 1 Declined to vote Sonya Roote
"Conflict" Carried

MOTION No. 04

Moved by: Sonya Roote

Seconded by: Gayle Mason Stark

To authorize payment to Town of Saugeen Shores for the August 2018 invoice.

Olthuis Kleer Townshend for the July 2018 invoice.

7 in favor 1 Opposed Lorne Mandawoub
"We shouldn't be paying for our own water"
Carried

MOTION No. 05

Moved by: Gayle Mason Stark

Seconded by: Letitia Thompson

To appoint a band councilor as the Huronia Area Aboriginal Management Board President for the 2018-2019 Term.

That a band councilor as the Huronia Area Aboriginal Management Board Member for the 2018-2019 Term. 7 in favor Carried

MOTION No. 06

Moved by: Sonya Roote

Seconded by: Letitia Thompson

To appoint a band councilor as Chairperson for the remainder of the meeting in the absence of Chief Anoqout. 6 in favor Carried

MOTION No. 07

Moved by: Sonya Roote

Seconded by: Gayle Mason Stark

To authorize and accept the Saugeen First Nation #29 Parking By-Law Fines & By-Law Fines from Cancom Security to do a "Trial Run of Tickets/Changes" trial period from August 30, 2018 to September 4, 2018 to cover the Labour Day Long Weekend.

Further, that this document be sent to Legal with understanding that the Saugeen First Nation has authorization to swear in the Cancom Security/By Law Officers.

4 in favor 1 Opposed Lorne Mandawoub

"Review more, not all council is here, lawyer to look over"

1 Out of the Room Herman Roote
Carried

MOTION No.08

Moved by: Lorne Mandawoub

Seconded by: Herman Roote

To adjourn for today's meeting, time being 4:46pm. 6 in favor Carried



Get your Saugeen News via e-mail
contact: reception@saugeen.org

Call for Committee Members

Saugeen Band Council is seeking “interested and dedicated” Band Members to fulfill the duties of Committee Members

For the following Committees:

Health Committee 4 seats

Mandate/Scope: Mental Health, Addictions, Palliative Care, Physician and Allied Health Services, Chronic Disease, Reproductive Health

Social Services Committee – 4 seats

Mandate/Scope: Social Housing, Food Security, Gender-Based Violence, Poverty, Addictions, Mental Health, Child Welfare

Education Committee – 4 seats

Mandate/Scope: Public Schools, Secondary Schools, Post- Secondary Schools, Literacy, Adult Education, Early Childhood Education

Culture, Youth & Elders Committee – 4 seats

Mandate/Scope: Anishnaabemowen Revitalization, Land Base Learning, Traditional Teaching, Cultural Events, Youth Governance, Elders Governance

Economic & Sustainable Development – 4 seats

Mandate/Scope: Tourism Development, Sustainable Energy & Infrastructure, Entrepreneurship, Small Business, Community Development, Employment

Operations & Infrastructure Committee – 4 seats

Mandate/Scope: Operations, Infrastructure, Band Services, Housing-Maintenance, Landfill, Roads, Water Works, Fibre Optic, Security, Fire Department, Gas Bar

Finance & Administration Committee – 4 seats

Mandate/Scope: Administrative Operations, Finance, Human Resources, Membership, IT, Data Management, Health & Safety

Government Affairs Committee – 4 seats

Mandate/Scope: Intergovernmental Affairs, Treaties, Lands & Leasing, BDC and Strategic Planning

Term: to June 2020

****Cover Letters to include any knowledge/skills you hold for the committees****

may be dropped off at the Saugeen Administration Office,
in a “sealed envelope”, clearly marked
Attention: Chief and Council c/o Leona Roote

Chief and Council c/o Leona Roote – Executive Assistant
Saugeen First Nation #29,
Saugeen First Nation Administration,
6493 Hwy 21
Southampton, Ontario N0H 2L0

Deadline: Friday, October 12, 2018 - 4pm

****Please be sure to include your full mailing address and
phone number where you may be contacted****

Interest Distribution 2018

On Wednesday, December 5th, 2018, members are welcome to pick up their Interest Distribution cheques at the Recreation Centre.

You may be asked to show your ID (Status Card) for verification so please have it ready.

If you are unable to attend and want someone else to pick up your cheque, please notify the Membership Department before November 30th, 2018 to make the necessary arrangements.

Members interested in direct deposit please bring banking info to membership or email to distribution@saugeen.org.

Cutoff date for direct deposit info will be November 9th, 2018. If you are currently an employee or student your information will be transferred to interest distribution.

Doors will be open from 9am to 4:30 pm.

**Brendan Roote, Band Membership & Indian
Registration Administrator**

Phone: 519-797-2781 x 1122

Fax: 519-797-2978

Email: Brendan.Roote@saugeen.org

Mail: 6493 Hwy. 21, Southampton, ON N0H 2L0

Community Financial Audit Presentation

Date: Monday October 15, 2018

Location: Youth Centre

Time: 6 PM

The Consolidated Audited Financial Statement has been completed for the year 2018, and is posted on the SFN website.

Jeannette and Bill, with the help of the Auditor, will walk us through the various components of the figures.

These financial statements present the big picture and are the result of what transpired last year; and how the Band Council, Administration and Program Managers managed the Funds to provide goods and services to this community.

We encourage you to review the Consolidated Statement online and note anything that you wish to have clarified, so you can ask it at the meeting.

You can even call either Jeannette or Bill beforehand, so they can have the answer for you, right at the meeting, rather than having to wait.

Come get the “facts” and ask questions for yourself.

Everyone is welcome and encouraged to come!

Your Finance Committee





SAUGEEN OJIBWAY NATION
ENVIRONMENT OFFICE

Free, Prior and Informed
Consent Conference 2018



Empowering Our Future

October 25 - 26, 2018

Blue Mountain Inn Conference Centre

What is FPIC? How does it impact First Nation communities?

This two day conference will bring together leaders and experts to discuss their experiences and knowledge of free, prior and informed consent in Canada and abroad.

FEATURING


• RANDALL KAHGEE • RUSSELL DIABO • HAYDEN KING • DORAN RITCHIE •
• JENNIFER PRESTON • EMILY MARTIN • AND MANY MORE •

FREE ADMISSION AND TRANSPORTATION
FOR COMMUNITY MEMBERS


For more information, contact April Root-Thompson

Office: 519-534-5507 • Cell: 519-379-2399 • Email: fpic@saugeenojibwaynation.ca

For the latest information, follow us on social media:

 facebook.com/fpicconference2018

 [@FPIC_Conference](https://twitter.com/FPIC_Conference)

 <https://empoweringourfuture.ca>



OCTOBER



Mon

Tue

Wed

Thu

Fri

1 Scarecrow Drive About Meaford 10:00-2:00	2 DELUTH DAY (Office Closed)	3 Aqua Motion YMCA 12:00-3:00	4 Falls Prevention Exercise 10:30-11:30 Meals on Wheels	5 All Band Buildings Close at 12:00pm (No Shopping)
8 Happy Thanksgiving	9 One on One Visits (Call Cherylyn) Meals on Wheels	10 Aqua Motion YMCA 12:00-3:00	11 Falls Prevention Exercise 10:30-11:30 CRAFT 1:00-4:00 Meals on Wheels	12 Elders Shopping Day 10:00-4:00
15 Games Day 12:00-2:00 Falls Prevention Exercise 2:00-3:00	16 Giigonh Luncheon 12:00-3:00 Meals on Wheels	17 Aqua Motion YMCA 12:00-3:00	18 Falls Prevention Exercise 10:30-11:30 Diabetic Lunch & Learn 11:30-1:30	19 Elders Shopping Day 10:00-4:00
22 Craft 11:00-2:00 Falls Prevention Exercise 2:00-3:00	23 Bowling in OS 12:00-4:00 Meals on Wheels	24 Aqua Motion YMCA 12:00-3:00	25 Breakfast 9:30-11:30 Meals on Wheels	26 Elders Shopping Day 10:00-4:00
29 Activity Planning Meeting 2:00-4:00	30 Halloween Treat Prep 1:00-4:00	31 Happy Halloween	Home & Community Care (519)797-3336 ext 1010	





Saugeen First Nation Good Food Box

A Community Program supported by Public Health

→ Food Focus: Pumpkins

- Pumpkins belong to the winter squash family and are a versatile vegetable. Other types of winter squash include buttercup, spaghetti, acorn and butternut squash. Small pie pumpkins have a better texture for cooking than larger ones.
- Pumpkins are a good source of vitamin A, which helps keep your eyes and hair healthy. Vitamin A is an antioxidant that helps fight the signs of aging, and helps maintain normal vision too.
- Pumpkin seeds are a good source of iron and protein and can serve as a nutritious and tasty snack. Wash them to remove any flesh, spread them on a baking sheet, roast in the oven until golden brown and enjoy!



→ Food Safety Tip

- Look for pumpkins which feel heavy for their size and have a smooth and firm orange skin. Avoid ones with cracks or bruises.
- Store whole pumpkins in a dry, cool place. Once cut, store in the fridge with plastic wrap and use within five days.

→ Order Information

Mino Bimaadsawin Health Centre	
Order from	Reni
Order Due	First Friday of each month
Cost	\$20.00 - \$10.00 Diabetic/Prenatal
Delivery Date	Second Thursday of each month
Pick up Box	12:00pm – 4:30 pm
Local coordinator: contact at	519- 797-3792 ext. 1009

You can help by bringing canvas bags or baskets to transfer your produce home. Thank you!



Pumpkin Cranberry Muffin Squares

Prep Time: 15 mins Cooking Time: 30-40 mins Makes 15 squares or 12 muffins



Ingredients

All-purpose flour	2 cups
Pumpkin pie spice	1 Tbsp
Baking powder	2 1/2 tsp
Baking soda	1/2 tsp
Salt	1/2 tsp
Cranberries	3/4 cup
Chopped walnuts	1/2 cup
Egg	1 each
Brown Sugar	2/3 cup
Orange juice	1/2 cup
Milk	1/2 cup

Vegetable oil	1/4 cup
Grated orange rind	1 Tbsp
Cooked pumpkin purée	3/4 cup

Topping

Granulated sugar	3/4 cup
All-purpose flour	2 Tbsp
Pumpkin pie spice	1/2 tsp
Butter, softened	1 tsp

Directions

- Topping: In bowl, combine sugar, flour, pumpkin pie spice and butter; set aside.
- In large bowl stir together flour, pumpkin pie spice, baking powder, baking soda and salt; stir in cranberries and walnuts.
- In separate bowl, beat egg; mix in brown sugar, orange juice, milk, oil and orange rind. Blend in pumpkin purée. Pour over flour mixture and stir just until moistened. Spoon into greased 8-inch (2 L) square cake pan. Sprinkle with topping.
- Bake in 375°F (190°C) oven for 35 to 40 minutes or until cake tester inserted in centre comes out clean. Run knife around edges to loosen. Turn out onto wire rack and let cool. Cut into squares. (Alternatively spoon batter into 12 large greased or paper-lined muffin cups, filling to top. Sprinkle with topping. Bake 30 to 35 minutes or until firm to the touch.) Serve warm or at room temperature.

Recipe from: <http://www.eatrightontario.ca/en/Recipes/Desserts-and-Baked-Goods/Pumpkin-Cranberry-Muffin-Squares.aspx>



The Grey Bruce Good Food Box

A Community Program supported by Public Health



→ Food Focus: Carrots

- Carrots contain beta carotene, an antioxidant that gives carrots their vibrant orange color. This antioxidant can help fight signs of aging, and reduce the risk of developing certain cancers and heart disease.
- Carrots are a good source of vitamin A, which helps maintain eye and skin health. It is stored in our fat and helps improve night vision.
- Carrots can come in different colours too, check out this link to find out more and to read other fun facts about carrots:

<https://www.ontario.ca/foodland/page/carrots>

→ Food Safety Tip

- Look for firm, crisp carrots with a bright orange color, free of blemishes.
- To store, place them in a plastic bag in the fridge and they should last for three weeks. Also, remove the leafy green carrot tops as they will take the moisture out of the carrots and make them tough and wilted.
- Did you know that much of the nutrients found in carrots are just below the surface? Instead of peeling off the skin, try scrubbing it with a vegetable brush or scraping the skin lightly with a peeler.

You can help by bringing canvas bags or baskets to transfer your produce home.
Thank you!



Ginger-Carrot Soup

Prep Time: 25 mins Cook Time: 30 mins Total time: 55 mins Serves: 8



Ingredients:

Extra-virgin olive oil	2 Tbsp	Low-sodium chicken or vegetable stock	6 cups
Chopped sweet onion	1 cup	Pine nuts	1/4 cup
Salt		Plain low-fat Greek Yogurt	1 1/3 cup
Minced garlic	1 Tbsp	Fresh minced Thyme	1 tsp
Minced peeled ginger	1 Tbsp	Freshly ground pepper	
Carrots, peeled and chopped	2 pounds		
1 Medium russet potato, peeled and chopped			

1. Combine the olive oil and onion in a Dutch oven or heavy pot over medium-high heat. Sprinkle with 1/2 teaspoon salt and cook, stirring, 10 minutes, until just starting to caramelize.
2. Add the garlic and ginger and cook, stirring, 2 more minutes, being careful not to burn the mixture.
3. Stir in the carrots, potato and the chicken or vegetable stock. Bring to a simmer, cover and cook until the carrots and potato are very tender, 15 to 18 minutes.
4. Keep warm. Meanwhile, in a small sauté pan over high heat, lightly toast the pine nuts. Set aside to cool.
5. In a small bowl, combine the yogurt, honey, thyme and 1/2 teaspoon pepper. Puree the soup with an immersion blender until very smooth (or puree in a regular blender in batches).
6. Adjust the seasoning with salt and pepper and serve with a dollop of the yogurt mixture and some pine nuts.
7. When blending hot liquid, first let it cool for five minutes or so, then transfer it to a blender, filling only halfway. Put the lid on, leaving one corner open. Cover the lid with a kitchen towel to catch splatters, and pulse until smooth.

Recipe source: <http://www.foodnetwork.com/recipes/guy-fieri/ginger-carrot-soup-recipe2-2119021>

October is an Important Health Awareness Month!

October is a big month for health awareness! Did you know that it's Breast Cancer Awareness Month and that Cervical Cancer Awareness week also lands in October? Keep reading to learn important information about who should be screening for these types of cancers, when to start, and why it's so important.

Breast Cancer

In Ontario, breast cancer is the most common type of cancer in women. As women get older, the chance of getting breast cancer rises. Women between the ages of 50 and 54 should talk with their healthcare providers about getting screened regularly with a mammogram. Mammograms are one of the best and most reliable ways to find breast cancer early, before you may experience symptoms. If breast cancer is found at an early stage there are more treatment options and a higher chance that treatment will be successful.

A mammogram is an X-ray of the breast that is used for screening. A mammogram is administered by a registered medical radiation technologist, and involves a plastic plate that is slowly pressed down to flatten the breast and hold it in place for a few seconds. The patient will feel some pressure on the breast, but this pressure will not harm breast tissue. Mammograms are free of charge to women who are eligible to be screened through the Ontario Breast Screening Program (OBSP). You do not need a doctor's referral.

The following groups of women are eligible for a mammogram through the OBSP:

- Women aged 50 to 74 years who are at average risk for breast cancer. Women are considered eligible for the average risk program if they show no acute breast cancer symptoms, have no personal history of breast cancer, and have no current breast implants. It is recommended that most eligible women get screened every two years.
- Women aged 30 to 69 years who are identified as being at high risk for breast cancer. Starting at age 30, women who may be at high risk for breast cancer can be referred by their healthcare provider to the OBSP High Risk Screening Program based on their family or medical history.

Did you know? Eligible women can book their own mammogram through the Ontario Breast Screening Program by calling 1-800-668-9304. No referral from a doctor required.

Learn more about breast cancer screening at www.cancercareontario.ca/bcam.

Cervical Cancer

October 15 to 19 is National Cervical Cancer Awareness Week. The Ontario Cervical Screening Program (OCSPP) recommends that people between the ages of 21 and 69 who have a cervix should go for cervical screening every three years if they are or have ever been sexually active. Screening is the best way to find the early cell changes that might lead to cervical cancer without showing any symptoms.

Cervical cancer can affect anyone with a cervix who has ever been sexually active. It is recommended that women ages 21 to 69 have regular Pap tests, even if they:

- Feel healthy and have no symptoms;
- Are no longer sexually active;
- Have only had one partner;
- Are in a same-sex relationship;
- Have been through menopause;
- Have no family history of cervical cancer; and/or
- Have received the HPV vaccine.

HPV infections are common, and up to 80 percent of sexually active people will have an HPV infection in their lifetime. HPV is passed from one person to another through intimate (i.e., skin to skin) sexual contact. While there are many types of the virus, only specific strains of HPV put women at risk for cervical cancer. HPV infections can result in an abnormal Pap test and infections commonly go away without causing any harm, but when an infection persists it can lead to cervical cancer, even among women in their 50s and 60s. Regular screening every three years can detect abnormal cells, which when treated, can prevent cancer from developing.

Women ages 21 to 69 are encouraged to speak with their healthcare providers about going for cervical screening.

For more information, visit www.cancercareontario.ca/ccaw or the [Federation of Medical Women of Canada](http://www.federationofmedicalwomenofcanada.ca) to find a Pap test clinic being offered in your community during Cervical Cancer Awareness Week. To learn more about HPV immunization in Ontario visit: <http://www.health.gov.on.ca/en/ms/hpv/>.



Golfing for Wellness Tournament an Overwhelming Success!

On August 30, The Association of Iroquois and Allied Indians (AIAI) partnered with the South West Regional Cancer Program to host the 'Golfing for Wellness Tournament' at Echo Valley Golf Club. The focus of the event was to raise awareness about the importance of men's health and wellness in the context of a fun and relaxed environment.

Twelve health and wellness related organizations were invited to share important information with the over 100 golfers that teed off with the goal of empowering both the men and women that attended to take control of their health. In general, men can find it hard to admit when they are having a health problem and can often adopt an 'ignore it and it will go away' mindset. When health concerns are dealt with early, they can often be treated before they become a more serious health problem. One of the organizations present was the South West Regional Cancer Program who shared information about cancer screening.

"This event is important because cancer is becoming more prevalent in our world, particularly in men," said Gord Peters, AIAI Deputy Grand Chief, who showed his support by participating in the event. "This is bringing cancer to the forefront and saying to men it's ok to get checked and take care of yourself."

The event solicited an overwhelmingly positive response from the golfers, who enjoyed the relaxed atmosphere in addition to the quality of information they received from each of the various organizations. Some of the golfers indicated that they would share the information they learned with their family and friends make a change in light of the information they learned.

To view more photos from the event visit AIAI's Facebook page:

<https://www.facebook.com/aiai.pto/>



Saugeen Band Staff Golf Day

On Friday September 21, 2018 the band staff had a golfing event for staff who wished to participate and although we did get a little wet a fun time was had by all.

The staff who attended the event would like to thank:

Deb Charnya

Saugeen Human Resources Department for sponsoring prizes, dinner and green fee's.

Saugeen First Nation Administration

Donation of money for prizes.

Roote's Gas Bar

6 Scotch Settlement Rd, Allenford, ON N0H 1A0

Donation of two \$50.00 gas gift certificates.

Little Barn Craft Shop

16 French Bay Rd, Southampton, ON N0H 2L0

Donation of a woman's purse with native art.

Saugeen Gas Bar

43 Cameron Drive, Southampton, Ontario, N0H 2L0

Donation of prize

Burger Path restaurant

6459 Highway 21, Southampton, Ontario, N0H 2L0

Donation of a \$20.00 gift certificate.

Time to get into the Halloween spirit!

Scarecrow Contest

It's time to have some fun in our community! The shelter is hosting a Scarecrow contest. We hope to make this an annual event. Selected elders will decide who the winner is. You must register your name at the shelter. First prize: \$100.00, Second prize: \$50.00, Third prize: \$25.00. Must provide your own materials. Posts will be provided for scarecrows.

Where: Field by Administration office.

When: Saturday October 20th, 2018

Time: 12:00 pm – 3:00 pm

Judging will take place at 3:15 pm., and winners will be announced.

Refreshments will be provided during the event.

Sponsored by: Kabaeshiwim Respite Women's Shelter.

Phone: (519) 997-2521





FOOD BANK

HOURS FOR OCTOBER

Tuesday October 9th 1pm to 4pm

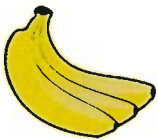
Wednesday October 10th 10am to 3pm

Thursday October 11th 10am to 3pm

Tuesday October 23rd 1pm to 4pm

Wednesday October 24th 10am to 3pm

Thursday October 25th 10 am to 3 pm



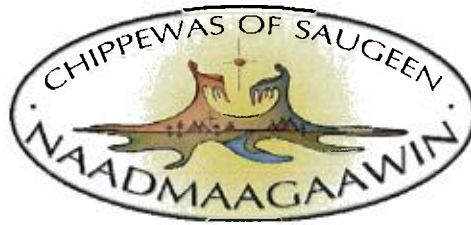
Appointments are still recommended as
perishable foods are on a first come first serve
basis, thank you!

Call 519-372-5926 to book your appointment

SAUGEEN WORKS DEPARTMENT

RECYCLING AND GARBAGE IN OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1) REGULAR GARBAGE PICK UP	2)	3	4)	5) COMMERICAL GARBAGE	6)
7)	8) ***HOLIDAY*** NO GARBAGE PICK UP	9) REGULAR GARBAGE	10) RECYCLING - HWY 21/ VILLAGE AREA	11)	12) COMMERICAL GARBAGE	13)
14)	15) REGULAR GARBAGE PICK UP	16)	17)	18)	19) COMMERCIAL GARBAGE	20)
21)	22) REGULAR GARBAGE PICK UP	23) RECYCLING - HWY 21/ VILLAGE AREA	24)	25)	26) COMMERCIAL GARBAGE	27)
28)	29) REGULAR GARBAGE PICK UP	30)	31)			



Upcoming Reminders for Ontario Works

- Cheque day will be Monday October 1st
- You may have heard news on the radio of disruptions for OW clients due to the Canada Post strike, this will not affect our office
- The office will be closed Tuesday October 2nd
- We will be welcoming new members to our OW office soon...stay posted 😊
- Joanne Mason has retired and we are going to miss her at our office. We want to thank her for her many years of hard work and dedication in helping our community. Good luck Joanne in your new adventures!
- Rebecca Smith has accepted a new position with ONWAA and is no longer with our office. We want to thank her for her years of hard work and dedication!
- ODSP will be in office on 9th and 23rd
- The Legal Clinic will be here October 18th
- Our next session for 'Survival in the Bush' training will be hosted on October 10th/11th. There are 6 spots available. Check out the poster for more details!



OCTOBER 10 & 11

BASIC WILDERNESS FIRST AID

This two-day workshop is an introduction to basic wilderness first aid training. It will cover topics such as nutrition, clothing, wound management, stretchers, hypothermia/dehydration and more.

We are very excited to welcome back Dr. Gino Ferri and his crew with Survival in the Bush Inc.



2 Day Workshop

Time: 10am – 2pm

Lunch Included

**ONLY 6 Spots
available**

**This workshop
will take place
outside, so please
make sure to
dress
appropriately**

**FOR MORE
INFORMATION OR
TO REGISTER**

**PLEASE CONTACT
MELISSA KAHGEE-
RITCHIE
CASEWORKER**

519 – 797-1613

October Birthdays

1. Larry Peters, Keith Charlebois, Francis Kewaquom, Rebecca Ritchie, Mackenzie Ritchie
2. K. Brenda Stevens, Ian Causton, Melissa Ritchie, Michelle Winter, Grant Wynn
3. Morgan Jack, April John, Candace Hamilton, Brendan Henry, Clint Root, Thomas Findlay, Chayla Ritchie, Christopher Humphrey, Dawson Therrien-Besito
4. Dylan Ritchie, Richard Neilson
5. Savana Hiebert-Price
6. Ethel George, Donelda Kahgee, Sheena Kewageshig, Jonathon Ritchie
7. Amber RooteRitchie, Katlin Roote, Ashley Hooper
8. Georgia Besito, Brynn Roote, Alexander Bramley
9. Kimberly Kewageshig, Bronson Mason
10. Brandon Cameron, Noodin Cameron-walker, Sandy Roote, Winston Boudreau, Drew Henkel, Larry Kewageshig, Samara Smith
11. Calvin Mcfarlane
12. Charles Boudreau, Vincent Kewageshig, Lyla Roote
13. Ashley Moniz, Brenda Roote, Janet Root, Jennifer Henry, Lorraine Besito, Joshua Cheesman
14. Bert Ritchie, Ronald Root, Angela Cameron, Terylene Indoe, Mya Mandawoub, Kerensya Stevens-Wolfe, Amaya Thompson
15. Daniel Biondie, Colby Ritchie, Sandra Long, Rhonda Harrison, Wade Roote
16. Bonnie Mason, Brendan Buzzell, Richard James, Alvin Vandrie
17. Eric Ritchie, Sophia Genereux, Gaike Cameron, Gaadoohn Akiwenzie-Damm, Alanna Mann
18. Destiny Sharma, Doreen Reidpath
19. Pushquadah Toney-Solomon, Jean Solomon, William Stevens, Vanessa Montheith, Ainsley Dunn, Jorian Mandawoub, Norman Findlay, Dehmin Ritchie
20. Treasa Roote, John Stevens, Perry Solomon, Stefania Smieja-Henry, Desmen Owl, Melissa Harley, Lillianna Paul
21. Stuart W.Stevens, Sydney Lewis, Jared Cameron-Nashkewa, Brandi Farr, Paula Mahmood, Morris Solomon, Kenneth Peters, Jason Malcolm
22. Danielle Ritchie, Matteo Ritchie
23. Patricia Giffen, Arnold John, Donna Jones, Ronald Crowell, Victor Kahgee, Kara D'Atri-Besito
24. Emily Wilson, Carrie Benson, Kaden Roote
25. Robert A. Kahgee, Valerie Wesley, Kaden Bob, Alphonse Aquash
26. James Gates, Cheyenne Ritchie, Emil Sharma, Michele Nawash, Hunter Grimoldby, Ellen Foster, Robert Solomon
27. Nathan Kewageshig, David Lawrence, Rochelle Becker
28. Nicholas Ritchie, James Peters, Sharissa Ritchie-Jacobs
29. Shoshanna Johnston-Ritchie, Marissa Kahgee, Nathaniel Kahgee, Bryden Cameron
30. H.Keith Kewageshig, Wanda Johnson
31. Stirling John, Andrea Ritchie, Lovenia Thorpe, Damien D'Atri-Besito



October Anniversaries

Oct 4 – Milton & Margaret Smith

Oct 4 – Laurie & Darrel Jack

Oct 6 – John & Donna Preston

Oct 7 – Jeff & Donna Nashkewa – Jackson

Oct 10 – Stan & Judy Roote

Oct 11 – Steve & Marilyn Roote

Oct 11 – Fred & Wendy Johnson

Oct 16 – David & Brenda Shannon

Oct 19 – Frederick & Penny Hooper

Oct 20 – Allen & Bonnie Mason

Oct 21 – Hugh & Sheryl Livingstone

Oct 22 – Robert & Brenda Pealow

Oct 23 – Richard & Geraldine Forget

Oct 27 – Brent & Diane John



HAPPY WEDDING ANNIVERSARY

Community Aboriginal Recreational Activator

(CARA)

WILL BE HOSTING A

Community Needs Assessment Event

When: Wednesday October 10th 2018

Time: 5pm Dinner

Presentation 6pm

**Where: James Mason Memorial Cultural & Recreation
Centre**

The initial goal and purpose for this event is to provide an opportunity for all community members to come out and give their input for future recreational activities and programming. A survey will be conducted and results will be implemented based on the information outcome! What is CARA? What programs would you like to attend or interested in? Once you submit your survey your name will be entered in for a chance to WIN 42inch TV/gift cards.

If you require further information please don't hesitate to call
Rachel Mason, Community Activator (519) 797-2781 ext.2301

Starting October 11, 2018 Boyz group

Starting October 18, 2018 Girlz group

Time: 4:30-6pm

Where: Aaron Memorial Youth Center

Ages 10 up

Focus on Leadership skills, Life Skills, Physical Activities

In partnership with CARA, Youth Mentor





CARA

October 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3 Archery with Stan Bragg 4:30-6pm Hockey 6-9pm	4	5 CARA Night 6-9pm Soccer pig ball diamond	6
7	8 Thanksgiving	9	10 Community Needs Assessment 5pm dinner	11 Boys Group 4:30-6pm Youth Center	12 CARA Night 6-9pm Basketball	13
14	15 Walking club 6pm-8pm	16	17 Archery with Stan Bragg 4:30-6pm Hockey 6-9pm	18 Girls Group 4:30-6pm Youth Center	19 CARA Night 6-9pm Volleyball	20
21	22 Walking Club 6pm-8pm	23	24 Archery with Stan Bragg 4:30-6pm Hockey 6-9pm	25 Boys Group 4:30-6pm Youth Center	26 Halloween Party 6pm	27
28	29 Walking Club 6pm-8pm	30	31 Halloween NO CARA			

Notes

CARA COMMUNITY NEEDS ASSESSMENT OCTOBER 10/2018 DINNER @ 5PM COME OUT AND FILL OUT NEEDS ASSESSMENT FORM AND CHANCE TO WIN 42inch TV/ Gift cards!!

Please contact Rachel, Community Activator @ (519) 797-2781 ex 2301

SAUGEEN FIRST NATION PRESENTS

Seniors Information and Active Living Fair

With several partners attending from various parts of Southwestern Ontario, there will be lots to see and do such as but limited to:

- Trade Show including information from various Seniors Service providers
- Active Living Demonstrations
- Seminars and Presentation topics
- Housing information
- Retirement and nursing homes
- Home support information
- Safety tips and fraud prevention
- Displays by seniors' clubs
- Information on recreation activities
- Entertainment
- Complimentary healthy snack, tea and coffee
- Multi-cultural presentations
- Door prizes and grab bags

THURSDAY OCTOBER 18, 2018

1:00-5:00 PM

Free Admission

JAMES MASON MEMORIAL CULTURAL AND RECREATION CENTRE

47 FRENCH BAY RD, SOUTHAMPTON, ON NOH 2L0

For more information, please call 519-797-3254
or email anissa.nashkewa@saugeen.org

This event is hosted by Saugeen First Nation #29 in partnership with the Older Adult Centre's Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



October 2018 – SFN Recreation Dept

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 LNHL BINGO - Doors open at 6:00 PM	2 DULUTH HOLIDAY	3 5:00-6:00PM Christmas Planning Meeting – Open Invite	4 OPENING NIGHT LADIES FITNESS FITNESS FUNATICS 7:15 -8:15 PM	5	6 ELDERS WALKING GROUP-	7 OPENING DAY Men's Floor Hockey 3:00 – 6:00 PM Supper Provided
8 HOLIDAY 	9 KIDS CHURCH Stan & Sally Bragg	10 CARA NEEDS ASSESSMENT EVENT 5:00 PM SUPPER 6:00 SURVEY	11 CATHOLIC BOARD DAY EVENT LADIES FITNESS	12	13 PRIVATE BOOKING	14 Men's Floor Hockey 3:00 – 6:00 PM
15 LNHL BINGO - Doors open at 6:00 PM	16 KIDS CHURCH Stan & Sally Bragg	17	18 SENIORS FAIR 1:00-5:00 PM LADIES FITNESS	19	20	21 Men's Floor Hockey 3:00 – 6:00 PM
22 LNHL BINGO - Doors open at 6:00 PM	23 KIDS CHURCH Stan & Sally Bragg	24 BRUCE POWER/ ATTACK FLOOR HOCKEY EVENT – FAMILY EVENT 6:00-8:00 PM	25 LADIES FITNESS FITNESS FUNATICS 7:45-8:45PM	26 COMMUNITY HALLOWEEN PARTY 6:00-9:00 pm	27 BLUES HALLOWEEN DANCE 8:00 PM – 2:00 AM	28 Men's Floor Hockey 3:00 – 6:00 PM
29 LNHL BINGO - Doors open at 6:00 PM	30 KIDS CHURCH Stan & Sally Bragg	31 	For private bookings, general information or to request sponsorship from the Family Recreation Assistance Program please contact the Recreation Dept: anissa.nashkewa@saugeen.org Office: 519-797-3254 Cell: 519-708-9970 Fax: 519-797-1997 For more activities please refer to the CARA Calendar			



COMMUNITY FLOOR HOCKEY EVENT

with the Owen Sound Attack

James Mason Recreation Centre
WEDNESDAY, OCTOBER 24, 2018
6 – 8 p.m.

Pizza dinner and refreshments will be provided.

Register by Monday, October 22
by calling Anissa Nashkewa at 519-797-3254



CS190414B

Bruce Power

Innovation at work



Owen Sound Attack vs. London Nights

Saturday, November 3, 2018

at the Bayshore Arena

All Youth Welcome

Alcohol and Drug Free Event — Limited Seating Available

Includes a complimentary concession voucher and
meet and greet with players after the game

Bus will depart from James Mason Recreation Centre at 5 p.m.

Register by calling Anissa Nashkewa

Rec Centre: 519-797-3254



Bruce Power

Innovation at work

October 2018 Youth Center Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Youth Center closed - Training	2 Youth Center closed - Training	3 Youth Center closed - Training	4 Youth Center closed - Training	5 Youth Center closed - Training	6 Youth Center closed - Training
7	8 Youth Group Gr 9&10	9 Youth Group Gr. 11 &12	10	11	12 Youth Group Gr. 6, 7, 8	13 Event *To be announced
14	15 Youth Group Gr 9&10	16 Youth Group Gr. 11 &12	17	18	19 Youth Group Gr. 6, 7, 8	20 Event *To be announced
21	22 Youth Group Gr 9&10	23 Youth Group Gr. 11 &12	24	25	26 Community Halloween Party	27 Youth Center Haunted House!
28	29 Youth Group Gr 9&10	30 Youth Group Gr. 11 &12	31 HAPPY HALLOWEEN!!			

There will be more information to follow in regards to the "To Be Announced" events, as they pertain to the end of year trips or other special events. As well the youth groups will be from 5 pm, till 9 pm in the evenings. Only those signed up will be allowed to participate. Limited seating, and I will be posting once the spots have been filled! I look forward to working with all the youth! Miigwetch!

Winston Boudreau – Community Youth Mentor

Contact the Youth Center at 519-797-2781 EXT 2900

MASTERS INDIGENOUS GAMES 2018

It is with much appreciation that I thank Chief & Council for their support while competing at the 2018 Masters Indigenous Games (MIG) at Downsview Park, in Toronto this year.

This was the first event of its kind in North America with various contemporary and traditional sports to compete in such as athletics, badminton, basketball, canoe racing, hockey, soccer, softball, volleyball, archery, lacrosse, standing kick, tug-of-war and teepee building. I competed in all 8 athletic events, in the male category between the ages of 20-34, and earned a medal in each event.



Me with my greatest competition, Daniel Samantha, from Dene Tha' First Nation, Alberta!

Others who competed from Saugeen include Natasha George, who got a bronze in women's softball, and Dalton Lewis, who was a bronze medal finalist in Men's Basketball. Congratulations!

It was an awesome experience to say the least and I'm truly grateful to have been able to represent Saugeen. I made new friends and reconnected with old ones while sharing some good laughs. I would encourage more competitors from Saugeen to attend the next event in 2021!

Again, I'd like to thank Chief & Council for their support while representing Saugeen at this unforgettable experience.



100m – Gold
200m – Gold
400m – Gold
800m – Bronze
1500m – Gold
3000m – Gold
5000m – Gold
6000m – Silver

Now is the time to train!
Curtis Roote

GIVING THANKS TO OUR SPONSORS!

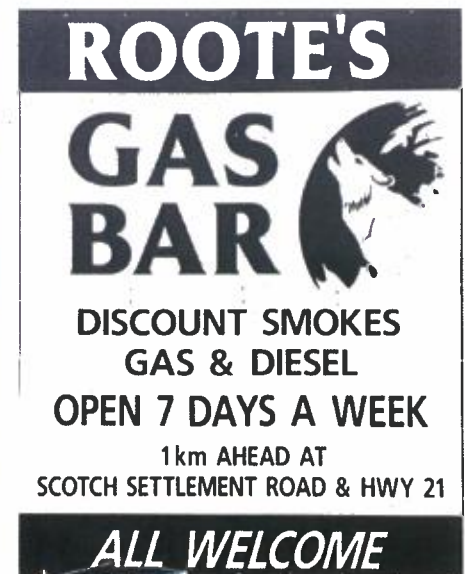
The Saugeen Thunderbirds would like to thank our 2018 Native All Ontario Fastball sponsors!

We are grateful to have been able to represent Saugeen this year, which wouldn't have been possible to our sponsors! Hosted by Sagamok, with a total of 12 men's teams, we placed 5th overall. Everyone had a fun time while competing and we are thankful for this experience!



With that being said, we would like to recognize our sponsors and would encourage friends and family to return the favour by giving these local business some support back. These include Roote's Gas Bar, Gloria's

Standing Arrow Smoke shop, Kim's Discount Smokes and Saugeen Chief & Council! Without your generous donations, this experience would not have been possible this year.



Miigwetch!

Curtis Roote on behalf of the Saugeen Thunderbirds

Bronze Medal at the Masters Indigenous Games!

Recently I attended the first ever Masters Indigenous Games where my women's softball team won a bronze medal. Initially, I was registered as an athlete in athletics (javelin, shot, discus, and the jumping events); unfortunately, these events were cancelled and I was asked to consider another sport. I chose softball.

I was placed randomly on a softball team. Many of the players came in from BC, however myself and a few others were from various locations in Ontario. I was nervous going into the tournament, not knowing if we had players to fill all the positions. After assembling for practice and meeting my team, I felt more confident and comfortable with our team compatibility.



My team, Salish Nation, played 5 action packed games over 3 days in the hot Toronto sun. Being one of the youngest players, I felt like a rookie again, as the ladies I played with were well seasoned pros – most of whom ranged in ages from 40 to late-60s. I was truly humbled by their knowledge, skills, and abilities! We ended winning the bronze medal game by 1 run (in the final inning the opposing team had a tying run on third. It was so

exciting!)

I was thrilled to have brought home a medal but I was more pleased with sharing this exciting experience with my young daughters. I hope to have shown them that an active lifestyle is possible at all ages. What a thrill to represent Anishnaabek and Saugeen First Nation.

I look forward to the next Masters Games and encourage all the Saugeen athletes/teams to participate in this event BUT also participation in new opportunities that push us outside of our comfort levels.

Miigwetch Saugeen for your support!

Natasha George

About the Masters Indigenous Games:

An athletic event that host various sporting tournaments for Indigenous persons over 20 years old. These sporting tournaments include: softball, track and field, golf, basketball, lacrosse, and others. The games also host vendors, cultural events and entertainment.





Hunting season is coming up again!

Looking for hides (Moose & Deer)

Do not throw them in the dump!

I will pick them up at your house.

Please call me!

Michele Puddester

519-797-5448



Archery with Stan Bragg

When: Starting October 3rd 2018

Time: 4:30-6pm

Open to Ages 8 up

Please register by Oct 1st 2018

Call Rachel, Community Activator

(519) 797-2781 ex 2301



Sponsored by CARA, Supper will be served

SAUGEEN KIDS CHURCH

EVERY TUESDAY NIGHT

WE ARE CELEBRATING OUR 19TH YEAR.

James Mason Cultural center

Every Tuesday Night at 6pm

There is no cost to register.

But every child will have to register to attend

Kids Church is for grades 1 – 6

Kids Church is a program where kids are important.

They will experience, games, contests, video's, music, singing, snacks

Bible lessons, prizes, sports and lots of fun, fun, fun.

All in a safe caring environment.

We have our Kids Church youth group that volunteers to help each week run the program as well.

We have a bus every week to pick your children up and bring them home.

Call for a bus pick up time.

For more information call Stan and Sally Bragg at 519-797-3668

Saugeen Newsletter

Deadline

Date: Friday October 19, 2018

Time: 4PM

Issue: November 2018



DON'T MISS
THE DEADLINE!

Please remember to do a spell check
before handing in all submissions.

Thank you!