









January 2019 Saugeen News

The Saugeen News is published under the direction of Saugeen Band Council, 6493 HWY 21,
R.R#1 Southampton, Ontario N0H 2L0
For free distribution to members of the Saugeen Band

## Saugeen Band Council Minutes In Brief



Saugeen Band Council Monday, November 5, 2018 Council Chambers 9:30 a.m.

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

#### **MOTION No.01**

Moved by: Sonya Roote Seconded by: Lorne Mandawoub To appoint a councillor for today's meeting, in the absence of the Chief. 6 in favor Carried

#### **MOTION No.02**

Moved by: Sonya Roote Seconded by: Mark Mandawoub To accept the agenda with additions for today's meeting, Monday, November 5, 2018 as presented. 6 in favor Carried

#### **MOTION No.03**

Moved by: Herman Roote

Seconded by: Mike Henry
To accept the Saugeen Band Council Minutes of
October 29, 2018 as presented. 5 in favor
1 Opposed – Sonya Roote "Minutes don't reflect
Carrie

#### **MOTION No.04**

Moved by: Sonya Roote
Seconded by: Gayle Mason Stark
To approve the Fundraising request from nonband member to host a Cultural and Wellness
Event at 19 Mason Drive on December 21, 22,
2018. 5 in favor 1' Opposed – Mike Henry
"Should have been the band member that
requested".

1 Declined to vote – Lorne Mandawoub
"Should have been the band member that

"Should have been the band member that requested" Carried

#### MOTION No.05

Moved by: Mark Mandawoub Seconded by: Lorne Mandawoub To declare this portion of the meeting to be "IN CAMERA" time being 10:15am. 7 in favor Carried

#### **MOTION No.06**

Moved by: Mark Mandawoub Seconded by: Lorne Mandawoub To go "OUT OF CAMERA" time being 10:47am. 6 in favor 1 Out of the room – Randal Roote "Conflict Carried

#### MOTION No.07

Moved by: Mike Henry Seconded by: Herman Roote To authorize payment to Pape Salter Teillet LLP for the July 2018 invoice. 7 in favor Carried **MOTION No.08** 

Moved by: Randal Roote Seconded by: Mike Henry

To agree to sign the Amending Agreement No.1617-ON-00031 Amendment No. A0006.

7 in favor Carried

MOTION No.09

Moved by: Lorne Mandawoub Seconded by: Herman Roote

To accept the NWMO Community Well-Being

Investment Fund

Further that these monies will be set aside in a reserve fund or similar mechanism and will be administered on behalf and to the benefit of the Saugeen Community towards supporting Community towards supporting community sustainability and well-being including capacity building and stewardship initiatives.

7 in favor Carried

**MOTION No.10** 

Moved by: Mike Henry Seconded by: Sonya Roote

To approve the Home Renovation Loan from

Band Member for Lot 74-2.

5 in favor 1 Opposed – Randal Roote "Band Member not given enough time to finish quote"

Carried

MOTION No.11

Moved by: Sonya Roote

Seconded by: Mark Mandawoub

To accept and approve the band members that were approved by Hydro One for the Saugeen First Nation Geothermal Heat Installations 5 in favor 2 Out of the room- Gayle Mason Stark

"Conflict" & Mike Henry Carried

MOTION. No.12

Moved by: Randal Roote Seconded by: Sonya Roote

To accept and approve for the Saugeen First Nation Committees for the 2018-2020 Term.

7 in favor Carried

MOTION No.13

Moved by: Randal Roote

Seconded by: Mark Mandawoub

To adjourn for today's meeting, time being

3:39pm. 7 in favor Carried







Saugeen Band Council Tuesday, November 13, 2018 Council Chambers 9:30 a.m.

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

**MOTION No.01** 

Moved by: Randal Roote

Seconded by: Letitia Thompson

To accept the agenda as presented for today's

meeting. 9 in favor Carried

MOTION No.02

Moved by: Herman Roote Seconded by: Conrad Ritchie

To accept the Saugeen Band Council minutes of

November 5, 2018 as presented.

8 in favor 1Opposed – Sonya Roote "Minutes don't reflect the conversations" Carried

**MOTION No.03** 

Moved by: Herman Roote Seconded by: Sonya Roote

To adjourn for today's meeting, time being

1:08pm. 7 in favor Carried







Saugeen Band Council Monday, November 19, 2018 Council Chambers 9:30 a.m.

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

#### MOTION No. 01

Moved by: Sonya Roote

Seconded by: Letitia Thompson To accept the agenda with additions for today's meeting, Monday, November 19, 2018.

6 in favor Carried

#### **MOTION No.02**

Moved by: Letitia Thompson
Seconded by: Conrad Ritchie
To authorize payment to the following:
TE Wealth Investment for the August 2018
invoice
Arnold & Arnold for the November 2018 invoice
Hensel Barristers for the November 2018 invoice

Town of Saugeen Shores for the November 2018

invoice.
6 in favor
Carried

#### **MOTION No.03**

Moved by: Sonya Roote Seconded by: Gayle Mason Stark To acknowledge a mortgage with a band member for Lot 44 Village Subdivision. 6 in favor Carried

#### **MOTION No.04**

Moved by: Letitia Thompson Seconded by: Sonya Roote To authorize to fund a student for the 2018-2019 season with the Wiarton Schooners Jr. A Hockey Team. 6 in favor Carried

#### **MOTION No.05**

Moved by: Sonya Roote
Seconded by: Letitia Thompson
To authorize to opt in for the full participation in
the Indigenous Neonatal Abstinence Syndrome
Project. 6 in favor Carried

#### **MOTION No.06**

Moved by: Sonya Roote Seconded by: Conrad Ritchie To authorize funds for the position of Youth Mentorship salary to come from the NWMO Community Well-Being Investment Funds. 6 in favor Carried

#### **MOTION No.07**

Moved by: Lorne Mandawoub Seconded by: Mark Mandawoub To adjourn for today's meeting, time being 12:56pm. 6 in favor Carried



#### Saugeen Band Council Monday, November 26, 2018 Council Chambers 9:30 a.m.

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

Absent: Letitia Thompson - Family

#### MOTION No.01

Moved by: Lorne Mandawoub Seconded by: Mark Mandawoub

To accept the agenda as presented for today's

meeting. 8 in favor Carried

#### MOTION No.02

Moved by: Conrad Ritchie

Seconded by: Gayle Mason Stark

To approve the Saugeen Band Council minutes dated November 13, 19, 2018 as presented.

8 in favor Carried

#### MOTION No.03

Moved by: Herman Roote Seconded by: Sonya Roote

To RESCIND Motion No.11 dated

September 17, 2018 and authorizing signing authority to the Band Administrator of up to

\$20,000.00.

Further, that weekly reports if signage over \$10,000.00 to be given to Chief & Council.

8 in favor Carried

#### MOTION No.04

Moved by: Randal Roote Seconded by: Herman Roote

To approve the Operations & Infrastructure committee's Recommendation #1 dated November 15, 2018. 8 in favor Carried

#### MOTION No.05

Moved by: Lorne Mandawoub Seconded by: Herman Roote

To approve the Operations & Infrastructure Committee's Recommendation #2 dated November 15, 2018. 8 in favor Carried

#### **MOTION No.06**

Moved by: Lorne Mandawoub Seconded by: Conrad Ritchie

To approve the Operations & Infrastructure Committee's Recommendation #3 dated

November 15, 2018. 8 in favor Carried

#### **MOTION No.07**

Moved by: Lorne Mandawoub Seconded by: Herman Roote

To approve the Operations & Infrastructure Committee's Recommendation #5 dated November 15, 2018 8 in favor Carried

#### **MOTION No.08**

Moved by: Lorne Mandawoub Seconded by: Herman Roote

To approve the Operations & Infrastructure Committee's Recommendation #5 Dated No-

vember 15, 2018. 8 in favor Carried

#### MOTION No.09

Moved by: Mike Henry

Seconded by: Mark Mandawoub
To authorize payment to Olthuis Kleer
Townshend LLP Barristers and Solicitors for
the September 2018 statement.

8 in favor Carried

#### **MOTION No.10**

Moved by: Randal Roote

Seconded by: Lorne Mandawoub

To appoint the Education Director as the Saugeen First Nation Trustee for the Bluewater District School Board.

7 in favor 1 Opposed – Gayle Mason Stark "Puts her in a Conflict of Interest" Carried

#### MOTION No.11

Moved by: Mike Henry

Seconded by: Lorne Mandawoub

To authorize the request for the funds to the Saugeen Stars for the Mega Monster Bingo on December 9, 2018. 8 in favor Carried

#### MOTION No.12

Moved by: Gayle Mason Stark Seconded by: Herman Roote To accept a band member as a CAMH Committee member. Further to accept for an alternate Youth

Committee Member.
8 in favor Carried

#### **MOTION No.13**

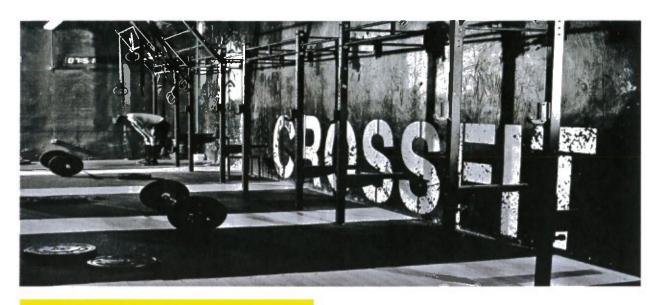
Moved by: Mike Henry
Seconded by: Conrad Ritchie
To adjourn for today's meeting, time being
12:27pm. 8 in favor Carried



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 (appy*)	2 CARA FAMILY FLOOR HOCKEY EVENT 1:00-4:00 PM	FLOOR HOCKEY TOURNAMENT 14+ 3-6PM	4 CLOSED FOR HOLIDAYS	5 CLOSED FOR HOLIDAYS	6 CLOSED FOR HOLIDAYS
7 LNHL BINGO	8 KIDS CHURCH -STAN & SALLY BRAGG	9 CARA	10 PICKELBALL LADIES FITNESS	11 CARA	12	13 FLOOR HOCKEY AGES 14 + 3:00-6:00
14 CLOSED DUE TO UPGRADE TO THE FACILITY	15 CLOSED	16 CLOSED	17 CLOSED LADIES FITNESS	18 CLOSED	19	20 FLOOR HOCKEY AGES 14 + 3:00-6:00
21 LNHL BINGO	22 KIDS CHURCH - STAN & SALLY BRAGG	23 CARA	24 PICKELBALL LADIES FITNESS	25 CARA	26 ATTACK GAME AT THE BAYSHORE CALL 519-797-3254	27 FLOOR HOCKEY AGES 14 + 3:00-6:00
28 LNHL BINGO	29 KIDS CHURCH - STAN & SALLY BRAGG	30 CARA	31 PICKELBALL LADIES FITNESS	SAUGEEN RECREATION DEPARTMENT 47 FRENCH BAY RD, SAUGEEN FIRST NATION, ON JAMES MASON MEMORIAL CULTURAL & RECREATION CENTRE EMAIL: anissa.nashkewa@saugeen.org PHONE: 519-797-3254 FAX: 519-797-1997		



CARA Presents CROSSFIT January 10, 17, 24, 31, 2019 Starting 6:30pm-7:30pm Port Elgin, Ontario

For males 18 over for four weeks

The First ten to register will be sponsored by CARA Program.

"Let's make that goal a reality" Join CrossFit and see the results you be waiting for.

Please call Rachel Community Activator to sign up (519) 797-2781 Ext 2301

# January

2019

#### CARA

CARA presents CrossFit for Males 18 years older Starting January 10, 2018 Please call Rachel Community Activator (519) 797-2781 Ext 2301 to register



Sunday	Monday	Tuesday	1	Wednesday Family Hockey Tourney 1-4pm	4	Thursday 3	Friday	4	Saturday 5
	7	Walking Group/Elders	3	CARA Hockey 6pm-9pm	9	CrossFit Males 18 yrs older 6:30-7:30pm	Indoor Soccer 6pm-8pm	21	12
Family Skate Tara 2-3pm	14	Walking Group/Elders	15	No CARA Watch For Posting	15	CrossFit Males 18yrs older 6:30-7:30pm	No CARA Watch for Posting	13	13
20	21	Walking Group/Elders	22	CARA Hockey 6pm-9pm	23	CrossFit Males 18yrs Older 6:30-7:30pm	Indoor Soccer 6pm-8pm	25	25
Family Skate Tara 2-3pm	23	Walking Group\Elders	29	CARA Hockey 6pm-9pm	30	CrossFit Males 18yrs Older 6:30-7:30pm			

## Saugeen Food Bank

## **January Hours**

Jan 3<sup>rd</sup> & 4th

10 am to 4 pm

9:30 am to 2:30 pm

Jan 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>

Jan 30<sup>th</sup> & 31<sup>st</sup>

9:30 am to 2:30 pm

9:30 am to 2:30 pm

Feb 1st

Please Note: Clients are welcome to access the Food Bank **TWICE** in January to help off-set the Holidays

Please note that all Perishables are on a **First Come First Serve** basis so an appointment is recommended

Please contact Erin Kewaquom Office: (519) 797 – 2392 Cell: (519) 372 – 5926

Or Message me on the Saugeen Food Bank



# SAUGEEN FIRST NATION #29 FOOD BANK

37 Mason Drive Saugeen First Nation NOH2L0

November 29, 2018

GBHS Owen Sound Medical Imaging Department 1800 8<sup>th</sup> Street E Owen Sound, Ontario

Dear GBHS Owen Sound Medical Imaging Department:

On behalf of the Saugeen First Nation Food Bank, I would like to thank the Owen Sound Medical Imaging Department for the generous donations of non-perishable items.

The Saugeen First Nation Food Bank relies on the generosity of donors such as yourself and is grateful for your support. There will be many families who will benefit from these donations.

I would like to especially thank Tim Banks for organizing this!

Once again, Gchi-Miigwetch and Happy Holidays to All!

Sincerely,

Erin Kewaquom Saugeen Food Bank



#### **NOTICE TO COMMUNITY MEMBERS:**

Medical Transportation has now moved to the Reception Area at the Health Centre.

You can still reach the Med Trans Clerk at 519-797-3792 ext. 1008

Effective immediately, <u>ALL</u> medical appointments (for those needing med drivers & private mileage) must be logged into the Medical Transportation Book prior to appointment. If the appointment is not in the book, payment for yellow appointment cards cannot be processed due to accountability purposes.

Yellow appointment cards will only be handed out for an upcoming appointment, not several at a time.

Thank You For Your Understanding in This Matter

Diane Katsitsawaks Hill is an Integrative Programs Consultant and Director of Ka'nikonhriyohtshera: Fostering Emergence of the Good Mind – An Experience in Quantum Energy Integration

For the past 30 plus years, Diane has been consulting on various Indigenous education initiatives both nationally & internationally. Her work is distinguished in the fields of education, social work and cultural studies. She has written several articles and books: given lectures related to holistic models of learning/teaching and has facilitated programs for personal transformation, healing and wellness. Diane is also the program administrator for R.E.A.L. School - a unique life skills program utilizing concepts drawn from the Quantum sciences that support leadership development. As a dynamic keynote speaker and facilitator, Diane is a powerful animator of the process for quantum energy integration.



Fostering Emergence of the Good Mind: An Experience in Quantum Energy Integration!

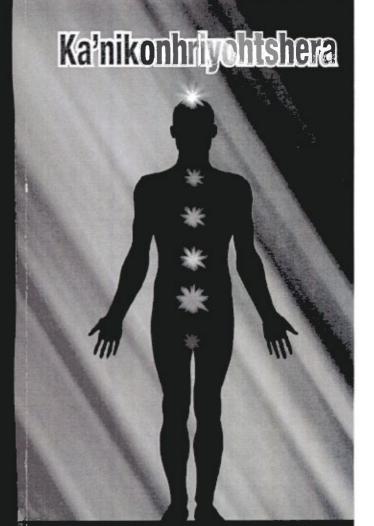
Utilizes research drawn from the quantum sciences and the study of cellular biology, epigenetics and neuroplasticity. All information is presented in an easy to follow conversational format. The 3-day experiental program provides a unique perspective for explaining how the human body heals itself and how the cells of the body process and integrate into its nervous system the energies related to our many life experiences. Incorporating concepts from quantum physics, the program director guides participants through a learning process to discover the power and potential waiting within them.

In this 3-day program, you will learn a process for freeing yourself from the negative habits of mind that limit and prevent you from living a happier and more meaningful life. Living as a quantum biological human, you are capable of resolving all of your life's challenges and of creating a different reality for yourself, your family and those around you. This innovative program shows you how!

### SESSION IS FULL for January 18 19 & 20/18

Saugeen First Nation #29

If you are interested in a future 2019
3 Day Session, please contact
Health Center @ 519-797-3792.
Please leave your name & contact.
(Limited to 9 participants)
Family Well Being Program



# Fostering Emergence of the Good Mind

A journey of discovery in freeing yourself from the habits of mind that limit and prevent you from living a more meaningful life!

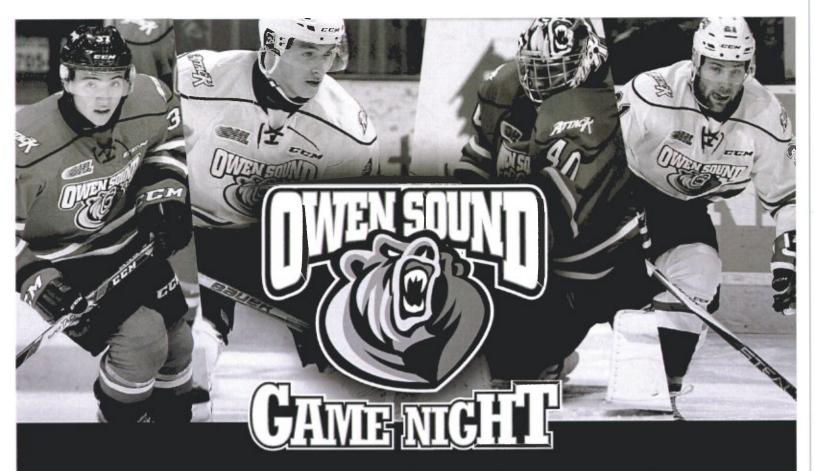


2:00pm-3:00pm



Meals On Wheels EVERY Tuesday & Thursday

Mon	Tue	Wed	Thu 🔀	Fri	
31 HCC Holidays	1 HCC Holidays	2 HCC Holidays	3 HCC Holidays	4 HCC Holidays	
7	8 Bowling	9	10 Falls Prevention	11	
Falls Prevention 2:00pm-3:00pm	12:00-4:00  Meals on Wheels	Joints in Motion 12:30-4:00	10:30am-11:30am Social 1:00-4:00 Meals on Wheels	Shopping Trip 10:30am-4:00pm	
14 Nutrition Bingo 12:00-2:00 Falls Prevention 2:00pm-3:00pm	15  Meals on Wheels	16 Joints in Motion 12:30-4:00	17 Falls Prevention 10:30am-11:30am Seniors Lunch 11:30-1:30	Shopping Trip 10:30am-4:00pm	
Craft 10:00-2:00 Falls Prevention 2:00pm-3:00pm	22 Bowling 12:00-4:00 Meals on Wheels	Joints in Motion 12:30-4:00	24 Falls Prevention 10:30am-11:30am Diabetic Lunch & Lear 11:30-2:00	Shopping Trip 10:30am-4:00pm	
28 Seniors Social 12:00pm-2:00pm Falls Prevention 2:00pm-3:00pm	29 Cooking/Baking 1:30-4:00 Meals on Wheels	30 Joints in Motion 12:30-4:00	31 Falls Prevention 10:30am-11:30am Craft 11:30-3:00 Meals on Wheels	Please Call for Transportation (519)797-3128	



Owen Sound Attack vs. Flint Firebirds

Saturday, January 26, 2019

at the Bayshore Arena

All Youth Welcome

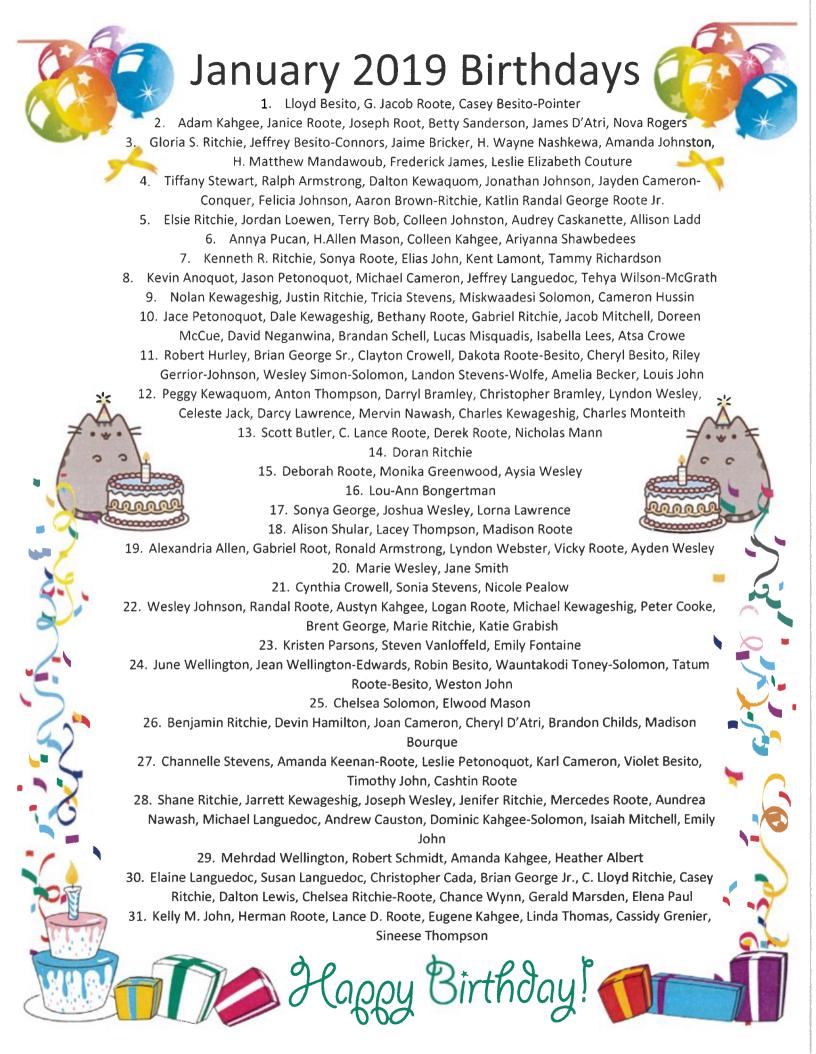
Alcohol and Drug Free Event — Limited Seating Available Includes a pizza dinner in the community room and a meet-and-greet with players and Cubby before the game.

Bus will depart from Saugeen Rec Centre at 5 p.m. 12 and under must be accompanied by an adult.

Register by calling Anissa Nashkewa at 519-797-3254







# REFLECTING ON THE PAST. LOOKING TO THE FUTURE.

The end of the year is often a time of reflection. For many, it is a time for giving thanks through winter ceremonies and acknowledging Winter Solstice.

As we reflect on the year that has passed, we can celebrate accomplishments and look forward to new opportunities for growth and achievement. When making space for areas of growth, we acknowledge the importance of family, community and overall well-being.

The coming year is an opportunity to set new goals and establish resolutions. We often focus our goals on things that will improve health like incorporating more traditional foods and medicines into our way of life, quitting smoking, or committing to spend more doing medicine walks with our children. Whatever your goals may be, being mindful of your mental, emotional, and spiritual health will help you achieve your physical goals.

As you look to 2019, consider making a commitment to good health as your resolution. Taking control of your health, adopting healthy behaviours, and celebrating YOU will help make this your healthiest year yet.

Celebrating you can be as simple as going for a 30-minute walk in nature alone or with your family. Being with nature is a great way to support your mental, emotional, spiritual and physical well-being. As you venture into the outdoors and share your knowledge and stories with family, you are also sharing your gifts, and each day that you spend doing self-care will have a greater impact in the long run.

Don't wait until New Year's Eve to incorporate changes. Make it a yearlong process and take steps toward your goal every day.

Wishing you and your family all the best in 2019 on behalf of the South West Regional Cancer Program

Chantel Antone, Aboriginal Patient Navigator



#### Maintain your well-being

Sometimes our physical well-being provides us with messages, saying "hey there, it might be a good time to visit the doctor." If you are experiencing any of the symptoms below, please see your doctor. While these symptoms DO NOT always indicate cancer, it is always a good thing to get checked!

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening, lump, or swelling in the breast or any other part of the body
- Indigestion or difficulty swallowing
- A recent change in wart or mole
- A nagging cough or hoarseness
- Unexplained progressive weight loss or gain
- · Unexplained fever, fatigue or pain

It is important to know that more people are surviving cancer than ever before, particularly when it is found and treated early. The most important factor in cancer survival is early diagnosis. Getting a regular check-up and participating in one of Ontario's free cancer screening programs are the first steps. For more information visit www.cancercareontario. ca/en/get-checked-cancer



South West Regional Cancer Program

in partnership with Cancer Care Ontario

# Saugeen Native Language Program

#### **EVERY MONDAY AT THE LIBRARY**

Band Members and staff that want to learn the Anishinaabemowin can attend classes

January 7, 2019 2-3 pm

January 14, 2019 6-7 pm

January 21, 2019 2-3 pm

January 28, 2019 6-7 pm

FIRST CLASS WILL BE MONDAY 2-3 PM

SECOND CLASS WILL BE MONDAY EVENING 6-7 PM

CHILDCARE AVAILABLE @ SECOND CLASS

FOR MORE INFORMATION CONTACT (519) 797-5986

E-mail Sylvia.Besito@saugeen.org

## News Letter Deadline

Date: Friday January 18, 2019

Time: 4PM

Issue February 2019



Please remember to do a SPELL Check before handing in Submissions.

No Late Submissions.