

# Waawaasgone Giizis (Flower Moon)



## Saugeen News May 2019

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

# *Saugeen Band Council Minutes In Brief*



Saugeen Band Council  
Monday, March 4, 2019  
Council Chambers 9:30 a.m.

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

## MOTION No.01

Moved by: Lorne Mandawoub  
Seconded by: Mark Mandawoub  
To accept the agenda with additions for today's  
meeting, Monday, March 4, 2019.  
7 in favor Carried

## MOTION No.02

Moved by: Letitia Thompson  
Seconded by: Sonya Roote  
To give direction for Chief Anoquot to sign the  
Terms of Reference for Saugeen Ojibway Nation  
– Canadian Nuclear Safety Commission  
Agreement. 7 in favor Carried

## MOTION No.03

Moved by: Herman Roote  
Seconded by: Mike Henry  
To accept the Coastal Waters Monitoring  
Program Plan and direct Katherine Ryan to begin  
implementation of the plan. 7 in favor Carried

## MOTION No.04

Moved by: Randal Roote  
Seconded by: Letitia Thompson  
To accept the proposal for Land Use and  
Occupancy Mapping from Terry Tobias.  
7 in favor Carried

## MOTION No.05

Moved by: Randal Roote  
Seconded by: Conrad Ritchie  
To approve the “OUT OF PROVINCE  
TRAVEL” for a staff member to attend the Lands  
Advisory Board meeting in Winnipeg MB April  
1-3, 2019.  
9 in favor Carried

## MOTION No.06

Moved by: Sonya Roote  
Seconded by: Letitia Thompson  
To authorize the sponsor for the GC Huston  
Student Exchange program for transportation.  
8 in favor Carried

## MOTION No.07

Moved by: Lorne Mandawoub  
Seconded by: Mark Mandawoub  
To discharge mortgage with a band member for  
Lot 9-2. 8 in favor Carried

## MOTION No.08

Moved by: Herman Roote  
Seconded by: Lorne Mandawoub  
To authorize payment to the following:

First Student ULC for the December 2018 and January 2019 Invoices  
Weibe & Jeske Burial for late band member  
Town of Saugeen Shores for the February 2019 Invoice  
OKT LP for the January 2019 Invoice  
8 in favor Carried

MOTION No.09

Moved by: Randal Roote  
Seconded by: Mike Henry  
To approve the Saugeen Band Council Minutes of February 4, 11, 19, 2019 as presented.  
7 in favor  
1 Opposed – Sonya Roote  
Carried

MOTION No.10

Moved by: Gayle Mason Stark  
Seconded by: Mike Henry  
To approve the Operations and Infrastructure Committee Recommendation#1 dated February 7, 2019. 8 in favor 1 Declined to vote  
“Lorne Mandawoub”

MOTION No.11

Moved by: Sonya Roote  
Seconded by: Mike Henry  
To authorize funds to the Saugeen Stars for the Little NHL Tournament March 10-14, 2019 in Mississauga ON.  
9 in favor Carried

MOTION No.12

Moved by: Sonya Roote  
Seconded by: Gayle Mason Stark  
To authorize payment to Kevin R. Finney for the Youth Canoe Build Project.  
9 in favor Carried

MOTION No.13

Moved by: Lorne Mandawoub  
Seconded by: Mike Henry  
To authorize payment of half of the team fees for the Chippewa Hill Men’s Recreational Hockey.  
7 in favor 2 Declined to Vote

Gayle Mason Stark “Conflict of Interest”  
Randal Roote “Conflict of Interest”  
Carried

MOTION No.14

Moved by: Lorne Mandawoub  
Seconded by: Mike Henry  
To approve the Amending Agreement 1516-ON-000002 Amendment No. 0022.  
9 in favor Carried

MOTION No.15

Moved by: Mike Henry  
Seconded by: Lorne Mandawoub  
To approve for the Wood program to be extended for an additional 1 month.  
9 in favor Carried

MOTION No.16

Moved by: Sonya Roote  
Seconded by: Mark Mandawoub  
To authorize for Chief Anoquot to sign the Tobacco Retailer Agreement for the Saugeen First Nation #29 Allocation for 2019-2002.  
9 in favor Carried

MOTION No.17

Moved by: Lorne Mandawoub  
Seconded by: Gayle Mason Stark  
To adjourn for today’s meeting, time being 12:50pm. 9 in favor Carried



Saugeen Band Council  
Monday, March 18, 2019  
Council Chambers 9:30 a.m.

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

MOTION No.01

Moved by: Lorne Mandawoub  
Seconded by: Gayle Mason Stark  
To accept the agenda as presented for today's meeting. 9 in favor Carried

MOTION No.02

Moved by: Letitia Thompson  
Seconded by: Herman Roote  
To direct the Band Administrator to work with IT Department to have cameras installed at the Saugeen Fire Department. 9 in favor Carried

MOTION No.03

Moved by: Gayle Mason Stark  
Seconded by: Conrad Ritchie  
To approve the Operations & Infrastructure Committee Recommendation #2 dated March 7, 2019. 7 in favor 1 Opposed -Mike Henry "Optics"  
1 Declined to Vote – Herman Roote "Conflict of Interest" Carried

MOTION No. 04

Moved by: Randal Roote  
Seconded by: Gayle Mason Stark  
To approve the Operations and Infrastructure Committee Recommendation#3 dated March 7, 2019. 9 in favor Carried

MOTION No.05

Moved by: Lorne Mandawoub  
Seconded by: Herman Roote  
To authorize payment to the following:  
Pape Salter Teillet LLP January & February 2019 Invoices  
Olthuis Kleer Townshend February 2019 Invoice.  
9 in favor Carried

MOTION No.06

Moved by: Sonya Roote  
Seconded by: Herman Roote  
To award the tender for the construction of the Governance Building to Sierra Construction Inc.

as recommended by K.L. Martin & Associates Corp. 9 in favor Carried

MOTION No.07

Moved by: Mike Henry  
Seconded by: Lorne Mandawoub  
To approve the Employee Retirement Pack for 23 years of service to the Saugeen First Nation.  
8 in favor  
1 Opposed – Lorne Mandawoub "Years of service not paid out properly" Carried

MOTION No.08

Moved by: Herman Roote  
Seconded by: Mike Henry  
To adjourn for today's meeting, time being 12:58pm. 9 in favor Carried



**Saugeen Band Council**

**Monday, March 25, 2019**

**Council Chambers 9:30 a.m.**

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

MOTION No.01

Moved by: Sonya Roote  
Seconded by: Herman Roote  
To appoint a councillor as Chairperson for today's meeting, until time of Chief Anoquot's return. 7 in favor Carried

MOTION No.02

Moved by: Letitia Thompson  
Seconded by: Lorne Mandawoub  
To accept the agenda as presented for today's meeting. 7 in favor Carried

MOTION No.03

Moved by: Sonya Roote  
Seconded by: Herman Roote  
To authorize payment to the following:  
Town of Saugeen Shores March 2019 Invoice  
Pape Salter Teillet January 2019 Statement  
Olthuis Kleer Townshend March 2019 Statement. 7 in favor Carried

MOTION No.04

Moved by: Mike Henry  
Seconded by: Herman Roote  
To acknowledge the Discharge of Mortgage with band member for Lot 236.  
7 in favor Carried

MOTION No.05

Moved by: Sonya Roote  
Seconded by: Letitia Thompson  
To acknowledge Discharge of Mortgage with band member for Lot 153. 7 in favor Carried

MOTION No.06

Moved by: Mike Henry  
Seconded by: Sonya Roote  
To AMEND MOTION No.07 dated October 1, 2018. 6 in favor 1 Declined to Vote – Lorne Mandawoub “Not enough information”  
Carried

MOTION No.07

Moved by: Sonya Roote  
Seconded by: Letitia Thompson  
To allot Concession F Lot 10 to the Saugeen Maintenance Department for the structural steel building. 7 in favor Carried

MOTION No.08

Moved by: Herman Roote  
Seconded by: Randal Roote  
To authorize the purchase of a 2019 Ford XLT from Montgomery Ford for the Literacy Program – Alternative Learning Program.  
7 in favor Carried

MOTION No.09

Moved by: Sonya Roote  
Seconded by: Herman Roote  
To approve the Allocation of Unmarked Cigarettes/Cigarette Tobacco for the fiscal year April 1, 2019 to March 31, 2020.  
4 in favor 2 Opposed  
Mike Henry, Lorne Mandawoub  
1 Out of the Room – Randal Roote “Conflict of Interest” Carried

MOTION No.10

Moved by: Lorne Mandawoub  
Seconded by: Sonya Roote  
To adjourn for today’s meeting, time being 1:47pm. 6 in favor 1 Out of the room-  
Randal Roote Carried



Saugeen Band Council – “Special”  
Friday, March 29, 2019  
Council Chambers 9:30 a.m.

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

Absent: Randal Roote – Travel  
Letitia Thompson- Travel

MOTION No.01

Moved by: Sonya Roote

Seconded by: Herman Roote

To RESCIND MOTION No.09 dated March

25, 2019. 6 in favor 1 Opposed – Lorne

Mandawoub “Jim’s a business owner”

Carried

MOTION No.02

Moved by: Sonya Roote

Seconded by: Conrad Ritchie

To adjourn for today’s Special Meeting, time

being 11:05am. 7 in favor Carried



Get your Saugeen News via e-mail  
contact: [reception@saugeen.org](mailto:reception@saugeen.org)



# Saugeen First Nation #29

April 18<sup>th</sup>, 2019

## Press Release re Waves at Sauble Floating Waterpark

Saugeen First Nation's Chief and Council responded today to reports that the Town of South Bruce Peninsula (the "Town") intends to support the development of a waterpark on Saugeen reserve lands without Saugeen permission.

The Town committed its support for the proposed waterpark at a council meeting on March 19, 2019. The proposal would include a floating park with onshore facilities located on Sauble Beach, just north of 1<sup>st</sup> Street. This is squarely on Saugeen Indian Reserve #29. Neither the Town nor the proponent has sought permission from or communicated with Saugeen First Nation in any manner respecting the proposed waterpark.

"It is entirely unacceptable that the Town council endorsed this waterpark before we had ever even heard of it," said Saugeen Chief Lester Anoquot. "As neighbours, this would be unacceptable even if it were not directly on our reserve—but it is on our reserve. Let us be clear: Saugeen First Nation is prepared to take all necessary legal action to defend our reserve lands from trespass."

Chief Anoquot announced that Saugeen First Nation's lawyers have sent cease and desist letters to the proponent and the Town. Chief and Council have also notified the federal and provincial governments.

"The Crown has a constitutional and fiduciary duty to protect and preserve reserve lands," continued Chief Anoquot. "The proponents need regulatory permits from both levels of government to build a waterpark and we will challenge any purported authorization that is granted without our permission. If necessary, we will also instruct our lawyers to take direct action against the proponents for trespassing and damages."

### Background:

- Traditional Saugeen territory spans over 2 million acres and included the entire Saugeen (now Bruce) Peninsula.
- Saugeen First Nation has entered multiple treaties with the Crown. In 1854, Saugeen First Nation and the Crown entered a treaty later enumerated as Treaty 72. This treaty described the boundaries for several Saugeen reserves on the Saugeen Peninsula, including what is now called Indian Reserve #29.
- In 1990, the Government of Canada filed a lawsuit against the Town on behalf of Saugeen First Nation. In 1995, Saugeen First Nation filed its own lawsuit: *Chippewas of Saugeen First Nation v. Town of South Bruce Peninsula et al.* (#03-CV-253768-CM3). Both legal actions seek to confirm the northeastern boundary to Saugeen's reserve lands on Sauble Beach.
- The proposed waterpark would be located directly on lands that are subject to the court proceedings. As Saugeen First Nation's treaty partner, the Government of Canada expressly supports Saugeen First Nation's ownership of the land proposed for the waterpark.

Sincerely,

Lester Anoquot  
Chief

6493 Highway 21,  
Southampton, Ontario NOH 2L0  
519-797-2781 / Fax 519-797-2978




## FROM THE CHIEF'S DESK

### HYDROGEN FUEL

Saugeen First Nation is currently developing a Community Energy Plan, with a long-term focus on self-sufficiency and sustainability for future generations. The plan is to transition away from fossil fuels to renewable energy, primarily wind and solar. A key part of the long-term plan is energy storage in the form of hydrogen produced via water electrolyzers, referred to as POWER TO GAS. This type of hydrogen infrastructure can reduce our carbon footprint with heating, power and transportation.

We partnered with Carlsun Energy Solutions in 2016 to develop 7G Fuel and work on developing the Saugeen Sustainable Energy centre. Since March 2019, Bruce County Warden Mitch Twolan reached out and also wanted a partnership with 7G Fuel. We now have a joint application to the Federal government seeking financial support for the proposed project. We signed an MOU with the County of Bruce to explore a path forward and are not bound by any agreements.

The electric car is already on the market and we have a charging station at the Saugeen Gas Bar. A hydroelectric car is an electric car with a hydrogen fuel cell. Toyota is going to mass-produce hydroelectric cars and will need a supply of hydrogen fuel. Only water vapour is expelled from hydroelectric car tailpipe, not carbon dioxide. Hydrogen Fuel is Green renewable energy produced by cheap electricity, with no waste.



Chief Lester Anoquot



# **LAND CODE COMMUNITY MEETINGS**

**Wednesday May 8 2019**

**6439 Hwy 21, Youth Centre**

**6:00 – 8:00 pm**

**Thursday May 9 2019**

**696 French Bay Rd, Baptist Church**

**6:00 – 8:00 pm**

**Draft 2 of Saugeen FN Land Code, Current Status of process. First Nation Land Management (FNLN) Discussing Roles and Responsibilities of Lands,**

**Featuring:**

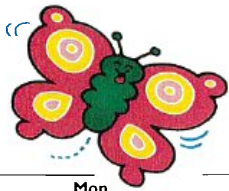
**Lands Coordinator – Kirk Roote**

**Lands Advisory Board Resource Centre (LABRC) Staff – Cassandra Cadeau**

**SFN FNLN Committee Members**

**Meal to be provided & everyone is invited!**

**For more information call Kirk Roote at: 519-797-3039 or cell/519-372-7830  
email: [kirk.roote@saugeen.org](mailto:kirk.roote@saugeen.org)**



Home & Community Care  
(519)797-3128 ext 2600



Mon	Tue	Wed	Thu	Fri
Please Note: All dates subject to change for program updates. Your patience is appreciated.				
		1 Hair Care w Krista	2 Falls Prevention 10:30-11:30 Meals on Wheels 4:30	3 Shopping 10:30
6 Craft 11:00-1:30 Falls Prevention 2:00-3:00	7 Meals on Wheels 4:30 Games Night @ YC 5:00-8:00	8 Mothers Day Breakfast 10:00-12:00	9 Falls Prevention 10:30-11:30 Aqua Fit (Port) 12:00pm Meals on Wheels 4:30	10 Shopping 10:30
13 Home Visits 10:00-1:00 Falls Prevention 2:00-3:00	14 Bowling 12:30 Meals on Wheels 4:30	15 Hair Care w Krista Shopping 10:30	16 Falls Prevention 10:30-11:30 Diabetic Lunch & Learn Meals on Wheels 4:30	17 Lord Elgin's Fish & Chips
20 Victoria Day Office Closed	21 Meals on Wheels 4:30 Games Night @ YC 5:00-8:00	22 Home Visits 9:00-11:30	23 Falls Prevention 10:30-11:30 Aqua Fit (Port) 12:00pm Meals on Wheels 4:30	24 Shopping 10:30
27 Craft 11:00-1:30 Falls Prevention 2:00-3:00	28 Bowling 12:30 Meals on Wheels 4:30	29 Hair Care w Krista Shopping 10:30	30 Falls Prevention 10:30-11:30 Aqua Fit (Port) 12:00pm Meals on Wheels 4:30	31 Lord Elgin's Fish & Chips

# Sharps Containers Available at Health Centre



It is very important to dispose of all used needles in sharps containers to prevent contact/spread of infection or other health issues.

Please return all full sharps containers to Health Centre for safe disposal.



Let's work together to keep our community safe!

**PLEASE COME OUT AND JOIN US  
IN WALKING THIS JOURNEY  
OF RECOVERY TOGETHER!**



## **ADDICTIONS GROUP**

**WEDNESDAY NIGHTS  
5-7PM**

**MINO BIMAADSAWIN HEALTH CENTER**

**DINNER AND BEVERAGES PROVIDED**

**Starting January 17th  
Every Thursday 4:30 to 7:30**

**Meal at 4:30,  
Group will begin at 5:00**

**Location:  
Mino Bimaadsawin Health Centre  
Please call to register  
519- 797 -3792  
Ext 1006**



**Men's Group**



# Intranasal Naloxone

can temporarily reverse opioid overdoses. Opioids include:

{ Codeine Demerol Hydromorphone Heroin Oxycodone  
Dilaudid Morphine Buprenorphine Fentanyl Methadone

1

## Signs of an Opioid Overdose



Soft/no breath  
or snoring



Pinpoint  
pupils



Blue lips, nails,  
or skin



Cold,  
clammy skin



Limp  
body



Doesn't respond  
to shouting

2

Call 911

3

## Give Naloxone



Peel the  
package open



Place your thumb  
on the plunger



Press plunger  
firmly into nostril

4

## Check The Person's Breathing

Breathing



Put person in  
recovery position



Not Breathing



Give rescue breathing  
and/or chest compressions

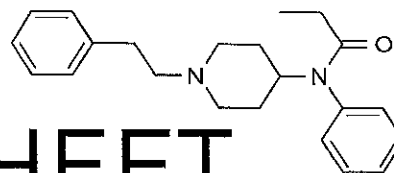
5

## Stay Calm

If no improvement after 2-3 minutes, give another dose and  
continue rescue breathing and/or chest compressions until help arrives

Source:  
The University of Waterloo, School of Public Health and Health Sciences  
The University of Waterloo, School of Public Health and Health Sciences  
The University of Waterloo, School of Public Health and Health Sciences

UNIVERSITY OF WATERLOO  
SCHOOL OF PUBLIC HEALTH  
PUBLIC HEALTH



# FENTANYL FACT SHEET

## SAFELY RESPONDING TO AN ONSITE OVERDOSE AT WORK

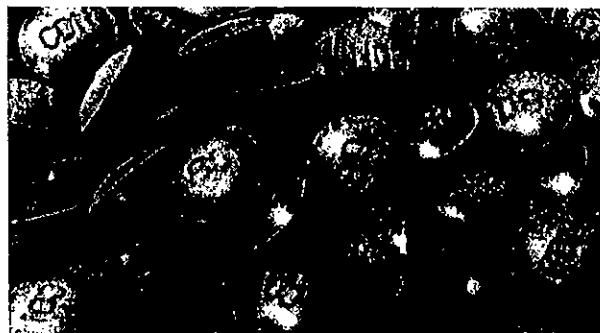
The risk of inadvertent exposure to fentanyl for staff responding to an opioid overdose in their workplace is extremely low. Routine precautions and overdose prevention training are sufficient for managing the risk of unintended fentanyl exposure while responding to a suspected opioid overdose.<sup>1</sup>

### WHAT IS FENTANYL?

**Prescription fentanyl** is a potent synthetic opioid that is used to relieve pain. It may be administered via a patch, injection, lozenge, or spray.

**Non-prescription fentanyl** and its analogues are produced domestically in illegal drug labs or smuggled into Canada from other regions. It may be sold as a powder, a pill, or mixed into other street drugs. Illicit fentanyl is especially dangerous because the strength and concentration of the drug is impossible to know.

*"[I]t is very unlikely that small, unintentional skin exposures to tablets or powder would cause significant opioid toxicity, and if toxicity were to occur it would not develop rapidly, allowing time for removal."<sup>2</sup>*



### SIGNS OF OPIOID OVERDOSE

- Can't wake the person up
- Breathing is very slow, erratic or has stopped
- Deep snoring or gurgling sounds
- Fingernails or lips are blue or purple
- Body is very limp
- Pupils are very small
- Skin feels cold and clammy

## MYTHS vs. FACTS

*\*Adapted from the Ontario Poison Centre.<sup>3</sup>*

MYTH	FACT
<b>Touching fentanyl powder can poison you.</b>	Inadvertent contact will not cause toxicity. However, if powder remains on the skin and you put your hand in your mouth, the drug could be absorbed.
<b>Rescuers may succumb to opioid overdose when helping victims.</b>	Although very small doses of fentanyl and its analogues can be dangerous, there are no reports of rescuers succumbing to opioid overdoses when helping victims. There are no reports of peers, EMS workers or hospital staff getting ill by providing basic lifesaving care to these victims. Universal precautions should be followed as per usual.



# STEPS TO REDUCE RISKS FOR FIRST AID RESPONDERS



Have Naloxone kits onsite and ensure staff are trained to use them.



Establish an overdose prevention and response protocol.



Wear nitrile gloves and do not touch your eyes, nose, or mouth.



If you touch fentanyl, immediately wash the area with lots of water.\*

\* Note: Do not attempt to wash with alcohol-based hand sanitizers as they do not remove opioids from the skin.

Mental Health and Addictions Helpline  
ConnexOntario: 1-866-531-2600

To get your free Naloxone kit, visit the Grey Bruce Health Unit or your local pharmacy



## REFERENCES

<sup>1</sup>Ministry of Health, British Columbia. (2017). Guidance statement regarding Personal Protective Equipment for Emergency Medical Services and Health Care Workers dealing with overdose victims. Retrieved from: <https://www.fentanyl-safety.com/wp-content/uploads/UpdatedGuidance-statement-PPE-EMS-HCW-Jan2017.pdf>

<sup>2</sup>American College of Medical Toxicology (ACMT) & American Academy of Clinical Toxicology (AACT). (2017). ACMT and AACT Position Statement: Preventing Occupational Fentanyl and Fentanyl Analog Exposure to Emergency Responders. Retrieved from: [https://www.acmt.net/\\_Library/Fentanyl\\_Position/Fentanyl\\_PPE\\_Emergency\\_Responders\\_.pdf](https://www.acmt.net/_Library/Fentanyl_Position/Fentanyl_PPE_Emergency_Responders_.pdf)

<sup>3</sup>Ontario Poison Centre. (2017). Opioid Overdose Management. Retrieved from: <http://www.ontariopoisoncentre.ca/health-care-professionals/opioid-management/opioid-management.aspx>

Published November 2017 by: Peterborough Drug Strategy

# Tips for Talking with People Who Use Drugs

## Opioid overdose is a serious medical emergency.

Encourage clients to call 911 for an opioid overdose, even if Naloxone has been administered. Naloxone is short acting and overdose can return once this medication wears off.

### Be Aware of Your Language

Stigma is a major barrier to individuals seeking help. The words we use often contribute to this stigma. You can have a positive impact by using people first language. For example, instead of “addict”, “junkie”, or “user”, use wording such as “people who use drugs”.

Avoid using words like “potent”, “strong” or “more powerful” when talking about drugs. Such terms could result in an increase in people seeking out the drug for a better high. Alternatives like “**more toxic**”, “**lethal**” and “**deadly**” imply harm and are better word choices.

### Use a harm reduction approach

Recognize that abstinence is not the goal of many people who use drugs. Support clients “**where they are at**”.

### Review signs of an opioid overdose



Blue Lips,  
Nails, Or Skin



Limp Body



Doesn't Respond  
To Shouting



Pinpoint Pupils



Soft/No Breath  
Or Snoring



Cold, Clammy Skin

### Discuss harm reduction strategies:

- Carry a naloxone kit. Naloxone is available for free at most local pharmacies and at the Grey Bruce Health Unit.
- Avoid using alone. When using with someone else, avoid using at the same time.
- Know your tolerance. If using after a period of not using – use less.
- Avoid mixing drugs. Mixing drugs, including alcohol, increases the risk of overdose.
- Test a small amount at first and go slowly.
- Use new supplies and sharps containers, available through Public Health and community needle syringe program sites.
- Avoid sharing supplies; sharing supplies increases the risk of getting a blood borne infection such as HIV and Hepatitis C.

### For those seeking help for substance use provide positive reinforcement and offer:

ConnexOntario: 1-866-531-2600 or RAAM Clinic: 519-376-3999

Seek support from colleagues or Employee Assistance Program if you are experiencing substance use issues or need to debrief about challenging situations.

**“Harm Reduction keeps people alive to make a different choice, on a different day.”**

*Dr. Bernie Pauly, Scientist, December 19, 2016*





# SUICIDE!

DO YOU WANT TO LEARN NEW SKILLS ON  
HOW TO HELP OTHERS WITH SUICIDAL  
THOUGHTS?

## BECOME TRAINED IN ASIST

(Applied Suicide Intervention Skills Training)

**When: Monday, May 13 & Tuesday, 14, 2019**

**Where: Mino Bimaadsawin Health Centre**

**Time: 9:00 am to 4:00 pm**

Includes: workbook, a dvd and certificate.

Lunch Refreshments

**Open to Community Members & Staff (with supervisor's permission) -**

**Must be able to attend both days to receive certificate!**

**Please call to register at: 519-797-3336**

Hosted by two certified ASIST trainers

from Native Wind Consulting.

Sherri-Lyn Hill Pierce & Dennis Fitzpatrick

**Limited space is available.**



# **Addiction & Problem Gambling Workshop**

## **Problem Gambling? How to help an Addict**

**10:00 am to 3:00 pm**

**Where: Mino Bimaadsawin Health Centre**

**When: May 15, 2019**

**Lunch & snacks provided**

**Please call to register at: 519-797-3336**

**Limited Seating**

**Open to community members & staff (with supervisor's permission)**

Hosted by two certified Addiction Specialist  
From Native Wind Consulting  
Sherri-Lynn Hill & Dennis Fitzpatrick



# TEAM BUILDING!

DO YOU WANT TO LEARN HOW TO DEAL  
WITH DIFFICULT PEOPLE? TEAM BUILDING?  
WORK BURNOUT & SELF CARE?

## COME ATTEND OUR 2 DAY SESSIONS

- Day 1 – Dealing with difficult people –  
Dealing with difficult people in the workplace
- Day 2 – Burnout, Team Building, Self-Care

**When: Thursday, May 16 & Friday, 17, 2019**

**Where: Mino Bimaadsawin Health Centre**

**Time: 10:00 am to 3:00 pm**

**Open to Staff (with supervisor's permission)**

**Please call to register at: 519-797-3336**

Hosted by two certified ASIST trainers  
from Native Wind Consulting.  
Sherri-Lyn Hill Pierce & Dennis Fitzpatrick

**Limited space is available.**





2019

May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Food Bank"			1 Office 9:30 - 4	2 Office 9:30 - 4	3 Office 9:30 - 4	4
5	6 Office 9:30 - 4	7 Office 9:30 - 4	8 CLOSED	9 Office 9:30 - 4	10 Office 9:30 - 4	11
12	13 Office 9:30 - 4	14 Office 9:30 - 4	15 Office 9:30 - 4	16 CLOSED	17 CLOSED	18
19	20 Closed for Stat Hol.	21 Office 9:30 - 4	22 Office 9:30 - 4	23 Office 9:30 - 4	24 Office 9:30 - 4	25
26	27 Office 9:30 - 4	28 Office 9:30 - 4	29 Office 9:30 - 4	30 Office 9:30 - 4	31 Office 9:30 - 4	
CLOSED DAILY 12-12:30 FOR LUNCH			Clients can access once a month or every 4 weeks. Perishables come on First Come First Serve basis.			

→ PERISHABLES WEEK ←

# News Letter Deadline

Date: Friday May 17, 2019

Time: 4PM

Issue June 2019



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

No Late Submissions.