

Date Issued:

July 15, 2014

Nawash Ezhwebak

(What's Happening)

THE CHIPPEWAS OF NAWASH UNCEDED FIRST NATION NO. 27
NEYAASHIINIGMIING



Kitaamgwedaagwad Gindaaswin Adult Learning Centre

519-534-5092; literacy@gbtel.ca 67 Community Centre Road, Neyaashiinigiing, Ontario

Miin Giizis (July update)

Special points of interest:

- What's is an Emergency - Pg. 2
- Community Notice - Pg. 3
- Heat's and Eats - Pg. 7 - 9
- Muffins with Marnie - Pg. 11
- Ralph Akiwenzie Scholarship Fund - Pg. 12
- And much more...

Inside this issue:

Wellness Centre	4 - 6
Language Nest	9 - 10
Informational	13 - 19
Pow wow	20 - 21
Tender For: Student transportation	22
Puzzles and Game	23
Contacts and Answers	24

	Niizho Giizhgad (Tues)	Nso Giizhgad (Wed)	Niiwo Giizhgad Thurs	Naano Giizhgad (Fri)
10 - 12 noon	GED, Apprenticeship, Post-Secondary	Elder-in-Residence Lunch and language	GED, Basic Computer Prep - Drop in, Apprenticeship, Post-Secondary	9:30 - 11:30 Basic Computers (need to sign up)
1:00 - 3:30	1:30 - 3:30 Basic Computers (full)	1 - 3 G1 Driver's Education - Session 1	July 24 1:30 - 3:30 Webinar	
5 - 7 p.m.			G1 Course - Session 2	

Coming in August.....

**Rick Hill - Educational Dysfunctional
From an Indigenous Perspective**

**Drop in and listen to this live broadcast.
Snacks will be provided.**

G2 Driver's Prep....look for information in the newsletter toward the end of July

Computer Drop-in...4:30 - 7 p.m. questions with software, hardware. Everyone welcome

I don't know how to get rid of this box; so think of goals you want to achieve and give us a call.

The Nawash Ezhwebak is a monthly publication. Views or opinions expressed are not necessarily the opinion or political position of Chippewas of Nawash. No portion of this paper, including advertisement's, photo's, artwork and editorial content may be reproduced for publication. Please include your name, address and phone number on all material submitted. All submissions will be reviewed for publication based on priority of interest and edited for clarity of thought, taste, brevity and legal implications. Remuneration will be paid for submissions only if written agreement with the editor is made prior to publication. NOTE: All formal comments and complaints to Editorial Board.

- Nawash Ezhwebak

Fees

\$2.00—Announcements.

\$5.00—Announcements with Pictures.

\$10.00—1/8 of a page.

\$15.00—1/4 of a page.

\$20.00—1/2 of a page.

\$25.00—Full page.

Fees will be used to cover the cost of the newsletter

What is an emergency?

Definition – “An **emergency** is a situation that poses an immediate risk to health, life, property, or environment. Most emergencies require urgent intervention to prevent a worsening of the situation, although in some situations, mitigation may not be possible.”

The Chippewas of Nawash Unceded First Nation does have an emergency plan with named individuals sitting on the Nawash Emergency Control Group (NECG), these individuals try to meet as regularly as possible to update the Nawash Emergency Policy and discuss potential emergencies that could occur within the First Nation. They also inform Chief and Council of what is occurring to mitigate any emergency that may be occurring or effecting the First Nation.

Before an emergency is called the group will meet and discuss potential solutions to the issue effecting the community. They will devise a plan of action to try to mitigate the risks to the community. Once a plan of action is in place and depending on the type of emergency they will then brief Chief and Council. Chief and Council will then look at the mitigation plan and decide whether or not to call an emergency. When or if an emergency is called Chief and Council will Declare the emergency if the situation permits and will then notify the appropriate government agencies of the imminent threat of the situation. Community members will then be informed through the website, appropriate channels in social media from authorized personnel and through newsletters placed in mailboxes. Notifications may or may not happen more then once per day depending on the nature of the emergency. If the mitigation plan alleviates the emergency in such a way that no declaration will occur but regular business procedures change, community members will still be notified. Community emergencies effect the bulk of the community.

If you are experiencing immediate danger to your person with an the issues of policing, fire or health and you or a family member person require immediate attention then please contact 911 and ask for assistance.

Non-emergent situations may also arise and may effect one band member at a time, these may be an emergency for the person involved but may not constitute an emergency on a community scale. Also If you are going through a personal situation that you feel is urgent your best solution is to contact Program Supervisors on their business hours, ensure that if they are not in the office that you leave a message either on the answering machine or with the front desk person. Ensure that you let them know the matter is urgent and they may be able to assist you with further information or they may ask to redirect the call to someone else who may be able to assist.

I do hope that this clarifies what an emergency is, should you have further questions, please do not hesitate to contact the First Nation Administrator at 519-534-1689.

Yours truly

Jessica Nadjiwon-Smith
First Nation Administrator

Community Notice

JULY 2014



Message from the desk
of FT.Community
Health Representative

Terry Optekamp
Clinics

Grey Bruce Diabetes
Team

Every 2 months

Chiropodist

Every 6 weeks

Workshops/Health
Activities

Held Regularly Please

Enquire

Have a Idea? Please call.

HOME VISITS

Your requests are welcomed

If you are interested in receiving a home
visit please call the Health Centre
at 519-534-0373 and ask for
Terry: FT. Community Health Representative
healthrep@gbtel.ca

Arrangements will be made to
accommodate your request.

Services Offered Along With Visitation

- * Resources/Literature
- * Advocacy
- * Nutrition - Food Security
- * Lifestyle Modification
- * Planning/Monitoring
- * Blood Pressures
- * Glucose Monitoring
- * Support and Communication
- * Chronic Disease Prevention/Promotion

"Putting Your Health First"

KINA WAA NOOJMOJIG NANAWAWEING WELLNESS CENTRE



REDPATH

Living Without Violence

Is an Aboriginal holistic approach to healing and self-awareness, to address the physical, emotional, psychological and spiritual aspects of participants. The Redpath Living Without Violence Program consists of 6 Modules, 24 sessions lasting approximately three hours in duration. Each session is structured to contain the following components: Aboriginal ceremonies (if desired), presentations (group and individual), open discussions, traditional teachings and stories. Aboriginal ceremonies include smudging, prayer, Sweatlodge ceremony (or other ceremony that is relevant or desired by participants) and a Feast at the end of the program.

Transportation and Refreshments will be available. Please call the Wellness Centre to register and to request a ride.

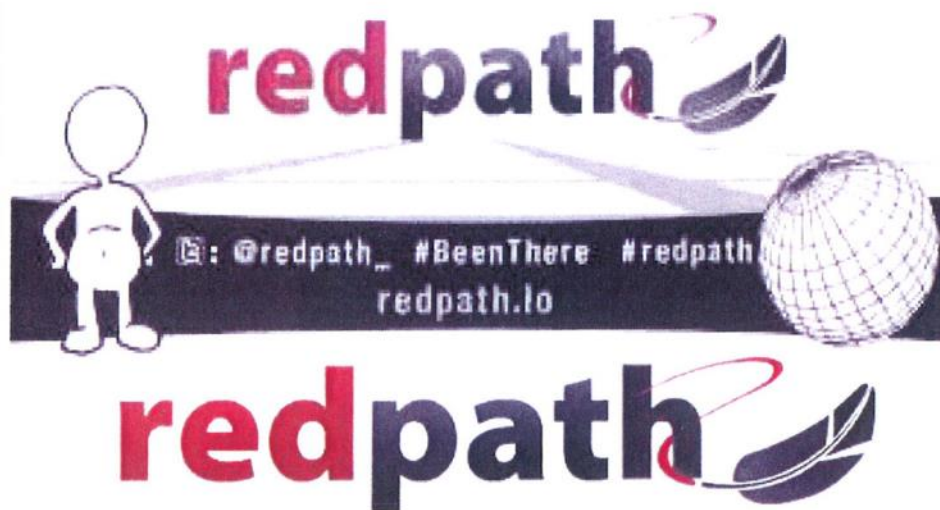
519-534-3764

We look forward to seeing you!

Our Facilitators are trained through Whitepath Consulting Inc to deliver the Redpath Program.

Certificates will be awarded upon completion of the Program.

BE part of the CHANGE! SPREAD the WORD



When....What....

MONDAY'S FROM 1:00 - 4:00 PM

The Redpath Model follows the Medicine Wheel: This symbolizes the individual journey we each must take to find our own path. If life, we need to keep the wheel of being in motion in terms of time and space. This means we don't want to be "stuck" instead we want to continue to "grow" at all levels of our being. We also need to keep the different levels of our being in balance. These levels of being include our physical self, emotional self, psychological(mental) self, and our spiritual self. It also focuses on cultural identity, allows participants to remain grounded and centered and helps participants to learn psychological mindedness and interpersonal skills as well as to understand their feelings through emotional self-expression. Our worldview is grounded in fundamental beliefs which guide and shape life experiences allowing us to live a balanced life in harmony.

Modules will include: **The Past** (Together, Looking Back, Survival, The Blame); **The Hunt** (Hibernation, Walls, Crisis, Once Were Warriors); **Falling Apart** (Black and Blue, Climbing Inside, The Rules, Taking Control); **My Community** (The Forgotten Ones, The Teachings, Respect, Kinship); **Making It Right** (Looking Forward, Resiliency, Family); **Practice** (Circle One, Circle Two, Circle Three, The Celebration)

KINA WAA NOOJMOJIG NANAWEING WELLNESS CENTRE NEWS



Information on Upcoming Programming

July 2014

REGALIA MAKING

Please find below the dates and times for Regalia Making Workshops;

July

Tuesdays:

July 8th - 5:30 p.m. - 8:30 p.m.

July 15th - 5:30 p.m. - 8:30 p.m.

July 22nd - 3:30 p.m. - 6:30 p.m.

July 29th - 1:00 p.m. - 9:00 p.m. (will include teachings)

Wednesdays:

July 9th - 4:00 p.m. - 7:00 p.m.

July 16th - 4:00 p.m. - 7:00 p.m.

July 23rd - 4:00 p.m. - 7:00 p.m.

July 30th - 4:00 p.m. - 7:00 p.m.

Thursdays:

July 10th - 3:30 p.m. - 6:30 p.m.

July 17th - 3:30 p.m. - 6:30 p.m.

July 24th - 3:30 p.m. - 6:30 p.m.

July 31st - 3:30 p.m. - 6:30 p.m.

NOTE: Last day to join Regalia Making will be July 31st.

Supplies Needed

All supplies will be provided however to help you complete your project faster, if you have any of the following items please bring them along: seam ripper, sewing machine; bobbins, scissors, ruler, chalk/pencil, storage container, and a pattern if you have a specific style of dress in mind.

“Looking to create a dance outfit for yourself, your child or grandchild? Don’t really know how to sew? Our talented facilitators, Ann Marie Proulx and Doris Pedoniquotte will help you to put your design to reality in time for this years Annual Nawash Pow Wow. We will also have teachings on Pow Wow etiquette and a demonstration on the different styles of dance.

*Everyone Welcome!!
Transportation and refreshments will be available... come and join us...*



Made possible through Grants from BRUCE POWER and the UNITED CHURCH OF CANADA



KINA WAA NOOJMIJIG NANAWERING WELLNESS CENTRE

376 Sydney Bay Road, Neysa-shilimerring, Ontario Canada N0H 2T0 Tel: (519) 534-3764 Fax: (519) 534-3685

~ July 2014 ~

Program Information	Mon	Tue	Wed	Thu	Fri	Sat
Language & Lunch: Instructor: John Nadiwon. Open to all Community Members. Beginner's welcome! & Lunch provided		1	2	3	4	5
Women's Group Open to Women, 16 and over. Weekly Topics:	7	8	9	10	11	12
Visiting Professionals Program MCSCS clients	14	15	16	17	18	19
Continuing Services: Counseling, referrals, outreach, advocacy, and so much more. Call the Wellness Workers to set up an appointment	21	22	23	24	25	26
Every Wednesday 27 <i>except July 2nd</i> visiting professional, Sandra Hoffman will be receiving clients for Holistic Counseling	28	29	30	31		

Call if you have any questions, or require a ride to any of the activities offered 519-534-3764.

HEATS N' EATS:



A frozen entrée makes a quick and easy dinner, but how do you make it work with your meal plan?

Check out the frozen-food aisle of your supermarket and you might wonder why anyone would ever cook from scratch. Stacks of microwavable meals offer Indian, Asian, Tex-Mex, Italian dinners, and more, each featuring a mouth-watering photograph of a gourmet feast.

Tempting? Certainly, especially on busy days when you have no time to cook. But can you tuck into a single-serve entrée without compromising your meal plan? Yes, you can!

When choosing a frozen entrée, your first stop should be the ingredient list, says Michelle Archer, a registered dietitian and diabetes educator who works with First Nations clients in central Saskatchewan. ***“Make sure the ingredient list contains words you can recognize as food,” she says. “A scientific-sounding term might be something harmless, but if you wouldn’t use that ingredient when cooking the dish from scratch, do you really need it?”***

Next, check out the nutrition facts panel. ***“Look for frozen entrées that contain 10 grams or less of fat per portion, with no trans-fat and less than two grams of***

saturated fat, and 600 mg or less of sodium,” says Joanne Lewis, diabetes education manager for the Canadian Diabetes Association (CDA).

Although frozen entrées are marketed as complete meals, Ms. Archer says that the calorie content of many is well below 500. ***“Unless you have a plan to snack healthily, you don’t want your meals to contain less than 500 calories or you’ll get hungry sooner,” she says. Ms. Lewis agrees, adding, “A 300-calorie frozen entrée is better as part of a meal, along with extra vegetables, a little protein, fruit or a yogurt, rather than as a meal in itself.”***

“Whichever frozen entrée you choose, always add more cooked vegetables or have raw vegetables on the side to boost the fiber and make you feel fuller for longer.” — Michelle Archer, registered dietitian

“A rice- or pasta-based meal that lacks protein can account for a spike in blood sugars, because protein slows the breakdown of the carbohydrates into glucose.” — Joanne Lewis, diabetes education manager, CDA

While single-serve entrées can be an occasional mealtime solution in our busy lives, consider freezing extra portions of your own from-scratch dinners. ***“Making your own frozen dinners lets you choose the lean protein, vegetables and complex carbohydrates that are right for you,” she says, “and makes it easier to avoid the drive-through!”***

“The ingredients in a frozen entrée should mimic as closely as possible the list of items you’d use if you made it from scratch.” — Joanne Lewis, diabetes education manager, CDA

Nutritious additions: Here are six ways to pump up a frozen entrée's nutrition quotient.

1. Serve a Mexican-style entrée with homemade tomato salsa, avocado cubes and cilantro.
2. Stir chopped cooked ham and minced parsley into pasta with cheese sauce.

3. Add chopped fresh tomatoes and fresh basil to chicken and pasta in tomato sauce.
4. Serve a beef or chicken casserole with your favorite steamed fresh vegetables.
5. Add a small portion of cooked chicken, a can of water-packed tuna, a chopped hard-cooked egg, tofu or some low-fat cheese to a low-protein or vegetarian entrée.
6. Round out any entrée with a selection of raw vegetables to munch on or toss a fresh, crisp green salad.

References: Heats N' Eats by Julia Aitkin/Diabetes Dialogue/Autumn 2013/Canadian Diabetes Association

mko WAABANONG miiwaa jiisanan BOOZHOO *nishi* niigoziid ETA Gimaa AHAAW geget enh! **bineshiinh SAA!** waasang NIIN TAM
 jina Aanii niniwag **Miigwech** Kaawiin **APCHI GO GIZHIDE** zhooyaagamig PIN kaa **ZHAA** Kikendaasogamig
 giizis **NSWI** myiingan noongom zisbaakod dbagane **GENII GO GAA NAADMAAGA** gaagegoo Aaniish ezhnikaazyin?
 kwezens **apchi nzaag** **EZHWEBAK** nookshkaan
 miijim **damtaa** bezh **wenzie NIZHING** weweni
gizheb giigido Debwe **niin shkwaandem**
 zhoonyaa biwiis **aniibwi niizhing**
geyaabi P **SHAATAAHAA!**
 bodwe Zaagi **DAASWI SHI**
BEZHIG DBA nh ngodwaaswi
 zhibiige JIIMA **dizhinikaaz ode**
 WAABGONII zha **EKINOOMAAGED DAN KIMEWON** bang **GETZIJIG**
 biidoon kosmaan **ni wiindaamoshin**
 maamawi Giigdoon **waaswi MII SA IW**
bezhigooganzhii kwedwe **MIIKWENMA NMISHOMES Nimosh**
SHAM pabwin **DAAPNIGAADE** ayaajig **ndizhaa** giigidooniniwag bangii Naa **oshin ji-msh gogaabwyaan**
gdizhaa doodooshaaboo **ZHICHIGE** bboon **nini** KOKBINAAGAN gagaanjwebdoo. **NIZHING MDAASWAAK**
MDAASWI SHI NIWIN mdaasan eta daapinan **ZHAAWAA** gchimiigwech **AANIISH PII MIINWAA WAA MAAWNIDIYING?**
 giinwaa **NMEBIN** **For more information contact** ahaaw **NIWIN miiknod** baabiioshin **aniish miinik?** noogom
 naakshig Dibaajimowinan **LANGUAGE NEST** aansokaan **GEGO GII KWEDWE?** giigido **GCHI BAAPI** naaknigewin
BAAMAA PII MIINWAA GWAABMIN **519-534-3572** mzinaantesjigan **miigo ge niin waasa** **GINDAASO** naabese
GAA GIIZHIITAA NA? waagosh **MIISATW wiisinidaa NEYAASHIINIGMIING**

wenesh waa kendam anishinaabemowin?
 DO YOU WANT TO LEARN OJIBWE LANGUAGE
gaa anishinaabemtaamin
 WE WILL TALK OJIBWE TOGETHER
kina go bizhaag
 EVERYONE IS WELCOME

ANISHINAABE DIBAAJMOWAASAN
 O J I B W E S M A L L T A L K

gaa maajtaamin miin giizis
 STARTING IN JULY **enso niizhgag**
 EVER SECOND DAY

This project is funded in part by the Government of Canada's New Horizons for Seniors program. 



LANGUAGE NEST

Kokbinaaganike

~ BLACK ASH BASKETRY ~

Enso nswi giizhigad,
gamaajitamin ngodwaaso dabagane
Kina wiiyaa daa bizhaa!

Every Wednesday, starting at 6:00 pm, everybody is welcome!

Economic Development Building 519-534-3572



Weaving Wednesdays in the Park Kokbinaaganike BLACK ASH BASKETRY



**Traditional Black Ash Basket making
with Vivian Desjardine**

- Demonstrations
- Teaching
- Sales

Bring your own lawn chair

**Wednesday
10 am - 3 pm
Cape Croker
Park**

Georgian College
Owen Sound
Summer 2014



GEORGIAN COLLEGE & YOU!

Dual Credit Option

(grade 11 & 12 students)

Academic Upgrading

Pathways Program

ACE—Academic & Career Entrance

LBS—Literacy & Basic Skills

Georgian College Programs

Full & Part Time Programs

Continuing Education

JOIN ME FOR

‘MUFFINS WITH MARNIE’

Marnie Speck, the Aboriginal Student Advisor from Georgian College, will be here at the Chippewas of Nawash Economic Development Office to answer all of your questions! She will be available anytime for drop in visits or call her to make an appointment! Would you like to learn more about admissions, registration, residence, scholarships and the variety of programs? Come and have a muffin and chat with Marnie!

**Marnie Speck, Aboriginal Student Advisor,
Georgian College, 519-376-0840 ext. 2096**



ECONOMIC DEVELOPMENT OFFICE

**CHIPPEWAS OF
NAWASH**

WEDNESDAY'S

- JULY 9TH
- JULY 23RD
- JULY 30TH
- AUGUST 6TH
- AUGUST 13TH
- AUGUST 27TH

TIMELINE

10:30 AM—2:30 PM



RALPH AKIWENZIE SCHOLARSHIP FUND

This scholarship is named after former Chief Ralph Akiwenzie who as an educator and leader dedicated his life to our community.

You are eligible to apply to this scholarship if all of the following apply:

- You are a Band member of Chippewas of Nawash.
- You have met the college and/or university entry requirements, and are applying to any Canadian college or university, and are working towards your undergraduate diploma or degree, or Native Language certification.

Deadline for submissions:

July 31, 2014 by 4:00 PM

Application packages are available for pick up at the Administration office and the Board of Education office.

The application can also be downloaded from the Nawash website at www.nawash.ca.

Mail, courier or drop off your completed application package to:

Chippewas of Nawash Unceded First Nation Board of Education, 6 Harbour Road, Neyaashiinigiing, Ontario, N0H 2T0.

The complete application package must be received via mail or delivery by 4:00 pm **Thursday, July 31, 2014** . LATE APPLICATIONS WILL NOT BE ACCAEPTEED. Faxed or emailed copies will be accepted.

If you have any questions about the Ralph Akiwenzie Scholarship Fund you can contact the Board of Education office.

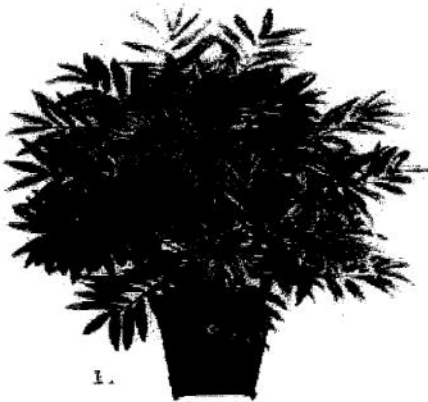
Chippewas of Nawash First Nation Board of Education

6 Harbour Road
Neyaashiinigiing, ON
N0H 2T0

Phone : 519 534-0882

Fax:: 519 534-5138

6 AirPurifying House Plants



Bamboo Palm -
removes formaldehyde, acts as a natural humidifier.



Snake Plant absorbs nitrogen oxides and formaldehyde.



Areca Palm one of the best for general air cleanliness.



Spider Plant removes carbon monoxide and other toxins or



Peace Lily removes mold spores, formaldehyde and trichloroethylene.



Gerbera Daisy removes benzene, improves sleep by absorbing carbon dioxide and giving off more oxygen overnight.

Vendors.....Demonstrations.....art contest

COME one, come all!!!!

Calling all community members and visitors

Nmaadziin Daawegamgoonsan

Community Market

Hosted by Chippewas of Nawash Health Centre

When : Oct 9, 2014 - 10am - 2pm

Where : Ec Dev Grounds



Join us in celebrating & appreciating the Bounty of the Earth, & explore 'getting back to the Basics'



VENDORS/CRAFTERS



Here's an opportunity to sell and promote YOUR crafts and goods

If you have...

Homemade Wares

Preserves

Native Cuisine

Nutritional Dishes

Planting/ Gardening



Light Lunch available for purchase.

Interested in setting up a booth or display???

Contact Terry or Bucky @ 519.534.0373.

Please Bring a Lawn chair



Canine Distemper in Our Community

Health Centre *Community Advisory*

April 4/2014

Information you need to know:

- What is Canine Distemper Virus?.
- What you can do to prevent exposure.
- Dealing with strays.
- Contacts for local Vet clinics.

What is Canine Distemper Virus (CDV)?

Canine Distemper Virus (CDV) is caused by the Morbillivirus. The disease is commonly diagnosed in raccoons, but it can also be found in skunk populations. It is less common in fishers, mink, and marten. It has also been diagnosed in wolf populations, which may indicate that coyotes are also susceptible.



What you can do to prevent this from happening.

Canine Distemper uses the closest lymph nodes, in the throat and tonsils of the animal as a staging ground to grow and replicate. The virus can then enter the blood stream to spread to other organs, most often the lungs and brain.

Once the CDV has invaded these organs it impairs that organs ability to function properly. In the lungs, it often causes severe pneumonia, making breathing difficult if not impossible. In the brain swelling occurs and animals are likely to experience loss of balance, disorientation and loss of appetite.

Animals wild and domestic that are infected may appear disoriented, uncoordinated and lack awareness of their surroundings.

Signs and symptoms of distemper can often be mistaken for rabies, but CDV is not transmissible to humans. As well at present Raccoon rabies has been eradicated in Ontario, but is still important to take necessary precautions and reduce risk of injury from wild animal encounters.

In short your animal will suffer what is equivalent to having both the Flu and Pneumonia and in most cases leads to death.

Protecting Our Community's Pets

CDV is commonly spread through respiratory and nasal secretions as well as the urine of the infected animal. Pets are at risk to exposure when they are left to run wild, where they could possibly come in contact with a infected animal or risk infecting others.

As a measure to ensure the health and wellbeing of your beloved pet, animals should be controlled either by securing them with a leash line or a dog pen and ensure all vaccinations are up to date.

It is much cheaper to buy a leash line (\$12-15) to maintain care and control of your pet rather than have to risk losing a beloved companion to illness or seek veterinary care for a sick pet which can possibly cost hundreds of dollars in treatment. A combined rabies and distemper vaccination is available from veterinary clinics and is around \$127

Prevention is the key !





The White Stuff



If you have Diabetes, does that mean that you have to give up salt and sugar completely? No, but it does mean exercising some extra caution.

Many of us traditionally reached for sugar and salt to create tasty dishes. However, in recent years, research has linked these two to Diabetes, Heart Disease, and other serious health conditions. Meanwhile, sugary, and salty products fill the supermarket shelves. So what should you know about sugar and salt in order to make the best choices for your health? Here is what the experts= backed by the latest research- have to say.

Sweet As Sugar

How does sugar affect your health if you have diabetes?

Recent studies have shown a link between added sugar- meaning all sugars or syrups that have been added to all prepared food or beverages- and heart disease. That includes sugar added to your fruit drink, bread, soup, and salad dressing; as well as the honey in your tea and the molasses in your bran muffin.

“People with Diabetes should be eating healthily like everyone else. They shouldn’t feel deprived.” – Joanne Lewis, Diabetes Education Manager, Canadian Diabetes Association.

Keeping a lid on your sugar intake is especially important given that people with diabetes have a higher risk of Heart Disease. The World Health Organization (WHO) recommends everyone limit added sugar to 10% of their daily caloric intake, for example: 200 calories for someone who is on a 2000 calorie diet. How do you do this? One solution is to limit the amount of pop you drink as well as desserts, like cake, pie, and donuts, which all contain added sugars.

Fruit has many nutrients, including Fibre, which means you can enjoy it, as your meal plan dictates; however, it is still important to take portion size into account.

Are there any common misconceptions about sugar and diabetes?

When people first learn that they have diabetes they sometimes assume that they can never have cake again, says Joanne Lewis, Diabetes Education Manager for the CDA. Fortunately, the reality is not quite so harsh. ***“An occasional treat is certainly allowed,” Says Ms. Lewis, added that “You compensate for a dessert’s impact on your blood sugar by cutting back on carbohydrates in your main course.”***

Are all sugar substitutes calorie free?

No. Sugar substitutes fall into two categories: Reduced- Calorie sweeteners and low-calorie, or artificial sweeteners. Reduced calorie sweeteners have about half of the calories of sugar and have no major effect on blood sugar levels. Examples include Mannitol, Sorbitol, and Xylitol. You will often find these products, which can cause a stomach upset in some people, in sugar-free candy and gum. Artificial sweeteners have no calories and do not raise blood sugar levels. Examples include Aspartame and Sucralose.

“Fruit juice concentrate is not fruit. Your body views it much like table sugar.” – Megan Skinner, Registered Nurse and Certified Diabetes Educator.

Is it True that some artificial sweeteners can raise blood glucose and insulin levels in a way that sugar does?

A widely publicized 2013 study reported that consuming the sweetener sucralose (Splenda) caused blood sugar to peak at a higher level and in turn raised insulin levels, but Ms. Lewis says more studies are needed. ***“Other research has shown that consuming sucralose in a drink has the same effect on blood sugar and insulin levels as water.” She says.***

Puzzled by the fact that diet soft drinks have failed to slim down the North American population, some researchers have pointed a finger at artificial sweeteners. ***“It has been suggested that frequent use of sweeteners may trigger***

excess intake of other carbohydrates,” Says Ms. Lewis. But it’s not so simple: “So many other factors have changed in our society,” she says, “That we can’t really link the obesity problem to any one behavior.”

“As early as age 5, kids consume more sodium than they should.” – Carolyn Gail Casey, Education Director, Canadian Diabetes Association.

With A Grain Of Salt

How does salt affect your health if you have diabetes?

Salt is made of sodium and chloride. The sodium is what has health experts concerned: Consuming too much sodium can raise blood pressures, which can increase the risk of Heart Disease. *“It’s easy to ignore salt as a factor, because we don’t have anything like A1C [A lab test that measures your blood glucose levels over the past three to four months] to assess your salt consumption over time,” says Dr. Jan Hux, The CDA’s chief science officer.* Another good reason? High blood pressure can affect the kidneys and eyes.

“People may say they don’t have a salt shaker, but processed foods are the bigger culprit.”- Dr. Jan Hux, Chief Science Officer, CDA.

How much salt should you be eating?

The CDA recommends no more than 1,500 mg to 2,300 mg of sodium per day (One teaspoon of salt is equal to 2,300 mg of sodium) if you are prone to high blood pressure, you may also need to take medication to keep your blood pressure in check.

Bear in mind that many products you may view as healthy, such as cheese, contain a high amount of salt. For example, Ms. Gail Casey says packaged noodle bowls have such a high amount of salt that it is best to avoid them altogether. If salt-reduced dishes taste bland to you, Dr. Hux recommends you phase out salt gradually. *“People who are used to salt don’t realize that their taste buds will adjust,” She says.*

Cut the Salt

Here is some guidance for making healthier, lower-sodium choices within each food group. When in doubt, read the label. For more options, visit diabetes.ca/salt.

Food Group	Healthy, Lower-sodium Option	Higher-sodium Option
Grains and starches	-Whole grains and higher fibre foods -Grains with no added salt (unsalted crackers, homemade muffins)	-Crackers with added salt -Convenience foods (ex: frozen dinners)
Fruits and Vegetables	-Fresh or frozen fruits -Fresh or frozen vegetables with no sauce	-Dried fruits processed with salts -Canned or pickled vegetables
Meat and Alternatives	-Fresh or frozen lean meats and poultry -Fresh or low-sodium canned fish -Rinsed can beans, peas, or lentils -Low-sodium Cheese (ex: ricotta) -Unsalted nuts	-Smoked, cured, or canned meat, or fish -Processed meats (cold cuts) or cheese -Salted nuts or seeds -Canned beans or lentils
Milk and Alternatives	-Low-fat dairy or soy milk	-Malted milk, Milkshakes, some chocolate-flavored mixes
Fats	-Canola, Olive, Sunflower, Or vegetable cooking oil -Unsalted margarine	-Salted Butter -Dips made with soup mixes or processed cheese

2014 Pow Wow Volunteers

The Neyaashinigmiing Pow Wow Committee is willing to assist our secondary students with achieving the mandatory community volunteer hours required to graduate.

Secondary school students in Ontario must complete 40 hours of community involvement. This may be completed at any time during their schooling and students may begin accumulating hours in the summer between their Grade 8 and Grade 9 year. The following information is adapted from the Ontario Ministry of Education's policy regarding the Ontario Secondary School Diploma 40 hour community service requirement for graduation. For more information or to view the full policy, please visit the [Ministry of Education website](#).

Volunteers are required for the following:

Monday August 11 – Cedar Collection for Arbour

Tuesday August 12 – Cedar Collection and Pow Wow Grounds Set up

Wednesday August 13 – Pow Wow Grounds Set up

If your student would like to volunteer at the 2014 Annual Pow wow please contact:

Dorene Keeshig

2014 Pow Wow Coordinator

519-534-1957



Call For Tender ,Pow Wow Feast

Neyaashiinigiing Pow Wow, Honouring Our Veterans

When : August 16-17,2014

Why: There will be approximately 200 people to cater to

(drummers, dancers and volunteers)

Food plates, cups and utensils will be provided by donations received.

Where: Pow Wow feast tent at the Cape Croker Indian Park

Responsibilities: Caterer will be expected: to plan, cook, deliver and serve food.

Submissions: Please send to Economic Development

c/o Doreen Keeshig—Pow Wow coordinator

Clearly mark on the envelope, "Tender, Pow Wow Feast"

Deadline: July 17,2014

For more information please call Doreen @ 519-534-1957



**TENDER FOR:
STUDENT TRANSPORTATION**
"Band Member Preferred"

Posting Date: Monday, July 14, 2014

**CHIPPEWAS
OF NAWASH
UNCEDDED
FIRST NATION
BOARD
OF
EDUCATION**

6 HARBOUR ROAD
NAYAASHING, ON
N0H 2T0
TELEPHONE
519-534-0882
519-534-5559
519-534-0393

FACSIMILE
519-534-5138

The **Chippewas of Nawash Unceded First Nation Board of Education** is seeking tenders for a reliable driver to transport students to and from Warton, Monday-Friday, for the maximum contract duration of one (1) school calendar year, commencing fall term 2014 and ending June 2015. Students shall be dropped off at Peninsula Shores District School at 8:45 a.m. and are to be picked up at Peninsula Shores District School at 3:15 p.m.

Brief Description of Driver Requirements:

- Reliable vehicle.
- Valid Ontario driver's license.
- Valid Passenger insurance.
- Clear "Criminal Reference" check, "Vulnerable Sector Screening" check, clear "CAS" check, and clear "T.B. Screening" report.
- Ability to maintain drivers logbook.
- Experience working with elementary school age students an asset.

Note: A tender form with a detailed list of requirements is available upon request.

Please indicate price per year on your tender. A school calendar and student list will be provided to the successful contractor. Payment will be processed bi-weekly upon submission of invoice.

SUBMISSIONS:

All written bids are to be submitted directly to the Chippewas of Nawash Unceded First Nation Board of Education Office. Please ensure your sealed envelope is clearly labeled with your name, and marked, "**BOARD OF EDUCATION – TENDER FOR STUDENT TRANSPORTATION**". Once submitted, your entry will be time and date stamped.

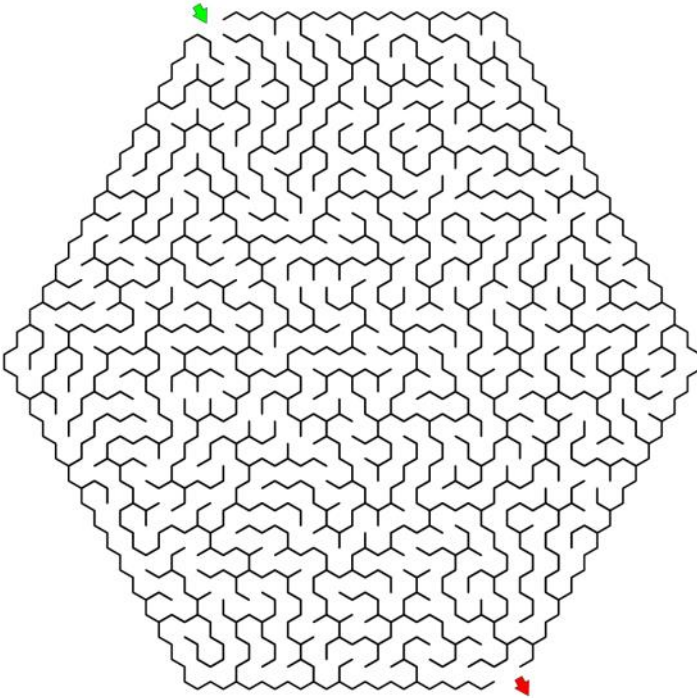
Bids must be submitted by: 12:00 p.m. on Monday, August 11, 2014

**LOWEST OR ANY BID NOT NECESSARILY ACCEPTED
LATE BIDS WILL NOT BE CONSIDERED.**

For further information contact: Judy Nadjiwan – Education Administrator,
Board of Education at (519) 534-0882.

Chippewas of Nawash Unceded First Nation Board of Education

Puzzle & Games



		6		9	5			
4					7			
	2							3
	5			6			3	8
3								7
8	4			2			5	
9							4	
			3					2
			6	8		1		

BLAflNK BLAflNK	strength R	SHOP
SCHEME SCHEME SCHEME SCHEME SCHEME	BREAT	I dog

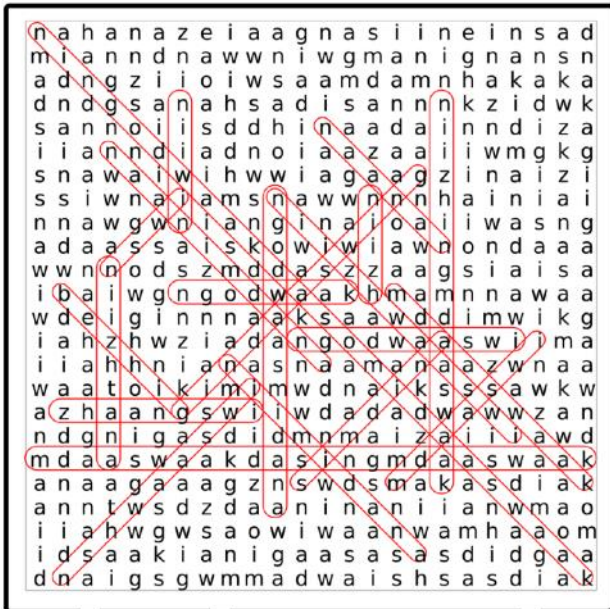
bineshiinyag

o	a	w	e	n	j	i	g	a	n	o	o	b	i	e		
i	c	a	g	a	n	g	i	n	e	w	h	k	i	w	j	h
c	i	o	s	z	h	k	g	i	p	k	i	a	i	i	b	p
a	k	i	g	b	e	d	i	k	e	o	s	i	o	w	b	a
j	a	n	o	a	j	i	j	a	a	k	z	k	h	i	g	a
a	n	e	o	n	a	i	i	a	s	i	d	g	j	g	s	p
b	k	s	k	a	i	k	g	k	b	i	i	e	g	g	n	a
e	a	a	o	a	n	h	a	a	a	i	i	k	p	e	g	a
i	g	e	o	a	a	s	a	a	a	n	d	e	g	m	i	s
n	a	h	k	w	a	w	n	p	b	i	i	k	b	i	n	e
i	i	s	o	b	i	n	e	s	h	i	i	y	a	g	z	n
a	n	a	a	n	o	o	s	h	k	e	s	h	i	i	n	h
g	j	z	h	i	s	h	i	i	b	e	h	p	z	j	g	
i	i	b	i	n	e	s	i	i	a	n	n	h	i	i	o	h
g	e	o	k	b	n	n	i	n	g	k	h	g	c	i	i	s
a	i	h	o	b	i	n	n	h	h	i	c	s	h	k	n	i
a	g	a	y	a	a	s	h	k	w	n	i	j	i	k	e	h

The object of the game is to try and figure out the well-known saying, person, place, or thing that each word puzzle is meant to represent.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Puzzle Answers



gindaaswin

Sudoku #7

8	9	4	5	6	7	2	3	1
1	3	2	4	9	8	6	7	5
6	7	5	3	1	2	4	9	8
3	8	9	1	4	6	7	5	2
4	5	7	2	8	3	1	6	9
2	1	6	7	5	9	3	8	4
9	6	3	8	2	4	5	1	7
7	4	1	9	3	5	8	2	6
5	2	8	6	7	1	9	4	3

1	+	16	-	10	+	12	19
+		-		-		+	
6	-	15	-	8	-	14	-31
+		+		/		-	
11	-	9	/	2	+	7	8
+		-		+		+	
5	-	13	/	4	+	3	1
23		-3		5		22	

eggs
 toast
 cereal
 pancake
 banana
 Final Message: BREAKFAST



Website & Communications Support

67 Community Centre Road
 Neyaashiinigmiig, ON
 NOH 2T0

Phone: (519)-534-0981
 Fax: (519)-534-4916
 E-mail: newsletter@nawash.ca

If you have any questions, or if you have submissions. Please leave us a message.

Visit us on the Web!!
 Nawash.ca

A Message from:

Website & Communications Support