



Magnetawan First Nation hosts the Anishinabek Nation Governance Agreement community celebration on October 22.

- Photo by Ryan Peplinskie

Magnetawan First Nation hosts *Anishinabek Nation Governance Agreement* community celebration

By Rick Garrick

MAGNETAWAN FIRST NATION — Magnetawan First Nation Chief Lloyd Myke opened up the *Anishinabek Nation Governance Agreement* community celebration by stressing the importance of the opening prayer and drum song at the Oct. 22 gathering in his community.

The *Governance Agreement*, the first self-government agreement of its kind in Ontario, was signed virtually on Apr. 6, 2022, received Royal Assent on Jun. 23, and came into effect on Oct. 1 with five signatory communities: Moose Deer Point, Zhiibaahaasing, Magnetawan, Nipissing, and Wahnapiatae.

“These are the ways that we’re going to keep moving forward, by using our culture, our language, our teachings,” Chief Myke says. “This *Governance Agreement* and the way we talk about it, is the roots of how we are and how we are going to keep leading and moving forward in our communities, all our communities.”

Chief Myke also offered congratulations to everyone in the five signatory First Nations of the *Anishinabek Nation Governance Agreement*.

“I also celebrate with all of you in your communities as well today,” Chief Myke says. “It’s a beautiful day today and it’s a great day for a celebration.”

Moose Deer Point Gimaa Kwe Rhonda Williams-Lovett thanked the citizens who voted for the *Governance Agreement* in her community in February 2020.

“Without them, this would not be possible today and we would not be a part of your celebration,” Gimaa Kwe Williams-Lovett says. “They said ‘yes, we’re going to accept responsibility for our community and we’re going to move forward in a good way’. We are going to govern ourselves now and we’re not going to be told what to do anymore, so to them: this day is for you.”

Zhiibaahaasing Chief Irene Kells says the day of the Community Celebration should be a holiday.

“We did something great,” Chief Kells says. “Today is just a wonderful day to share with everybody on what has happened.”

Chief Kells says the late Anishinabek Nation Head Getzit Mishomis Gordon Waindubence-baa was a big part of the development of the *Governance Agreement*.

“He had a lot to do on how to look at our-

selves as Anishinabek people,” Chief Kells says. “He made me feel good as an Anishinabekwe. Today, I can say that I’m going to encourage my young people to say that, be proud.”

Wahnapiatae Chief Larry Roque says they developed and signed on to the *Governance Agreement* for the youth.

“When I see all these youth here, it’s so nice to see,” Chief Roque says. “This is what we’re working for, this is for the future of our children; to make a better life than what we had. I appreciate all the work that everybody’s doing to bring that back.”

Chief Roque says he also listened to the late Gordon Waindubence-baa’s stories, noting he didn’t always know if he was telling just a story or if he was telling them something they should know, but it was always a pleasure to hear him laugh.

“I’m sure right now in the Spirit World he is looking down on us and he is very proud of what everybody is doing here,” Chief Roque says.

Chief Myke adds that the *Governance Agreement* is not just for the Anishinabek Nation.

“This is being looked at Canada-wide as

to how this is going to look [moving] forward,” Myke says. “They want to see how it is going to work out as well, but that’s going to come from our [citizens] here in our communities. You are going to set these directions and that as well and you’re going to lead the way.”

Chief Myke says he is proud of his community for wanting to step up with the *Anishinabek Nation Governance Agreement*.

“I’m really looking forward to the next few years because once these laws are created, they are going to give us the tools to better guide ourselves and we’re going to be going forward in a good way,” he says. “We’re going to use our language, we’re going to use our culture and we’re going to use our good thoughts and our good minds and our good hearts to lead in these initiatives in a good way. It’s unfortunate it has taken over 150 years to claim something back that is rightfully ours.”

Nipissing First Nation Chief Scott McLeod, one of the five signatories, was unable to attend the gathering.

To learn more about the *Anishinabek Nation Governance Agreement*, please visit: governancevote.ca



Political Quarterly Report - Fall 2022

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The fall season is upon us with a full gust of activities over the past season. Many communities have spent time during the past months hunting and harvesting, wintering gardens and we've witnessed the migration of the birds going south. With the harvest season now past us, we have settled into our routines of preparing for the upcoming winter. The season also brings with it an increase of meetings with regional and national assemblies.

There has been a steady stream of activity in tandem with planning and coordinating for our Fall Assembly, which we held on November 1-2, hosted by Zhiibaahaasing First Nation in Sudbury. We have taken account of the many priorities of Anishinabek First Nations over the course of the past two months with a series of regional meetings leading into our Assembly.

The end of September marked the 2nd annual National Day for Truth and Reconciliation on September 30th. We were inspired to witness the numerous activities, events, and ceremonies throughout Anishinabek Nation territory honouring our ancestors and Survivors of Indian Residential Schools. Members of our executive were honoured to attend events throughout our regions. Southeast Regional Deputy Grand Council Chief Jimbob Marsden attended a special flag-raising at Queen's Park alongside Ontario Regional Chief Glen Hare. Grand Council Chief Reg Niganobe and Northern Superior Regional Deputy Grand Council Chief Mel Hardy attended a charity run for Mazinaajim Children's Foundation. It was a meaningful way to show our respect to our ancestors and be with the community to support a good cause supporting children and youth.

On October 1, we commemorated the passing of *Bill S-10: Anishinabek Nation Governance Agreement Act* at the Anishinabek Nation Head Office in Nipissing with the signatory communities and the Honourable Marc Miller, Minister of Indigenous-Crown Relations. It was our first opportunity to meet in-person since the Bill received Royal Assent. It was a ceremonious



Zhiibaahaasing Chief Irene Kells with Grand Council Chief Reg Niganobe at Grand Council Assembly held November 1-2, 2022 in Sudbury, hosted by Zhiibaahaasing First Nation.



event and we were able to exchange gifts and appreciate the collective effort to reach this milestone achievement. Chief Lloyd Myke and the community of Magnetawan First Nation later held a community celebration, inviting all signatory communities and their citizens to partake in marking this momentous occasion in history.

All of our regional meetings also took place in October and were offered in a hybrid format. The first of the series was in the Southeast Region on October 4 hosted by Chippewas of Rama First Nation. On October 6, our Southwest Regional meeting took place in London. The following week on October 13, saw our Lake Huron regional meeting on Manitoulin Island, hosted by Wikwemkoong Unceded Territory. Our final regional meeting was for the Northern Superior Region and took place in Thunder Bay hosted by Long Lake #58 on October 20. We appreciate the hospitality of being

welcomed into each region and thank the leadership for their engagement. We know that it is a commitment to take time away from community responsibilities and we are grateful for their participation.

Each regional meeting had tailored agendas to suit the needs and priorities of each region. We are enthusiastic to have these opportunities to hear directly from leadership on current successes and challenges. There are a number of communities in COVID-19 pandemic recovery mode, and we have been reminded by our leadership that the pandemic is not over. Continual support and monitoring remain a top priority as long-term impacts have yet to be realized.

During our dialogue sessions, many communities have expressed how their economic and social infrastructure endeavours are being impacted by lack of land-base. Communities that have been able to acquire land are then subjected to a

Anishinabek Nation 2022 FALL ASSEMBLY Wednesday, November 2, 2022

“ There are many sections of the *Indian Act* that are still discriminatory against women. This is genocide - a way to eliminate our people. The Anishinabek Nation is advocating for the one-parent rule to keep our members. The proposed new changes to the legislation is still discriminatory. Anishinabek First Nations should let Minister Hadji know that this discrimination in the *Indian Act* has to stop at some point. We know our people are E'dbendaagzijig - those who belong.

- Anishinabek Nation E'dbendaagzijig (Citizenship) Commissioner
Jeannette Corbiere Lavell

Minaadenmaanaanig Gdaanikoobijiginaanig
We Honour Our Ancestors

lengthy federal process to return the land to reserve status, also known as addition to reserve. It is well-known that this process is inefficient and impedes First Nation's abilities to create their own source revenue and housing needs for their citizens. It is also a costly undertaking as communities must comply with municipal fees and taxes for years while navigating through a sluggish process. We are ensuring that this issue remains a top priority in our advocacy approaches. The secretariat has allocated technical expertise and support to work with our regional organizations in the larger effort to reform this policy. We will continue to update at our regional meetings and Grand Council Assembly as work progresses.

We are also aware of the urgent need for increased mental health support, resources, and funding to assist in the ongoing wholistic needs of communities. We have recently recruited an Opioid Strategic Planning Specialist and a Mental Health Addiction System Specialist to guide and lead the work in creating and implementing a strategy that will provide options and solutions for Anishinabek communities in their service and care needs. We wholeheartedly understand that existing needs were exacerbated by the pandemic. We are hopeful that the work being undertaken will advance the coordination and strategic approach to addressing the current state of mental health, addictions, and life promotion needs in all Anishinabek First Nations.

These themes were also prevalent at our Fall Assembly where we also discussed a range of additional priorities, updates on special projects and discussion on policing and governance. It was our first Fall Assembly offered in hybrid format. We sincerely appreciate the participation of the leadership who attended in-person as well as those who participated online.

Zhiibaahaasing First Nation Chief Irene Kells and the entire council were generous hosts and we all felt warmly welcomed into the territory. We also send our utmost appreciation to Chief Craig Nootchta and the council who hosted us for a social round dance and feast at their community centre on November 1. It was a wonderful experience to come together in the spirit of honouring our ancestors during a very meaningful time. The drumming, singing, and feasting was festive and lively and a wonderful way for us to get together as we always have as Anishinabek.

The coming months will see our regional and national assemblies at the Chiefs of Ontario and the Assembly of First Nations. We will ensure that our communities' priorities remain at the forefront of our efforts. We look forward to providing an update in our next edition and we send our best wishes to everyone as they prepare for the upcoming winter season.

Notable Meetings and Events:

- Evening of Excellence, Chippewas of Rama First Nation - Aug.24
- Band Representative Conference, Chippewas of Rama First Nation - Sept. 13-15
- ATR Strategic Roundtable - Sept. 14
- Great Lakes Forum, Niagara Falls - Sept. 26
- 21 First Nations Meeting - Sept. 29
- Survivors Gathering, Sault Ste. Marie - Oct. 13
- Final Settlement Agreement Committee - Oct. 12
- Centralized Services Meeting - Oct. 18
- Indigenous Services Canada Joint Gathering - Oct. 25-27
- Treaties Recognition Week Launch - Nov. 7



Northern Superior Deputy Grand Council Chief Mel Hardy speaking during Grand Council Assembly November 1-2, 2022 in Sudbury.



Lake Huron Regional Deputy Grand Council Chief Travis Boissoneau and Garden River First Nation Chief Rickard were honoured to participate in the swearing in ceremony on Sept. 1 of new Anishinabek Police Service Chief of Police Jeff Skye in Sault Ste. Marie.



Southwest Regional Deputy Grand Council Chief Joe Miskokomon said during Grand Council Assembly: 'Building upon our Treaties, we can expedite our collective goals of increasing economic prosperity for our communities'.



Southeast Regional Deputy Grand Council Chief JimBob Marsden spoke at a flag raising event for Truth and Reconciliation Week on September 29 at Queen's Park.



Patrick Stevens, from Nipissing First Nation and the Indigenous Advisor to the Chaplain General of the Royal Canadian Chaplain Service of the Canadian Armed Forces, stands at the Pourville Memorial in Dieppe, France, holding the Department of National Defence and Canadian Armed Forces Eagle Staff. - Photo supplied

Proud Indigenous mentor in the Canadian Armed Forces

By Kelly Anne Smith

NIPISSING FIRST NATION—The Indigenous Advisor to the Chaplain General of the Royal Canadian Chaplain Service of the Canadian Armed Forces (CAF) is Patrick Stevens, Anishinaabe of Nipissing First Nation. He was presented an Eagle Feather in the military and speaks proudly of presenting a community member with an Eagle Feather at the Nipissing First Nation Pow wow.

In good humour speaking from a busy Ottawa airport, Stevens explains his role with CAF.

“Part of my primary job summary as the Indigenous Advisor to the Chaplain is I advise the Chaplain on spirituality for Indigenous people throughout the Canadian Armed Forces.”

Stevens is available to members of the forces throughout Canada.

“My next destination is Halifax. I’ve been doing quite a bit of travelling to bases around Canada with the Chaplain team from Ottawa. This team consists of the Chaplain General Brigadier-General Guy Bélisle, Chief Warrant Officer Tracey Graham, and various other representatives,” he explains. “During these visits, I talk about cultural sensitivity with base chaplain teams and help foster an understanding of Indigenous spirituality within the Canadian Armed Forces. I draw attention to especially the history and diversity of Indigenous spirituality and relations.”

The Indigenous Advisor talked about regional exercises now planned.

“Because the pandemic was challenging for everybody, they are starting to get a lot of the regional exercises going. With that, I’m travelling to all of the bases for the chaplain exercises, which are divided by the different elements: the navy, the army, and the air force,” he says. “The Navy Regional Exercise for chaplains last year was based out of Victoria, but this year it’s based out of Halifax. We will go down there to support the team. I have a chance to go there, to engage with the chaplain teams and the Indigenous members, as well as to chat with the local Defence Aboriginal Advisory Board members.”

Stevens attends military events holding the Department of National Defence and Canadian Armed Forces (DND/CAF) Eagle Staff. He explains its significance.

“The Eagle Staff is a representation of Indigenous peoples within the Canadian military. It has multiple parts to it,” he notes. “Along the back of it, you’ll see the white ash bow is a representation of First Nations people... Through the entirety of the Eagle Staff, there’s a narwhal tusk. The narwhal tusk is the foundation of Inuit People. Wrapped around the narwhal tusk is the Métis sash. The Métis sash is a representation of the Métis.”

Stevens explains the Eagle Staff is Anishinaabe culture in origin.

“The creators of this Eagle Staff are from Batchewana First Nation. It has that all-encompassing Indigenous feel to it,” he explains. “The flags of the provinces and territories connect to the ash bow. There are 12 Eagle Feathers along the front. Eagle Feath-

ers are part of the Indigenous calendar as they see 13 months of the year, not 12.”

“Along the top side of it, sacred medicines hang down in a pouch. As well, there is a sweetgrass braid on the top side,” he continues. “At the bottom of the narwhal tusk, there is a deer antler carving of an eagle head. And on the back, there’s one small mark, generally where my hand goes; it’s a burnt-in hand print. The only actual mark on the Staff is there for the Veterans that came before us... Every time we carry the Staff, we carry it as we say, I’m holding your hand too... Normally, parts of the tradition of the Eagle Staff comes out of creation. It’s almost never taken apart until we’re done using it; however, as this one is truly military in origin and has the Indigenous theme; it travels in three separate cases. That’s for a safety concern because of the size of it. I’m 6’2” myself and when I’m standing, it’s over my head... It gets broken down into two individual cases. A stand goes with it. I think it comes down to 22 different pieces. Primarily for the fact of safety so the feathers are taken care of and maintained and all the various items are taken care of, they are in sturdy cases.”

Stevens says the origin of the DND/CAF Eagle Staff began with two Indigenous military members having the same dream.

“One said we have to build an Eagle Staff and the other one said I had the same dream. He drew a picture of what the Eagle Staff would look like. They both had the same shared dream,” he explains. “It was so significant with the fact of both members believing so strongly. At that point in 2001, a now Honorary Captain, retired Chief Petty Officer 1st Class Debbie Eisan and Chief Petty Officer 2nd Class Chris Innis brought the Eagle Staff into creation. From there, it’s been serving the forces for over 20 years.”

On Remembrance Day, Stevens urges the youth and all generations to never forget.

“I think it’s so important when it comes to our history, looking at Indigenous history, we need to know where we come from and parts of our history. And we need to know the Indigenous people that served the military,” he says. “The Eagle Staff on Remembrance Day is an important piece of that. Throughout our history we have fought for our rights and the right to be here. For the Indigenous, the stewardship of the land has always been very important to us. We work hard to defend our land. We fought to help make Canada the way it is today. It’s part of our history. For those reasons, understand our past to build upon for our future.”

National Indigenous Veterans Day is observed on November 8 each year and is a time to remember and commemorate the stories and contributions of Indigenous Veterans in wars and conflict past and present.

Recently, Stevens attended the Pourville Memorial in France in 2022. He calls being in the city of Dieppe meaningful as he remembers and honours the 913 Canadians who died there on August 19, 1942, in WW2.

“I found out from the community, that one member passed there and never made it home. To be able to stand proud for them there, that was the highlight of my career.”

Juno Beach campaign update

ANISHINABEK NATION TERRITORY- In April 2022, the Anishinabek Nation issued a news release that voiced concerns over a proposed condo project close to the D-Day landing site on Juno Beach in France. This was a place that on June 6, 1944, Allied Forces, including many Indigenous soldiers, landed during the Second World War.

It was announced on October 7 that Canada was to purchase the land, stopping the build from happening on that site. Veterans Affairs Minister Lawrence MacAulay said during the announcement: “By working with the French government and the town, we were able to stop it and I am so pleased the land [will] be preserved for years to come.”

At the beginning of October, the local council in Courseulles-Sur-Mer decided to purchase the land with help from the Canadian and French governments in order to preserve the site. Canada’s contribution would be \$4 million.

From the Anishinabek Nation news release, Northern Superior Regional Deputy Grand Council Chief Mel Hardy stated, “Our Veterans have acutely stated that

preserving the lands where many citizens from our Nation sacrificed their lives, is a sacred and cultural responsibility. “We must ensure the continual honouring of their memory and care for the land where this event happened. It is paramount in recognizing the selfless contributions made by WWII Veterans and all those who lost their lives in this horrific battle.”

In a letter sent to Grand Council Chief Reg Niganobe and Regional Deputy Grand Council Chief Mel Hardy from the Juno Beach Centre, gave thanks for the “consideration, advocacy and assistance that helped ensure the legacy of the Juno Beach Centre will continue for generations to come”.

The letter continues, “Your support is invaluable and has made possible the Juno Beach Centre’s long-term efforts to preserve and honour Canada’s military legacy, including that of Indigenous Second World War Veterans. These brave soldiers served a country that did not treat them as equal citizens and we can never forget their sacrifices, nor their struggles to receive equal treatment when they returned home”.



Anishinabek Nation leadership and Canada commemorate historic milestone for Anishinabek Nation Governance Agreement on October 1 at the Anishinabek Nation Head Office in Nipissing First Nation. From left: Anishinabek Nation Commissioner on Governance Patrick Madahbee; Anishinabek Nation Grand Council Chief Reg Niganobe; the Honourable Marc Miller, Minister of Crown-Indigenous Relations; Deputy Chief Mike Sawyer, Nipissing First Nation; Gimaa Kwe Rhonda Williams-Lovett, Moose Deer Point; Chief Irene Kells, Zhiibaahaasing First Nation; and Chief Lloyd Myke, Magnetawan First Nation. - Photo by Ryan Peplinski

An historic milestone for Anishinaabe Governance

By Rick Garrick

NIPISSING FIRST NATION – Leaders from the five signatory First Nations of the *Anishinabek Nation Governance Agreement* gathered together with Crown-Indigenous Relations Minister Marc Miller on Oct. 1 to commemorate the signing of the Agreement, as well as celebrate it coming into effect that day. The first self-government agreement of its kind in Ontario, the *Governance Agreement* was signed in April 2022 during a virtual ceremony, received Royal Assent on June 23, and came into effect on Oct. 1.

“It’s a beautiful day to be Indigenous — it’s a beautiful day to know that our self-governance agreement goes into effect,” says Moose Deer Point Gimaa Kwe Rhonda Williams-Lovett. “In February of 2020, right before COVID-19 hit, we signed our agreement. We were the first community.”

Gimaa Kwe Williams-Lovett says work has begun on behalf of the five signatory First Nations, Moose Deer Point, Zhiibaahaasing, Magnetawan, Nipissing, and Wahnapiatae, noting that they are getting ready to hire a Chief Executive Officer.

“I’m pretty proud of the legacy that we are going to be leaving,” Gimaa Kwe Williams-Lovett says. “Our self-determination to govern in our own ways and to have our sovereignty respected by Canada is a positive step towards meaningful reconciliation.”

Zhiibaahaasing Chief Irene Kells says Anishinaabemowin is an important component of the Governance Agreement.

“It should always be number one, that language,” Chief Kells says. “That language is number one — that’s where it’s going to start and that’s where it’s going to be strong.

We need to keep Anishinaabemowin alive in order for us to connect with our surroundings and be proud of who we are.”

Magnetawan Chief Lloyd Myke says the first day of the *Governance Agreement* being in effect was a day of change and a step forward for all of the five signatory First Nations.

“I’m excited for all our communities because the work we are going to be doing is a start, we’re leading the way,” Chief Myke says. “It’s a good time for our community, I’m looking forward to the work we are going to be doing and the laws that we’re going to create. Governance to Magnetawan Anishinabek is the next step forward in exercising our inherent right to govern ourselves, and position our community and membership in creating our Supreme Laws.”

The Honourable Marc Miller says it was important to make sure that every member of every party in Parliament was on board with the *Governance Agreement*, noting that they had unanimous consent.

“I am honoured to take part in today’s celebration with Anishinabek leadership, Elders, youth, and community members to mark this milestone in the implementation of the *Anishinabek Nation Governance Agreement*,” Miller says. “This is an important step away from the Indian Act for the signatory Anishinabek First Nations to implement their right to self-determination and their visions of a better future for their communities.”

Anishinabek Nation Grand Council Chief Reg Niganobe says Oct. 1 marks an important milestone in the implementation of the *Anishinabek Nation Governance*

Agreement Act.

“We are honoured to be here with the B’Maakonigan communities and the Honourable Marc Miller to commemorate this unprecedented occasion,” Niganobe says. “We share in the collective enthusiasm at the vast potential this new Agreement will create for these signatory communities.”

Though absent from the in-person celebrations, Nipissing Chief Scott McLeod stated in a release that the *Governance Agreement* is positive step towards self-government.

“As our Nations strive to reassume our rightful jurisdictions over our own governance, the *Anishinabek Nation Governance Agreement* provides us with a tool to remove ourselves from sections of the *Indian Act*, freeing us to govern and protect our elections, language and culture, citizenship, and management and operations.”

Wahnapiatae Chief Larry Roque says his community expresses their appreciation for this next step towards implementation of the *Governance Agreement*.

“We will be able to provide our citizens with the approaches and efficiencies within resource distribution that we were not able to before and service our community the way we have always intended,” Chief Roque says.

Pat Madahbee, Anishinabek Nation Commissioner on Governance and former Anishinabek Nation Grand Council Chief, says he first started hearing Anishinabek Nation leaders talking about getting out of the Indian Act about 48 years ago.

“Even our Getzit-baa Gordon

Waindubence says act Indian, not *Indian Act* — he was trying to say as Anishinaabe, we have our own identity, we have our own worldview on how things should be done,” Commissioner Madahbee says. “We’ve logged a lot of miles over the years on not only the *Education Agreement* but this *Governance Agreement*. I remember going into Moose Deer Point — they were such a visionary community, they could see right from the get-go that this was a game-changer.”

Commissioner Madahbee says the five signatory First Nations are blazing the trail for the Anishinabek Nation First Nations.

“We haven’t come this far to only go this far, because very quickly, Child Well-being will be a part of this governance process, very quickly Health will be a part of this process,” Commissioner Madahbee says. “Then we’ll be looking at perhaps justice, economic issues, whatever comes down the pipe that the citizens direct.”

The *Anishinabek Nation Governance Agreement* was approved by the citizens of each signatory First Nation through a community vote over the past two years. The Anishinabek Nation began negotiations on governance with the federal government in 1995, which led to an Agreement-in-Principle in 2007.

The next step with the *Governance Agreement* involves the signatory First Nations passing their own laws to create and run their new governance system, with the work supported by increased funding to the First Nations to carry out their new responsibilities and invest in community priorities for a better future.



Mno-waawiindandaa Anishinaabe Giizhigad!
 Let's celebrate Anishinaabe Day!
 June 6

The Anishinabek Nation is celebrating Anishinaabe Giizhigad on June 6 to honour our past, present, and future. In the simplest terms, we are strengthening our Nation and providing a good future, an Anishinaabe future, for our children.

Our greatest strength is our Anishinaabe ways: our language, culture, history, and traditions. This is how we have survived genocide and this is how we will strengthen our people and ensure our future. We have much to celebrate!

On November 17, 2021, the Anishinabek Nation Leadership Council proclaimed June 6 as Anishinaabe Giizhigad our very own national holiday.

June 6 commemorates the proclamation of the Anishinaabe Chi-Naaknigewin (Anishinabek Nation Constitution) by the Anishinabek Nation Grand Council, held at the Roundhouse in Sheguiandah First Nation on June 6, 2012.

The adoption of the Anishinaabe Chi-Naaknigewin was then confirmed by The Pipe Ceremony and so, it is a sacred commitment to live according to Anishinaabe principles and law. Our principles and laws are expressed in the Preamble of the Anishinaabe Chi-Naaknigewin. The Preamble, Ngo Dwe Waangizid Anishinaabe (One Anishinaabe Family) was guided, created, and gifted to us by our Elders and provides the spirit and intent, and the vision and purpose of the Anishinaabe Chi-Naaknigewin.

Ngo Dwe Waangizid Anishinaabe states:

“Creator placed Anishinaabe on the Earth along with the Gift of Spirituality. Here on Mother Earth, there were Gifts given to Anishinaabe to look after: Fire, Water, Earth, and Air.

The Creator also gave Anishinaabe Seven Sacred Gifts to guide them. They are: Love, Truth, Respect, Wisdom, Humility, To Live a Good Life, and Bravery.

Creator gave us sovereignty to govern ourselves.
 We respect and honour the past, present and future.”

To live according to Anishinaabe principles and law, we must acquire and practice Anishinaabemowin (Language) and Anishinaabe Inaadziwin (Culture), always. This is the source of Anishinabek nationhood, identity, and pride.

This is how we provide for future generations. This is why we will celebrate June 6 each year.

“ We should celebrate on June 6th; that is our national holiday, not June 21,”
 - The Late Anishinabek Nation Head Getzit Gordon Waindubence Shiikenh-baa



NOW BOOKING ENGAGEMENT SESSIONS

The Anishinabek Nation's Health Transformation Team is in the first phase of their engagement sessions. Phase one is introducing Health Transformation to interested Chiefs, Councils and health experts from our 39 First Nations. Once phase one is complete, the Team will meet with community members.

The Team is available to meet to discuss Health Transformation and what that means for your community. We will present our information, answer your questions, and discuss the ways Health Transformation can benefit Anishinaabe.

The Team is available to meet through Zoom or in-person at your convenience.



If interested, please contact Lisa Restoule-Brazier at lisa.restoule@anishinabek.ca for more information

Anishinabek Nation Health Transformation pushing through phase one of Engagement Sessions

By Jesse Johnson

ANISHINABEK NATION TERRITORY— The Anishinabek Nation Health Transformation Team has held Engagement Sessions with 13 Anishinabek Nation member First Nations Chiefs and Councils and is looking to meet with more in the coming months.

The Team has so far met with Curve Lake First Nation; Red Rock Indian Band; Chippewas of the Thames First Nation; Chippewas of Georgina Island First Nation; Michipicoten First Nation; Wahnapiatae First Nation; Dokis First Nation; Algonquins of Pikwakanagan First Nation; Serpent River First Nation; Sheshegwaning First Nation; Chippewas of Rama First Nation; Beausoleil First Nation; and Aamjiwnaang First Nation.

“The engagement sessions have been positive and well-received. The Chiefs and Councillors have been interested in having follow-up meetings in order to discuss this opportunity further,” says Health Transformation Project Manager Loretta Nootchtai.

Lisa Restoule-Brazier, Health Transformation Engagement and Working Group Coordinator, has reached out to

communities to set-up engagement sessions either in-person or through Zoom.

“It has been a busy year for our Engagement Sessions. We have reached out to all 39 member First Nations and we have had a lot of interest. I’m excited to meet with more communities in the next few months,” says Restoule-Brazier.

Restoule-Brazier is also responsible for organizing Working Group meetings comprised of health experts from the Anishinabek member First Nations. In October, the group came together to listen to presentations from Nishnawbe Aski Nation’s Deputy Grand Chief Victor Linklater; Chief Operating Officer of B.C’s First Nation Health Authority Richard Jock; as well as Heather Larson from Indigenous Services Canada and Tara Jane Hayward, of Non-Insured Health Benefits Canada.

After the Working Group meeting, Deputy Grand Chief Linklater said he was impressed by all of the good ideas that were shared at the meeting.

“We (Nishnawbe Aski Nation) had a health access group, but Anishinabek Nation’s Health Transformation Team is specific on topics and does a good job



The Health Transformation Team has had Engagement Sessions with 13 communities so far. They are still booking introductory sessions with interested Chiefs and Councillors. This session was in Wahnapiatae First Nation.

getting feedback from the health experts,” he expressed. “Health Transformation is a good file for NAN and Anishinabek Nation to work together on.”

Deputy Grand Chief Linklater said he wishes NAN had done more of the foundation work Anishinabek Nation has done.

“Community engagement is so important. I’m encouraged by the Anishinabek Nation’s work at the grassroots-level.”

The Working Group meetings have given health experts the opportunity to connect, share their ideas and discuss the challenges they face in their roles.

“The purpose of this Working Group session was to present other Health Transformation Model processes currently in progress to our working group members and to provide them with a better understanding of what a model could look like,” says Nootchtai.

Natalie Paavola, Director of Health at Dilico Anishinabek Family Care and representative of Namaygoosisagagun First Nation, participated in the Working Group meeting at Chippewas of Rama First Nation.

“It was great to hear from Richard Jock and to hear what has been learned from the

experience in B.C. It was also good to hear from Deputy Grand Chief Victor Linklater — they both provided valuable perspectives and lessons learned.”

Paavola also commented on how important it has been to meet with other health experts on a regular basis.

“Having the opportunity to meet other health experts is necessary if we are going to continue with Health Transformation and if we actually envision successfully implementing Health Transformation. I truly believe this process has to be done as a collective and not allow for division.”

The Health Transformation Working Group is still accepting new members to participate in the development of a new health system by Anishinabek for Anishinabek.

For more information, to book an engagement session, or to inquire on how to become a Working Group member, please contact Lisa Restoule-Brazier via e-mail: Lisa.Restoule@anishinabek.ca or contact your First Nation’s Chief and Council or Health Director.

To learn more about the Anishinabek Nation Health Transformation, please visit <https://health-transformation.ca/>.



INDIAN RESIDENTIAL SCHOOL STUDENT MONUMENT

In 2013, the Anishinabek Nation unveiled the Indian Residential School monument to pay tribute to Anishinabek Nation First Nation citizens (living or deceased) who attended Indian Residential Schools.

We invite you to honour a loved one who attended Indian Residential School by submitting their name for the monument or if you have attended an Indian Residential School, we also invite you to submit your own name to create a place of reflection and commemoration.

For more information and/or to download a nomination form:

Visit: www.anishinabek.ca/monument-unveiling

E-mail: INQUIRY_Reconciliation@anishinabek.ca

Telephone: (705) 497-9127 to leave a message



Monument location: Anishinabek Nation Head Office, 1 Migizii Miikan , North Bay, P1B 8J8

Anishinaabe Traditional Governance

The Clan System is the traditional governance system of the Anishinaabe. Every clan has their own responsibilities for the greater good of the entire community.



DEER CLAN - SOCIAL
The Deer/Hoof Clan is known for its social nature. The Deer/Hoof clan is responsible for social activities including ceremonies and celebrations.



EAGLE CLAN - EDUCATION
The Eagle Clan, also known as the Sky Clan, is responsible for education. The Eagle is part of the sky and is responsible for passing on knowledge and responsible for the future.



CRANE CLAN - EXTERNAL
The Crane stands in the water and looks out over the land. The Crane observes the outside world and is responsible for external relations (Nation-to-Nation).



TURTLE CLAN - LAW MAKER
The Turtle Clan is responsible for law making. The Turtle lives in both worlds, in the water and on the land. The Turtle helps with decisions if there is a conflict. Clan people are also healers.



LOON CLAN - INTERNAL
The loon dives and sees the bottom. The Loon is known as the Inside Chief as they are responsible for internal community matters.



BEAR CLAN - HEALTH
The Bear Clan is responsible for health. The Bear is the gentlest of the clans and is responsible for the gentlest of the clans. The Bear Clan is responsible for the health of the community as they know the land and water.



MARTEN CLAN - ECONOMIC
Marten Clan members are the best hunters and are responsible for the economic well-being of the community. They are also good hunters and provide for the community. They are also master strategists in planning and also adopts people who don't have a clan.

Structure

Arrangement of Parts in a System

The babies are in the centre. This is what the Clan System of Government is all about. Every baby is born into a clan. We inherit our dad's clan. Each Clan was given a Sacred Gift, a Sacred Law, and responsibility.

We cannot exclude any gifts. They all work together as one. For each of the clan responsibilities, there are many parts and several spokespersons for each of those parts. For each of the Sacred Laws there are different laws contained in those. There are many different kinds of Love, Truth, and Respect and so forth.

We use The Path of the 7-Pointed Star in operating our Anishinaabe government. It is the decision-making process.

The head spokespersons of each clan address the gathering of the clans, such as the Grand Council, in the order of the 7-Pointed Star System.

SELECTION OF SPOKESPERSONS

Each Clan selects its spokesperson(s) whose responsibility it is to inform and consult those for whom he/she is spokesperson. In this way, the council is held with only the head

spokesperson(s) speaking but everyone's voice is included. The spokespersons are sitting there as leaders.

The Turtle Clan, for example, would select spokespersons to speak on behalf of the environment because Turtle lives in both worlds, in the water world and on the land. There would be individuals selected to speak on behalf of land, water, wildlife, fishing, hunting and gathering.

Those people would be knowledgeable of that which they are selected to speak about.

e - The Clan System of Government

ditional form of governance.
les and purpose that relates to
re community.

for its kindness, gentle and soft-spoken nature.
ible for the social aspects of the community
brations.

as the Bird Clan, is known to be the closest to the
world. Eagle Clan members are the keepers of
r spreading seeds of knowledge.

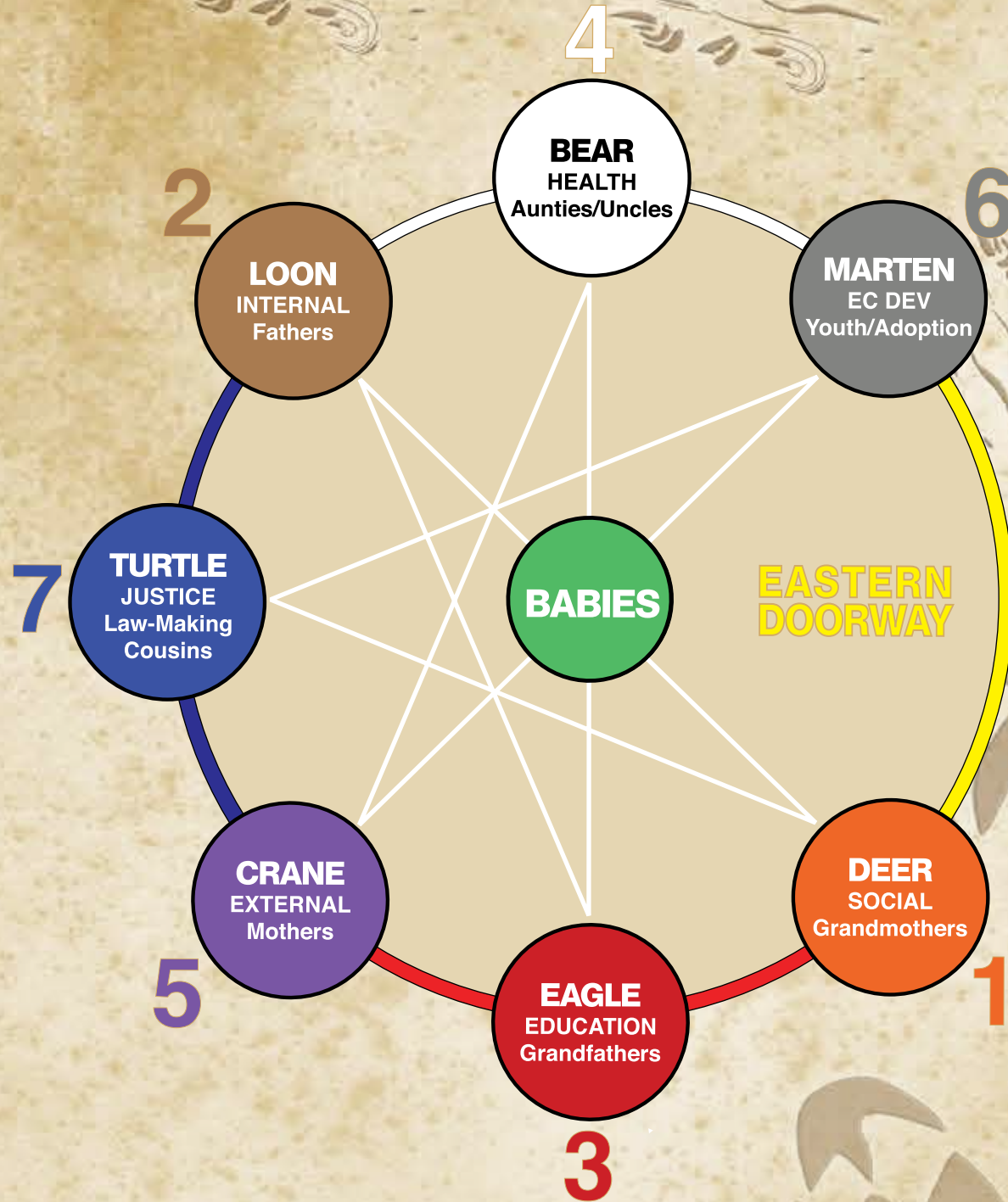
r observing the world above the water line. The
world and is known as the Outside Chief. The
r negotiation with people from other communities

ERS
e for mediation, justice, making laws and
are disagreements between clans. Turtle
and have knowledge of medicine.

happenings inside the water. The Loon Clan is
it is responsible for settling disputes and issues

for protecting its people to ensure the safety of
community. Bear Clan members are also the
v the healing ways of plants available to them.

C DEVELOPMENT
e warriors and builders within their community as
viders. Marten Clan members are known as
the defense of their people. The Marten Clan
know which clan they belong to.



Decision Making Process The 7-Pointed Star

They would be fishers, hunters,
gatherers.

Our Gifts and Responsibilities
encompass all of us and all four
colours of man, plus their beliefs.
Today when people pass on, we take
them to different religious
denominations. But you have to
acknowledge our Anishinaabe Gifts
too.

In our assemblies of the Tribal Council
of Ngo Dwe Waangizid Anishinaabe,
we need to take time for our Creation
Story. And there are many Creation

Stories. There are 63 in Canada. That's
how many Nations there are in
Canada, and they all are right.

We need to prepare in sweat lodges
before assemblies. This is to have our
leaders clean their minds, to know
their role, and what they will be doing,
and to not be competitive.

We need to use our Gifts. We must
listen, learn, and practice living by our
Seven Sacred Gifts. These Gifts are our
laws for living as individuals on our
separate, unique journeys and for
living collectively as a Nation of
People.

The Creator gave us sovereignty to
govern ourselves.

*Anishinaabe Head Getzit
Gordon Waindubence
(Wolf Clan)*





2022 Eagle Staff Gathering - Sheguiandah First Nation

Sheguiandah First Nation hosted an Eagle Staff Gathering with the support of the Anishinabek Nation on September 23-25, 2022 at the Sheguiandah Round House. 44 Eagle Staffs were registered from Chicago, Michigan, Wisconsin, Gun

Lake fro the United States and in Ontario: Sudbury, Wiikwemkoong Unceded Territory, Munsee Delaware Nation, Port Lambton, Walpole Island First Nation, Thunder Bay, Allenford, Neyaashiinigmiing, M'Chigeeng First Nation, Mississauga First Nation, Zhiibaahaasing First Nation, Wallaceburg, Garden River First Nation, Saugeen First Nation, London, Kettle and Stony Point First Nation, Sheguiandah First Nation, Blind River, Providence, Brampton, Toronto, and

Wasausking First Nation.

Some 200 people attended the inaugural event.

Check out the Great Lakes Pow Wow Guide and our Anishinabek Nation social media channels for details on next year's Gathering that will take place in Chippewas of Kettle and Stony Point First Nation.

Chi-miigwetch to Rhonda Couchie and the rest of the volunteers for putting on a well-attended Gathering!



Zaagidwin, Debwewin, Mnaadendmowin, Nbwaakaawin, Dbaadendiziwin,
Gwekwaadziwin miinwa Aakedhewin

Love, Truth, Respect, Wisdom, Humility, Honesty and Bravery

Responsible Gambling

- ❖ **Gambling: The sure way of getting nothing for something.**
- ❖ **In a bet, there is a fool and a thief.**
- ❖ **The safest way to double your money is to fold it over once and put it in your pocket.**
- ❖ **Eat your betting money, but don't bet your eating money.**
- ❖ **If there weren't luck involved, I would win everytime**
- ❖ **Yesterday is not ours to recover, but tomorrow is ours to win or lose.**
- ❖ **Quit while you are ahead, all the best gamblers do.**
- ❖ **Gambling is not about how well you play the games, it's really about how well you handle your money.**
- ❖ **If you must play, decide upon three things at the start: The rules of the game; The stakes; and Quitting time.**

When the fun stops, STOP!!!

For Help, reach out! Ontario ConnexOntario Help Line 1-866-531-2600
www.responsiblegambling.org/for-the-public/problem-gambling-help/help-for-canadians





Anishinabek Educational Institute

Programs for January 2023

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- Personal Support Worker
- Binoojiinyag Kiniimaadwin: ECE
- First Nation Child Welfare Advocate

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www.aeipostsecondary.ca



Gdoo-Sastamoo Kii Mi
This is our Understanding

The new secondary school resource Gdoo-Sastamoo Kii Mi: This is our Understanding is available to access via www.anishinabek.ca/education-resources/

Anishinabek Nation kicks off Treaties Recognition Week with new secondary school public education resource

ANISHINABEK NATION HEAD OFFICE (November 7, 2022) – Anishinabek Nation Grand Council Chief Reg Niganobe encouraged everyone to take the time during the 7th annual Treaties Recognition Week to learn about treaties, First Nation governance, connection to Land and Water, and the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) with the new online secondary school resource available for all learners.

“The Anishinabek Nation recognizes Treaties Recognition Week as an opportunity for people in the province to heighten their understanding of our relationship protocols,” stated Anishinabek Nation Grand Council Chief Reg Niganobe. “Treaties are more than written agreements, they were made with the spirit and intent of creating mutually respectful relationships, outlining responsibilities and obligations for all of us. Awareness is key to fostering an equitable relationship. We hope resources such as Gdoo-Sastamoo Kii Mi: Understanding our Nation-to-Nation Relationship will lead to a higher awareness of treaties that will continue to flourish with the younger

generations.”

Treaties Recognition Week is the first full week of November every year in Ontario. Treaties Recognition Week honours the importance of treaties and helps Ontarians learn more about treaty rights and treaty relationships. The education and awareness of treaties made with First Nations will help Canadian citizens understand their own obligations as subjects of treaty conditions in this country.

The day also marks the official launch of Gdoo-Sastamoo Kii Mi: Understanding our Nation-to-Nation Relationship, an online secondary education resource aimed at fostering effective learning, creating a historically-accurate narrative, and building a true nation-to-nation relationship.

“There are a number of Treaties within Anishinabek territory and education is a key component in generating an improved understanding of what these agreements encompass,” stated Anishinabek Nation Southeast Regional Deputy Grand Council Chief James Marsden. “It is the obligation of all Treaty partners to understand the collective responsibilities to the land and

to each other. We are proud to support the launch of Gdoo-Sastamoo Kii Mi: Understanding our Nation-to-Nation Relationship as an essential knowledge tool that will benefit students in creating meaningful comprehension of Treaties.”

Treaty educator Kelly Crawford worked jointly with Frame Sequence Photography to build on the secondary school teacher’s kit: Gdoo-Sastamoo Kii Mi: Understanding our Nation-to-Nation Relationship and connect to the Ontario Curriculum for a co-education journey through the development of another online education resource.

All education resources produced by the Anishinabek Nation are made for diverse learners – not just First Nations students and teachers.

“It is so important to bring Elders, Knowledge Keepers, and community voices into all classrooms,” said Crawford. “Students need to understand different worldviews and be taught accurate histories of these lands. This resource guides the user to engage in learning and encourages them to ask hard questions. Having the resource online increases accessibility.”

Minister of Indigenous Affairs Ontario Greg Rickford acknowledged the importance of treaty education.

“Understanding the role that treaties play in the creation of Ontario is a vital step in reconciliation efforts,” said Greg Rickford, Minister of Indigenous Affairs. “I am grateful to Anishinabek Nation for their continued leadership in developing educational resources that help build awareness of treaties and their importance. These educational tools can help everyone understand the promises and connections that are still so critical to relationships for Indigenous and non-Indigenous people today.”

The Anishinabek Nation is committed to supporting a clear and responsible understanding of the treaty relationship and will continue to observe Treaties Recognition Week from November 7-11 by sharing information and resources virtually through its social media channels and the *Anishinabek News*.

To access the education resources, please visit: www.anishinabek.ca/education-resources/



Celebrating the launch of Koganaawsawin at the July 2019 Grand Council Assembly. Photo by Laura Barri

KOGANAAWSAWIN MOVING FORWARD as a not-for-profit corporation.

Koganaawsawin, the central coordinating body of the Anishinabek Child, Youth, and Family Well-Being System, has received direction from Anishinabek First Nations to move forward with the Anishinabek Nation Child Well-Being Working Group's recommendation to incorporate Koganaawsawin as a not-for-profit corporation.

”

Through the Anishinabek Nation Child, Youth, and Family Well-Being System, Anishinabek First Nations will develop and deliver the programs and services they determine are needed to support the well-being of Anishinaabe children, youth, and families.

-Duke Peltier, Anishinabek Nation Children's Commissioner

”

Anishinabek First Nations can choose to enact the *Anishinabek Nation Child Well-Being Law* at any time. Koganaawsawin will continue to meet with, and support, all 39 Nations in the area of child, youth and family well-being!



Students in the CESD 3406: Sustainable Indigenous, Rural and Community Development course, attended Slow Food International's Terra Madre event in Turin, Italy September 20-28 as part of an international learning experience at Algoma University, funded by the Government of Canada's Global Skills Opportunity fund.

Learning sustainability through an international experience with an Indigenous lens

By Nadine Roach

SAULT STE. MARIE, ON - Twelve students in the CESD 3406: Sustainable Indigenous, Rural and Community Development course, attended Slow Food International's Terra Madre event in Turin, Italy September 20-28 as part of an international learning experience at Algoma University (AU), funded by the Government of Canada's Global Skills Opportunity (GSO) fund.

Rooted in the "Good Clean and Fair" mantra, Slow Food's Terra Madre (Mother Earth in Italian) event parallels values and principles with Anishinabek worldview. Mino Bimaadiziwin – Living the Good Life - corresponds with this mantra believing that all things, good, clean and fair, are intrinsic to the fabric of life, and living in harmony and balance with Shkaakaamikwe (Mother Earth)

Students of diverse backgrounds, heritage and educational pursuits came together to learn about sustainability through an international experience with an urban and rural Indigenous lens.

As a prelude to the mobility experience for the CESD 3406 course, students were tasked with literature readings and pre departure reflections and asked to immerse themselves into self-reflections based on what they were excited about, their fears and worries and what they hoped to achieve while participating in this event, assessing their innate values as a response to the concepts of food sustainability.

"It's hard to put into words how incredible our trip to Italy for the Slow Food 'Terra Madre' events was," said Megan McGuire, graduating student of AU from Batchewana First Nation. "It was so inspiring and exciting to be in the presence of experts and activists from all over the world coming together to work towards the common goal

of good, clean, and fair food for all. Not to mention all the fun we had creating lifelong memories as a group!"

Focusing on the richness of cultural foundations and defending regional traditions, Terra Madre modelled itself after an event in 1995 after a chain restaurant sought to place itself in the heart of the historical and iconic Italian Steps in Rome. Instead of an aggressive protest, the locals began bringing and serving traditional foods – "a big bowl of penne pasta and shared it with the crowd that gathered, chanting: 'We don't want fast food. We want Slow Food!'"

That gathering was the birth of the Slow Food movement. <https://slowfoodusa.org/history/>

There are many worth movements on Turtle Island that passionately pursue equitable space for similar principles highlighted in the Slow Food Movement event attended by the CESD students.

Food Sovereignty Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods. More importantly, it is the right to define and control our own food and agriculture systems, including markets, production modes, food cultures, and environments. (<https://policyalternatives.ca/publications/monitor/food-sovereignty-canada>)

Within the Anishinabek Nation, member First Nations and Indigenous people abroad continue to demonstrate their knowledge, intelligence and practices that are participant to the food movement. These principles have been threaded and weaved in the land-based fabric highlighting language as the foundation to this inherent lifestyle. Earth as relative, rather than resource is the fundamental virtue imbedded in feeding spirit, feeding life, Mino Bimaadiziwin – Living the Good Life.

Just as the efforts of the activists on the Italian Steps in Rome, Anishinabek People sought to protect our water that held the fish, grew the wild rice, quenched the thirst, and healed us all. These life-giving principles and laws were led by young and old alike such as, Josephine Mandamin-baa, previous Anishinabek Nation Chief Water Commissioner and Autumn Peltier, activist, and current Anishinabek Nation Water Commissioner keeping the importance of our waters and the food it sustains at the forefront.

In Garden River First Nation, the "Ketegaunseebee Food Sovereignty Project" was led by Aaron Jones and Angela Belleau of Garden River First Nation. The idea was conceptualized by Aaron to address food availability and accessibility by gifting community members with perennial food-producing plants such as fruit-bearing trees and shrubs. Along with gifting plants, this project aims to educate the community about growing food and inspire others to think about the future of food in Garden River. <https://canadianroots.ca/grantee-highlight-ketegaunseebee-food-sovereignty-project/>

Responding to Q&A form interview in February 2022, with CREation Community Grants, Jones stated, "While the goal of this project is to provide community members with access to the long-term food supply, we hope that we inspire those to learn more about the benefits of growing food, eating locally and taking action."

Another international movement La Via Campesina, a global peasant movement created in 1993 in Mons, Belgium coined the term food sovereignty, "Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems."

Globally in 180 countries, they fight injustice in the food system protecting and advocating for farmers rights, rural women, agricultural workers, and Indigenous communities.

Grassroots movements have always been the cohesive network that weaves and grows sustainable communities and food sovereignty. Lifecycle gatherings contributed to this culture with food being at the centre of births and deaths, feeding our bodies, soothing our emotions, feeding our spirits, and bringing us to new life events in between. Family recipes were made, gardening tips and practices were shared, hunting and fishing stories told. All of these are the common threads are at the centre of the community. Beginning on the land, and served at the table, Indigenous and people of the land have always practised slow food principles as these were at the heart of a good life, cultivating Good Clean Fair educating the world based on pillars of biodiversity, education, advocacy.

This trip was funded through Global Skills Opportunity (GSO), the Government of Canada's national outbound student mobility pilot program, which aims to empower post-secondary institutions to increase the participation of Canadians in international learning opportunities — especially students with disabilities, Indigenous students and those from low socio-economic backgrounds who have traditionally faced barriers to participation

Global Skills Opportunity is an integral component of the Government of Canada's International Education Strategy and is administered jointly by Universities Canada and Colleges and Institutes Canada. The Terra Madre experience was Algoma's first international learning experience since physical mobility was halted by the COVID-19 pandemic in March 2020.

Kid-Friendly Diabetic Recipe

CRUNCHY FRENCH TOAST

* Rimmed baking sheet, sprayed with vegetable spray

This is a great recipe for a special breakfast because it can be prepared the night before.

TIP: Day-old bread (French Italian or sourdough) works better than fresh bread in this recipe.

VARIATION: Substitute other seasonal berries, such as raspberries, blackberries or blueberries, or the strawberries.

INGREDIENTS:

3	large eggs	3
1/3 cup	1% milk	75 ml
1 tbsp	granulated sugar	15 ml
1/2 tsp	vanilla	2 ml
1/4 tsp	salt	1 ml
1 cup	corn flakes cereal	250 ml
8	slices French bread, cut on the diagonal 1/2 inch (1 cm) thick	8
2 cups	sliced fresh berries of your choice	500 ml
1/2 cup	lower-fat non-dairy whipped topping	125 ml

METHOD:

1. In a shallow bowl, whisk together eggs, milk, sugar, vanilla and salt; mix well.
2. Place corn flakes between 2 sheets of waxed paper, and scrush into coarse crumbs with a rolling pin.
3. Dip bread into egg mixture and turn, letting it absorb liquid on both sides. Arrange the dipped bread in a single layer on the prepared baking sheet. Pour any remaining egg mixture over top. Sprinkle bread with cereal crumbs, pressing gently so that the crumbs adhere to the bread. Cover with plastic wrap and refrigerate for at least 6 hours but preferably overnight.
4. Preheat oven to 425° F (220°C). Remove plastic wrap and bake French toast, uncovered, in preheated oven for 20 to 25 minutes, or until knife inserted in the center comes out clean. Remove from oven.
5. Preheat the broiler and position the oven rack 6 to 7 inches (15 to 18 cm) from the element. Place French toast under the broiler and broil for 4 to 5 minutes, or until cereal topping is crispy and golden brown.
6. Serve topped with berries (of your choice) and whipped topping.

Choices Per Serving

2 Carbohydrates
1/2 Meat & Alternatives
1/2 Fat

Nutrient Content Per Serving

181	Calories	30 g	Carbohydrate
6 g	Protein	2 g	Fiber
4 g	Fat	81 mg	Cholesterol
2 g	Saturated fat	352 mg	Sodium

NUTRITIONAL MESSAGE

Strawberries add a health dose of fiber and vitamin C, which are two nutrients our body needs daily. When they're not in season, use frozen unsweetened strawberries.

Blueberries are a healthy, stress-free food. You get fiber, vitamin C, vitamin K, manganese and potassium in every handful of blueberries – at just 80 calories per cup



PRESENTED BY
Anishinabek Nation
Diabetes Program,
Health Secretariat



Weekly Draw every Wednesday at 7:00pm



Anishinabek

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the
ACE

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Buy your tickets *now* for your chance to win the next Weekly Jackpot
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* If the envelope associated with the winning weekly draw ticket reveals the Ace of Spades, the weekly draw winner will also receive the Catch the Ace Progressive Jackpot, consisting of 30 percent of all ticket sales collected over all weeks. The minimum guaranteed value of the Catch the Ace Progressive Jackpot is \$5,000.

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Minaadenmaanaanig Gdaanikoobijiginaanig *We Honour Our Ancestors*

A Feast and Round Dance was held on November 1 at the Atikameksheng Anishnawbek Community Centre where some 80 guests attended. Elder Art Petahtegoose was the Pipe Man for this gathering, Jordan Mowat from Alderville First Nation was the Stickman. Invited Singers were Tory Fisher, Nipissing First Nation, Carson T. Kiyoshk Jr., Ojibways of Garden River First Nation, Jesse Kaboni, Wiikwemkoong Unceded Territory and Adam Kaboni, Wiikwemkoong Unceded Territory. Master of Ceremonies duties were shared by Darrell Boissoneau, Ojibways of Garden River and Gimaa Jason Henry, Kettle and Stony Point First Nation. Anishnawbek traditional feast recipes inspired by Sous Chef Indigenous Kitchen and prepared by Akinoomoshin director Julia Pegahmahgabow Mzhukido Kwe, Atik Dodem, Atikameksheng Anishnawbek. - Photos by Ryan Peplinskie





Presented by the
Anishinabek Nation Health Secretariat



8th Annual Health Conference

January 17, 18, 19, 2023

Quattro Hotel & Conference Centre, Sault Ste. Marie, ON

**"Bagidinimaadizidaa mashkawiziiwin ji
mashkawiziimigak niigaan"**

"Empowering ourselves to strengthen our Future"



STAN WESLEY
Master of Ceremonies

We are excited to announce Stan Wesley as our Master of Ceremonies for our 8th Annual Health Conference.

Stan was born and raised in Moose Factory, ON, a Cree community on the south coast of James Bay. As a youth, Stan began a career of bringing laughter and meaning to audiences with creation of 'Bunnuck', a weekly show that aired on TVO and TVNC for several seasons.

Since then, for over 20-years, Stan engaged and entertained audiences with his unique style of fun and depth in presentations, keynotes, emcee and facilitation services. Stan speaks on a variety of issues with a focus on celebrating success and advancing good, healthy relations among Indigenous and non-Indigenous peoples.

Stan has worked at the local, regional, provincial and national levels. With his high energy, sincere professionalism approach, he is considered by many to be one of the top speakers in the country today.

Registration for this event opens **November 23rd** and will be limited to 150 people in-person. Details to register coming. Priority will be for Anishinabek Nation Community Wellness Workers, Healthy Babies Healthy Children Workers and Health Directors.

Keynotes and workshops to be announced.



Tony H. Joiko Memorial Heroes in Health Awards

Community heroes build capacity for our First Nation by empowering residents to become more active, healthy, and improve the overall well-being of our community. They are our team, our family and an important part of our community.

We are seeking nominations for individuals who are passionate in health services and have dedicated themselves to ensuring the health and safety of Anishinabek Nation communities across our territory. Please send your nomination and explain why you feel this person(s) is your Hero in Health along with a supporting letter from your community Health Director/Manager no later than **November 21st** to Priscilla Goulais at priscilla.goulais@anishinabek.ca. These individuals will be honoured at the Anishinabek Nation 8th Annual Health Conference.

For information, please contact Cynthia Roy at 705-497-9127 or by email at cynthia.roy@anishinabek.ca