

**MIINKE GIIZIS | BERRY MOON | JULY 2025**



**SAGAMOK**  
**ANISHNAWBEK NEWS**

# SAGAMOK ANISHNAWBEK NEWS

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MIINKE GIIZIS | BERRY MOON | JULY 2025



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**SAGAMOK  
CELEBRATES  
TREATY DAY 2025**



**WORK2GIVE  
DELIVERS TWO DOG  
KENNELS**





# NEWS & ANNOUNCEMENTS



Bimaadiziwin Radio:

## THE SAGAMOK HOUR

with Host Bradley Trudeau

**SUNDAY, JUNE 22 @ 11AM**

**94.1 CKNR ELLIOT LAKE**

 **Intake Forms**  
are now  
accessible online!

For more information, contact  
Marie Toulouse, System Navigator  
705-863-0470

 **UNIVERSAL  
CONSENT  
FORM**  **INTAKE  
APPLICATION**

SCAN ME SCAN ME



**COMMUNITY REMINDER:  
TO REPORT A NON-EMERGENCY  
INCIDENT, CALL:**

**1 (888) 310-1122**

**ASK FOR THE SAGAMOK  
OFFICER ON DUTY**


 

# SAGAMOK

## ANNUAL TRADITIONAL POW WOW

*United and Standing Strong  
as Anishnawbek*

**JULY 11-12-13, 2025**  
**SAGAMOK SPIRITUAL GROUNDS**



For more information or to register  
as a vendor, please contact:

**WAYNE SOUTHWIND 705-863-2942**





WITH CARE  
*Bimaadiziwin for our Elders*



# Elders Forum

Koognaasewin Presentation

**TUESDAY, JULY 15**  
**10AM-3PM**

New Community Hall

**BINGO**  
AT LUNCH

**Darla Boston | 705-865-2421**



**WALKING FOR  
WELLNESS**   
Group Walking Program

**JUNE/JULY DATES**  
June 3, 10, 17, 24  
July 16, 23, 30  
Meet at the MEC!  
11:00am - 12:00pm

[physicalwellnessworker@sagamok.ca](mailto:physicalwellnessworker@sagamok.ca)

**BE ACTIVE,  
LIVE LONGER**   
Light Weight Strength Training

**JUNE/JULY DATES**  
June 3, 10, 17, 24  
July 16, 23, 30  
Elders Eagle Lodge  
10:00am - 10:45am

[physicalwellnessworker@sagamok.ca](mailto:physicalwellnessworker@sagamok.ca)







## ODE'MIN SEASON

### *Strawberry Picking at Emiry's Berry Patch!*



On Friday, July 4, Frank, Archie, Elaine, and Ray travelled from Sagamok's Eagle Lodge to Emiry's Berry Patch for a morning of strawberry picking. Sunhats and extra water were needed on this very warm day! Miigwech to Alyssa Bennett-Peltier, Community Wellness Assistant, and Sierra Abitong, Personal Support Worker, for accompanying the group on this outing.







## SAGAMOK CELEBRATES TREATY DAY!

**June 26, 2025** – Sagamok celebrated this year's Treaty Day with a retro-themed community gathering at the Multi-Educational Centre. After extreme heat followed by heavy rain earlier in the week, we were graced with mild temperatures and clear skies on Thursday. Over 300 community members registered at the event!



Councillor Lawrence Solomon opened the event with a greeting to all in attendance, and a joke – “Happy \$4 Day!” After an opening prayer and smudge provided by Wayne Southwind, Gimaa Angus Toulouse gave his remarks to the community. He spoke of the monumental achievement of the Robinson-Huron Treaty's past compensation settlement but also reminded that the work is not yet over. The RHT Litigation Fund continues to advocate on behalf of the Treaty's 21 First Nations on what is called the *Go Forward*. The goal of the Go Forward

is to renegotiate the structure and value of future annuity payments. Today, the annuity payment remains \$4, and representatives from Indigenous Services Canada (ISC) were in Sagamok on June 26<sup>th</sup> to distribute those payments to members of the community.

Sagamok's Radio Show Host, Bradley Trudeau, was on site to catch up with some community members on this important day. Here's some of what he captured:

### What's your favourite part of Treaty Day?

*“Seeing everyone come out and enjoying themselves!”* – Gimaa Angus Toulouse

*“Interacting with the whole community. Everybody's out so it's a lot of fun.”* – Jordan Bennett



*"You know it's the food!" – Councillor Veronica Nashkawa*

*"Seeing people from Sagamok gathering and meeting. This was part of our tradition years ago, so it's nice to get back and visit. And there's a lot to do here!" – Councillor Nelson Toulouse*

*"The community really comes together and celebrates our inherent Treaty rights." – Garnette Trudeau*

*"Everyone in the community comes out to show spirit and support." – APS Sgt. Macumber*



**What are you going to do with your \$4?**

*"It's going in my pocket!" – Theodore Toulouse*

*"Buy myself a lemonade!" – Jessica Southwind*

*"Buy a pop!" – Brooke Eshkakogan*

*"Reinvest it right back here into the community." – Allen Toulouse*

Activities abounded, with something for everyone to enjoy. The Claims and Negotiation Unit's Mini Putt and Closest to the Pin station drew in almost 100 participants! Prizes were generously donated by several local businesses, including Vale, KGHM, Tanner's, Giant Tiger, Home Baked, Espanola Home Hardware, and Massey Rona as well as the Espanola and Blind River golf courses. Miigwech to Cora Peters, Jordan Bennett, Nikki Toulouse, Michelle Toulouse, and Stephanie Allen for facilitating this activity. It certainly inspired some healthy competition from many Sagamok community members – golfers and non-golfers alike!

Departments, community partners, and vendors filled the MEC's perimeter offering resources,



games, draws, and goods for sale. Food/drink stalls punctuated the sidewalk around the building, and a large tent was set up for many to enjoy their lunch. The Lands, Resources, and Environment employees set up a projector which played video footage from Sagamok Treaty Days over 40 years ago! The LRE team digitized VHS tapes to make the footage accessible and easy to display using modern technology. A favourite of the kids in attendance was the bubble soccer and axe throwing! In addition to the fun, Administration's Darla Boston and Wade Owl distributed over 100 RHT Minor's certificates to children and their caregivers.

We extend a very special miigwech to Susan Sonnenburg for the outstanding leadership, organization, and enthusiasm she provided to the planning and execution of Sagamok's 2025 Treaty Day celebration. It was a great success!



Miigwech to each and every person who contributed to the special day; either by providing a service to the community or by showing up to participate. It takes everyone to create the atmosphere of positive community engagement and celebration that we witnessed on this year's Treaty Day.



# TWO CUSTOM DOG KENNELS ARRIVE IN SAGAMOK

## *A Generous Donation from Work2Give*

**June 5, 2025** – On a beautiful sunny June morning, a very special delivery arrived in Sagamok. Two custom-built dog kennels, as well as several hand-crafted picnic tables, benches, and planters, all built by participants of the Work2Give Program and generously donated to Sagamok. Community Justice Manager, Pam Sago-Toulouse was on site for the delivery. “It’s a generous donation. We are very lucky!” she shares.



You may remember that back in March of this year, Sagamok received two tiny homes also built and donated by Work2Give. Through this partnership, Community Justice Manager, Pam Sago-Toulouse and Bylaw Officer Mark Foden asked Work2Give Project Lead Robert Rittwage if his team would be willing to build a set of dog kennels – and they gladly took up the challenge!

Work2Give receives funding from The Movember Institute of Men’s Health (‘Movember’). According to the Movember website, “Work 2 Give is an Indigenous-led, Indigenous-focused program that gives incarcerated men an opportunity to give back to Indigenous communities, through the creation and donation of handmade items such as tiny homes, garden beds, picnic tables,

drums and more. This practice of giving back is core to Work 2 Give’s mission. It’s a way to restore balance in Indigenous men’s lives while addressing the need for meaningful work while imprisoned”.

Robert was joined for the delivery by Jeremy from CORCAN, the manufacturing, textiles, and construction subsidiary of the Correctional Services of Canada. Together, and with the help of local contractors who provided services including operating a large crane, they placed the dog kennels in their new secure location beside the Millenium Centre. Robert had this to say on delivery day:

“Today, Jeremy and I are up here to gift the dog kennels requested by Sagamok as well as some fencing, picnic tables, and park benches that will go out front of the justice office here. Work2Give has been partnered with Sagamok for about eight (8) months now and this is the second delivery that we’ve made. The initial delivery was of the tiny homes, which Sagamok will be making a tiny home village and/or placing them in strategic spots to address either homelessness or individuals in need. The second [delivery] is these dog kennels. Mark Foden and Pam Sago-Toulouse mentioned that there was a need for





kennels...all the materials were provided by Work2Give in partnership with True North Aid, Movember, the international charity, and the Correctional Services of Canada."



After the kennels were securely in place, Robert, Jeremy, and Pam gathered in the Justice Department boardroom for a very special call. The group was joined over the phone by Mike and Troy from Collins Bay Institution, a correctional facility located in Kingston, ON. Both men are participants in the Work2Give program and contributed to constructing Sagamok's dog kennels, or the "doggie hotels" as they enthusiastically refer to them as.

Mike, who also worked on the tiny homes and other projects, shared that he particularly liked working on the dog kennels, because it was a bit more of a challenge given that it was something new that no one on their team had created before. He shared that the guys had to figure some of it out through trial and error but, in the end, it was rewarding to see what they had successfully built. And Troy, who is newer to Work2Give, was quick to give a big thank you to Mike and the other guys for helping to teach him many skills while working on the project.

The call was a heartfelt reminder of the meaningful connections and personal growth made possible through the Work2Give program. As everyone reflected on the success of the project, it was clear that the "doggie hotels" had

become more than just kennels—they were a symbol of collaboration, learning, and second chances. "The guys really poured their heart and soul into it...every minute counted, and every minute, [they] put passion into the work that they did," shared Robert.

Following the call, Robert, Jeremy, and Pam recruited some helping hands to unload the rest of the delivery truck's contents. Industrial-grade fencing and posts were included in the donation to ensure the safety of both the animals and the community. The hand-crafted picnic tables, benches, and planters were placed at the entrance of the Millenium Centre as well as other locations around Sagamok. Miigwech to Nathan Twyne and Bradley Trudeau from the I.T. and Communications Team for lending their assistance unloading these beautiful (not to mention very heavy!) items.



Sagamok's Community Justice Department is working to develop the necessary policy and procedures to operate the kennels safely and effectively. The kennels are not to be used by anyone in Sagamok at this time. Stay tuned for more information to come.





# EMPLOYEE SPOTLIGHT

## *Summer Student Edition!*

Sana Mehrab Beigi is a summer student working in Sagamok's I.T. and Communications Department. She is the Team Lead for the I.T. Analytics & Scanning project. Sana is a graduate student pursuing her Master of Science (MSc) in Business Analytics from Western University's Ivey School of Business in London, Ontario. It is a 16-month program. London may seem a long way from Lake Huron's north shore but, in fact, Sana has travelled from much farther away to get to this point. Sana's home is Iran; she immigrated to Canada only 10 months ago. Preparing to study in Canada and completing the visa application process took about a year.



From Left to Right: Alison Falkingham (Software Developer); Wayne Peltier (I.T. Manager); Sana Mehrab Beigi (I.T. Analytics & Scanning Team Lead); Shailynn Fox (I.T. Analytics & Scanning Summer Student)

Sana holds a bachelor's degree in computer engineering from Isfahan University of Technology. During her undergraduate studies, Sana worked in Technical Human Resources, hiring teams of software developers and data scientists. After graduation, she transitioned into Business Data Analyst Roles and also spent time as a Python programming instructor for high school students.

Students in the graduate program at Ivey can pursue one of three streams; Sana has chosen analytics because of its intersection between business and computer science. She likes the way analytics work to make sense of data, provide enhanced business intelligence, and allow her to work closely with people rather than just technology. "There's always new insights we can gain from the data," she shares.

Sana and the rest of the I.T. Analytics and Scanning team are completing a number of impactful projects this summer. The first part is simple: scan paper documents so that the community has a well-preserved, digital copy of important information. But then it gets more complex: the team is also diligently categorizing documents, organizing them into digital folders, and building a system within a program called Shiny Docs that allows a user to search for archived documents using a series of keywords. Sana says some of the legacy documents – papers that are very, very old – can be tricky to categorize, but they are tagging with keywords as best they can to ensure users can locate the data more quickly in the future.

Additionally, Sana is using her expertise in analytics to create dashboards, which are visual displays of data. To date, Sana has helped the Membership Office and the CFAU to implement dashboards, and she'll soon be





helping other departments, including Education. “One of the challenges is that some departments don’t know exactly what they want,” shares Sana. “They have collected so much important data, but they aren’t sure how they want to display it to help with planning, decision-making, etc.” Sana hopes that as more departments roll out these dashboards, others will get a sense of how analytics will help in their work too.

Sana spent four weeks on site in Sagamok before heading back to London to work remotely for the remainder of the summer. She has nothing but incredible things to say about her time spent in Sagamok. “Everyone here is so nice!” she shared. Her teammate Shailynn Fox generously gifted Sana with a pair of beautiful beadwork earrings, which she proudly wore on her last day in the office. As an immigrant to Canada, Sana considers it a “very special” opportunity to be working at Sagamok, to have spent time here in the community, and to be learning directly from First Nations people.

Sana’s journey from Iran all the way to Sagamok is a testament to resilience, adaptability, and a deep commitment to learning. Her role this summer is not only advancing Sagamok’s digital infrastructure but also connecting the precision of computer science with the human-centered goals of community development. More than that, she is embracing the opportunity to contribute meaningfully to a First Nations community as a newcomer to Canada. As Sana continues her graduate studies and career in business analytics, her summer with Sagamok will remain a unique and formative chapter, one she will never forget. Miigwech Sana!



Sana with Sagamok's Director of I.T. & Communications, Sean Cassidy.

# Remember to use **free curbside collection** on **Thursdays!**

**Allowance of up to 45lb per bag.**

Please have bags to the curb by 7:00am.

The Landfill is only intended for bulk waste such as metals, furniture, electronics wood waste, and tires.



# ONTARIO BREEDING BIRD ATLAS

# bird surveying

Your Data collection for the Ontario Breeding Bird Atlas 3 (Atlas-3) started on January 1, 2021. Volunteer birders will count and record the presence of breeding birds across Ontario – from the south to the north – for five years.

Atlas-3 is a partnership between the same five organizations as Atlas-2: Birds Canada, Canadian Wildlife Service (Environment and Climate Change Canada), Ministry of Northern Development, Mines, Natural Resources and Forestry – Government of Ontario, Ontario Field Ornithologists (OFO), and Ontario Nature.

Volunteers are central to the success of the Atlas. This enormous project is achievable only through the mass participation of the province's birders. It shows what the birding community can accomplish when we work together with a single purpose.

**Atlas-3 will be a grand adventure for the province's birders who make it possible! We cannot do it without your help.**

The goal of the Atlas is to map the distribution and relative abundance of Ontario's approximately 300 species of breeding birds – from as far south as Middle Island in Lake Erie, to Hudson Bay in the north.

The data collected over five years provides essential information for researchers, scientists, government officials and conservation professionals. It will guide environmental policies and conservation strategies for years to come.

Data collection for the two previous Ontario atlases ran from 1981-1985 and 2001-2005, followed by the publication of books summarizing the results. The two previous projects were enormous (and successful!). But we're hoping Atlas-3 will be the best one yet – providing an unprecedented understanding of the status, distribution and abundance of the province's birds and a huge database of information that can be used for bird conservation purposes well into the future.

For more information or if you would like to participate, visit [www.birdsontario.org](http://www.birdsontario.org).





# INDIGENOUS YOUTH CONFERENCE

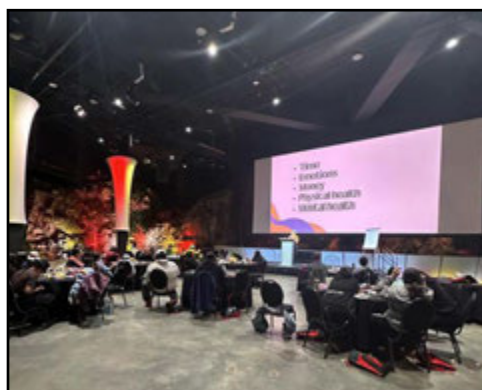
**May 24, 2025** – In a partnership between YWCA Sudbury, Sagamok, Serpent River, and Atikameksheng, a successful one-day Indigenous Youth Conference was held at the end of May. Sagamok had 15 youth, 5 adults, and 1 youth mentor attend the event. The day began early, with an 8:00am departure from Sagamok, bagged breakfasts in hand, for the bus ride to Science North in Sudbury.



The morning session featured guest speakers Gary Martin, who spoke about the “7 Stages of Life,” and Judy Nadjiwan, who presented on “Healthy Relationships.” Marlene Gorman, Executive Director of the YWCA, provided an introduction, and Brandon Petategoose served as MC. We were honoured to have the Sagamok Youth Drum Group—Garrett Southwind, Haven Solomon, Carter Eshkakogan, Jaycee Pitawantikwat, Donte Loon, Ryot Southwind, Terence McNichol, and Dale Eshkakogan—perform both the opening and closing drum songs.

Prior to the conference, one (1) Youth Mentor from each of the three participating First Nations completed an online training

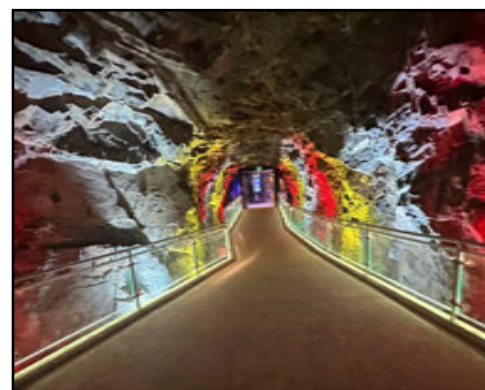
facilitated by the YWCA. Julie Sauve, Media & Special Events Coordinator at YWCA Sudbury, shared that the trainers were incredibly impressed with these youth mentors. They were engaged, serious about their responsibility, and took the information they learned and applied it to supporting the youth participants on the day of the conference.



The afternoon session started with a land-based teaching by Sagamok’s Cultural Resource Worker, Wayne Southwind. Later, Bethany Simonson facilitated a workshop on Media & Body Image. Sagamok’s Post-Majority Support Worker, Marissa Steinke, shared that all of the youth – who ranged in age from 12 to 16 – listened intently to the presenters and actively participated in all of the activities. The day concluded with a one-hour visit to Science North. This was certainly a highlight for the youth! Then the group went for supper, and the youth enjoyed being able to pick their own meals. They arrived back in Sagamok around 7:30 p.m.

The Indigenous Youth Conference took shape from two key

reflections. First, the YWCA as an organization is trying to take steps towards reconciliation by working more closely with First Nations communities. And second, the YWCA previously facilitated youth conferences for students in Grade 7/8; these events were determined to be too heavily gendered, so they wanted to create a youth conference more inclusive of the expressed perspectives of today’s



youth. This year’s Indigenous Youth Conference endeavoured to address both needs by delivering material that was less gendered and therefore more relevant to today’s youth, and creating the conference in close partnership with Sagamok, Serpent River, and Atikameksheng.

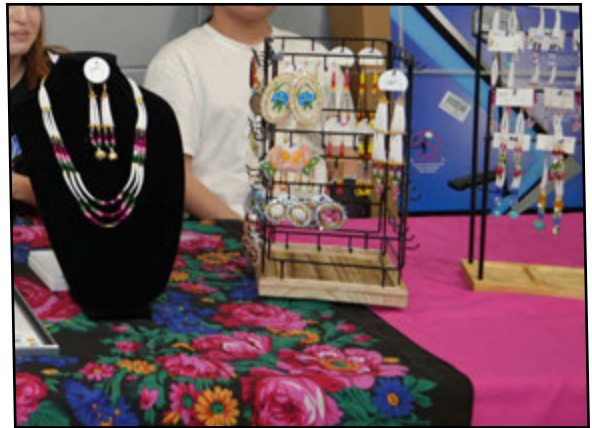
The Indigenous Youth Conference is a powerful example of what can be achieved when First Nations and community partners like the YWCA come together with youth at the centre. By prioritizing cultural relevance, inclusivity, and collaboration, the event created a safe space for Indigenous youth to connect, reflect, and grow. We look forward to bringing more opportunities like this to Sagamok youth!



## MADE BY DARCY

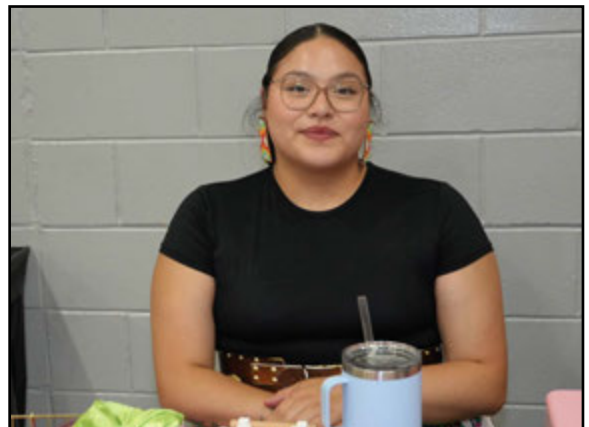
### *Sagamok Artist Darcy Trudeau Shares Her Crafting Journey*

Sagamok's Darcy Trudeau started beading when she was 14 years old and is self-taught. She says she first used beading as a way to better cope with her mental health struggles in a healthy and productive way. At 16, Darcy continued with her proactive approach to mental health and started making ribbon skirts as well. She's always been passionate about art, so these crafts became a new way for her to express that passion. Passion then evolved into a business when she started selling beadwork and ribbon skirts online using Facebook. Building on her positive momentum and with encouragement from her Mom and Grandma, Darcy began attending community events to start selling in-person. She's now been selling at booths for about a year and a half!



Recently, Darcy was a vendor at Sagamok's Treaty Day. She showcased her scrunchies and beaded earrings on a bright pink tablecloth. A clothing rack showed off a beautiful selection of her ribbon skirts in different patterns, like stacked ribbons and ornate appliques. She has plans to continue expanding her horizons and work the Powwow scene a lot this summer, travelling to communities including Dokis and Garden River. Appreciation for her gift is growing; she has now received orders for commissioned ribbon skirts from as far away as Moose Factory! "I love what I do," shares Darcy. "And I am starting to teach my younger siblings too."

It's inspiring to see a young Sagamonian like Darcy Trudeau not only embracing Anishinaabe culture through her beadwork and ribbon skirts, but also keeping tradition alive by sharing her gifts with others and passing these crafts on to the next generation. You can connect with Darcy in person at the Sagamok Powwow, which is coming up July 11-13 or through her Facebook business group, **Madebydarcysara** (all one word).





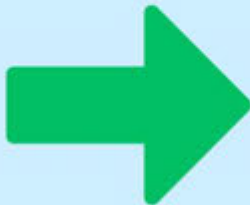


# BIKE & SCOOTER **SAFETY**



## **ALWAYS WEAR A HELMET**

Protect your head – it's the most important gear you can wear!



## **RIDE ON THE RIGHT SIDE OF THE ROAD**

Go with the flow of traffic, never against it.

## **BE SEEN**

Wear bright colors and use lights or reflectors, especially in the early morning or at night.



## **FOLLOW THE RULES OF THE ROAD**

Obey all traffic signs, signals, and road markings – just like cars do!

## **STAY ALERT**

- Watch the road ahead for any obstacles or hazards.
- Be aware of cars and pedestrians.
- Avoid distractions like headphones or phones.



## **KNOW YOUR SURROUNDINGS**

Look left, right, and left again before crossing or turning. Identify potential hazards early.



# *Let Us Celebrate!*

## SAGAMOK MEMBER, DR. NADINE CARON INDUCTED INTO THE CANADIAN MEDICAL HALL OF FAME

**June 19, 2025** – Dr. Nadine Caron, Member of Sagamok, was recently inducted into the Canadian Medical Hall of Fame. She is recognized for her work as a surgical oncologist, as well as her leadership in researching and transforming healthcare for Indigenous people. She travelled from her home in Prince George, British Columbia to Hamilton, Ontario to attend the ceremony with her husband Peter, daughter Aliah, and her parents.

Dr. Caron is grateful to have her family with her on this special day. Speaking of her parents, she shares, “They showed me an ability to take on challenges and see them as opportunities; to be resilient to those who try to dampen the colour blue in the sky – to keep it as vibrant as it is in your mind and heart.” Dr. Caron’s mother Mabel is the daughter of Florence and Peter Trudeau. Mabel grew up in Sagamok; she was the first person to graduate high school from the residential school system. Mabel went on to attend post-secondary school and became a teacher. Dr. Caron’s father, an immigrant from Italy, instilled in his daughter a similar sense of resilience, as well as a strong belief in the good of people.

Dr. Caron’s academic and career achievements – as well as the dedication and grit it has taken to complete each step in the journey – are nothing short of outstanding. First, an undergraduate degree in Kinesiology from Simon Fraser University (SFU). Next, four (4) years of medical school at the University of British Columbia (UBC). Then, six (6) years of surgery training at UBC as well as a Masters in Public Health from Harvard and a fellowship in endocrine surgical oncology at the University of California in San Francisco. All of this, and Dr. Caron is still a firm believer that “education starts at home.”

The short stint spent in public health was driven primarily by Dr. Caron’s desire to be part of the solution to disparities in healthcare for Indigenous people. She wanted to conduct research outside of her clinical practice as a surgeon. But her curiosity did not stop there. Dr. Caron broadened her idea of what research really is and refused to be limited by what academic, medical, and government institutions or the agencies that fund the programs within them, define as research.

Since 2005, she has been practicing surgical oncology at the University Hospital of Northern British Columbia. Over these 20 years, Dr. Caron says the answers that are most “poignant, insightful, and wise” have always come from her patients and their families. By being based in Prince George, Dr. Caron connects with patients from many of the fifty-five (55) First Nations located in Northern BC. Over time, she has worked to earn their trust and hear their stories – both of struggle, but also strength and resilience. Her learnings have informed research projects, grant proposals, and healthcare practices. In 2020, Dr. Caron became the inaugural First Nations Health Authority Chair in Cancer and Wellness at the University of British Columbia, and today, she is also a Co-Director of the UBC Centre for Excellence in Indigenous Health.

Of all her roles and achievements, there’s one that stands out among the rest. You cannot read about Dr. Nadine Caron without seeing her recognition as the first female First Nations general surgeon in all of Canada. To Sagamok’s youth, Dr. Caron says, “See? You can do it. There’s nothing special about me. [I was] lucky to find something I was passionate about that was worth studying and working hard for to reach that goal. What I’m hoping youth in Sagamok and across the country will see is that there’s nothing that



can stop them. That is my firm belief.” In this way, she sees her own success as an acknowledgment of the potential for all young Indigenous people to pursue what they are passionate about and find their own success.

Dr. Caron responds differently to government and institutions on a relatively lonely position as an Indigenous woman working in surgery. She says it reflects a major failing of society, a legacy of residential school, damaging government policy, and broken promises. While we should all celebrate the potential of our youth, leaders in this country should never take their eye off the path of reconciliation to ensure that potential is met with equitable opportunity and resources.

Dr. Caron has maintained a connection with Sagamok throughout her life and career. While during some chapters (like surgical residency, where she worked upwards of 120 hours per week!) she’s only been able to travel between her home and the hospital, other times she’s been able to enjoy a string of summer visits to the community. Other visits to Ontario have been centered around family, making trips to Elliot Lake so that her daughter Aliah could spend time with her great grandmother. This summer, Dr. Caron will visit Sagamok to attend the Trudeau Family Reunion.

On the day before the ceremony, Dr. Caron reflects on her roots in Sagamok and her Mom’s personal story, which have served as an inspiration for her career in medicine. “It’s a hard path, Sagamok knows, but it is this inspiration that keeps me going... to fix what needs to be addressed.”

During one of her many visits to Sagamok, Dr. Caron received an eagle feather from Chief Harvey Trudeau. She remembers him saying, “welcome home”, and she describes the experience as what “pure joy feels like”. Dr. Caron planned to bring this eagle feather with her to the Canadian Medical Hall of Fame ceremony. We are honoured to share this celebration with Dr. Nadine Caron.

# SAGAMOK CAREERS

Scan the code for more info





To reach the Food Bank,  
call **705-865-2421** and  
ask for **ext. 230**.

Alternatively, you can send  
an email to Corinna Abitong at  
[abitong\\_corinna@sagamok.ca](mailto:abitong_corinna@sagamok.ca).



# BIIDAABAN FAMILY BBQ!

**June 27, 2025** – Biidaaban hosted a Family BBQ in celebration of this year's last day of school. Heavy rain kept the event from being held outdoors as originally planned, but that didn't stop many parents, grandparents, and caregivers from joining their students at the school for a celebratory meal.

Burgers, sausages, and hotdogs – along with all the fixings – were served up to-go style from the cafeteria. Some students returned to their classrooms to eat amongst their friends, while others joined up with their caregivers and family members to enjoy lunch in the cafeteria.



The end-of-school energy was palpable! Students couldn't contain their excitement for summertime; some of the most anticipated activities are swimming, hanging out with friends, and sleeping in! A few were spotted taking 'selfies' with their teachers, likely wanting to capture a memory with important role models in their lives.

Before and after the meal, you could see some students touring their parents or grandparents around the school. "This is the cultural room," one said proudly, tugging on his Mom's arm to make sure she was looking.

Miigwech to Biidaaban staff, who quickly pivoted to host the BBQ indoors and for serving the long and winding lineup of students, teachers, and families with such efficiency! You are awesome.



And miigwech to each and every parent, grandparent, caregiver, and older sibling who braved the rain to join their student(s) in celebrating the end of another school year. Family involvement is critical to the health of the school community and Biidaaban students are lucky to have so many parents and caregivers engaged in their students' learning journeys.



Biidaaban Kinoomaagegamik's new building has now witnessed an entire school year from start to finish. If the walls could talk, they undoubtedly have dozens of incredible stories to share. We hope all Biidaaban students and their families enjoy a safe and fun summer. Until next (school) year!

### Need Help with Your Resume?

At Sagamok's Life-Long Learning Centre, the **Guidance & Career Coaches** are always available to assist, either with creating a new resume or updating your existing one.

Call **705-865-2421** or visit us in person at **717 Sagamok Road!**





# DECOLONIZING CHILD WELFARE



# KOOGNAASEWIN

*A North Shore First Nations' Initiative*

FOR TOO LONG, OUR CHILDREN HAVE SUFFERED DISCRIMINATION AND LOSS OF CULTURE UNDER A COLONIAL CHILD WELFARE SYSTEM

KOOGNAASEWIN IS SUPPORTING NORTH SHORE FIRST NATIONS AS THEY DRAFT THEIR OWN CHILD WELLBEING LAW TO REASSERT CONTROL OVER THEIR CHILDREN'S WELLBEING

BE PART OF THIS HISTORIC PROCESS. GO TO THE WEBSITE BELOW AND GET INVOLVED IN YOUR COMMUNITY'S CHILD WELLBEING LAW

**[WWW.KOOGNAASEWIN.COM](http://WWW.KOOGNAASEWIN.COM)**



# Opportunities, Events, and Programs

**CHILDREN'S SUMMER DAY CAMP**  
10:00am – 2:00pm  
Multi-Educational Centre  
**GROUP ONE (6-8 yrs)**  
**REGISTER NOW!**

SCAN ME FOR REGISTRATION FORM

**July 7-25**



To register, contact Dulcie Bob at 705-863-0703



## FREE TAX CLINICS

THURSDAY, JULY 24  
10:00am-3:00pm



Meet with tax professionals  
for assistance with getting  
up-to-date on your taxes!

NIIGAANIIN [www.SagamokAnishnawbek.com](http://www.SagamokAnishnawbek.com)



## Free Financial Planning and Investment Advice

WITH CAROL ANN BUDD

JULY 10-11 | 9AM-4PM  
SAGAMOK CANADA POST

You can also connect with Carol all  
weekend at the Sagamok Annual  
Traditional Powwow! July 11-13.

Contact to book an appointment:  
hello@woodlandwealth.com  
613-767-1234



**SPANISH RESIDENTIAL SCHOOLS MEETING**  
WEDNESDAY JULY 16<sup>TH</sup> 2025  
TIME: 9 AM - 4 PM  
SPANISH MARINA MAIN HALL  
40 GARNIER RD  
SPANISH, ONTARIO  
LUNCH PROVIDED  
AGENDA TO FOLLOW

SCAN THIS QR CODE TO REGISTER!  
REGISTRATION CLOSING JULY 4<sup>TH</sup> 2024 AT 4PM.  
ANY QUESTIONS? CONTACT BY EMAIL  
NISOONAG@SERPENTRIVERFN.COM



New Training Opportunity!

## Common Core for Non- Production Workers in Smelter Operations

Wednesday, July 16 | 9AM-4PM  
Lifelong Learning Centre

Register Via Email:  
[christie\\_judy@sagamok.ca](mailto:christie_judy@sagamok.ca)



**CHILDREN'S SUMMER DAY CAMP**  
10:00am – 2:00pm  
Multi-Educational Centre  
**GROUP TWO (9-11 yrs)**  
**REGISTER NOW!**

SCAN ME FOR REGISTRATION FORM

**August 5-22**



To register, contact Dulcie Bob at 705-863-0703



New Training Opportunity!

## Basic Underground Hard Rock Miner Common Core

July 28–August 1 | 9AM-4PM  
Lifelong Learning Centre

Register Via Email:  
[christie\\_judy@sagamok.ca](mailto:christie_judy@sagamok.ca)



SAGAMOK ANISHNAWBEK  
EDUCATION UNIT

## 2025 GRADUATION CEREMONIES

THURSDAY, JULY 31  
2PM-6PM

Biidaaban Kinoomaagegamik

[www.SagamokAnishnawbek.com](http://www.SagamokAnishnawbek.com)

# RECONNECTING AWAKENING

*Heirlooms of History: Fort La Cloche Belongings*



## EXHIBITION OPENING

SAGAMOK ANISHINAWBEK

NEW COMMUNITY HALL

JULY 11 – 12

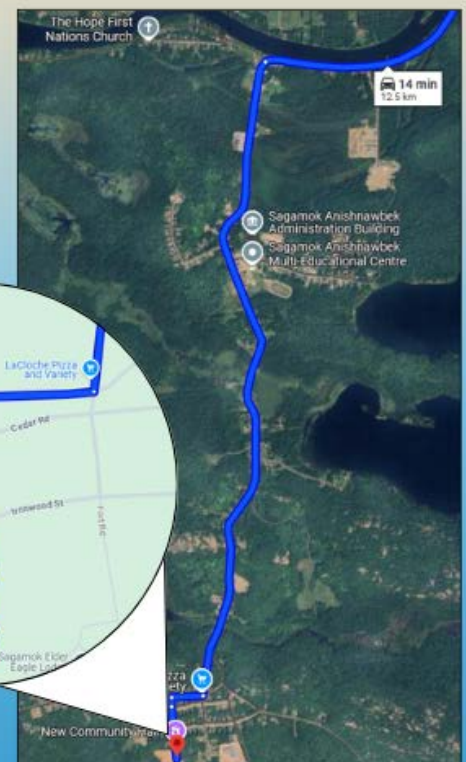
10AM TO 4PM

Join us as we celebrate the community homecoming visit of these ancestral belongings in an exhibition culminating the *Pathways to Reclamation: The La Cloche Cataloguing, Learning, and Sharing Project*

**ELDER OPENING REMARKS/PRAAYER AT 11AM**

**OPENING FRIDAY JULY 11 WITH A COMMUNITY FISH FRY AT 12PM**

**FLINT-KNAPPING DEMONSTRATION WITH SHAWN CORBIERE TO FOLLOW AT 2PM**



## SAGAMOK ANISHNAWBEK

### MENTAL HEALTH & ADDICTIONS

4005 Espaniel Street  
(705) 865-2171 or 1 (800) 727-5503

- 1-to1 Mental Health & Addictions Counselling
- Harm Reduction Supplies
- Naloxone Training
- Cultural Services and Resources
- Case Management
- Brief Services
- Family Counselling

### CHILD & FAMILY ADVOCACY SERVICES

610 Sagamok Road Unit#4  
(705) 865-3229  
(705) 863-2572 \*After Hours

- Band Representative
- Family Support Services

### COMMUNITY JUSTICE

610 Sagamok Road Unit#2  
(705) 865-1884 or (705) 863-0218

- Legal Aid Clinic
- Assistance applying for Legal Aid
- Pre and Post Diversion
- Victim Services Assistance
- Attend Court (via phone / Zoom)
- Record Suspension Applications
- Bylaw Enforcement (Dog, Land Trespass, Waste, Wildlife)

ByLaw Enforcement Officer

(705) 863-0145

foden\_mark@sagamok.ca

### PLANNING & INFRASTRUCTURE

4007 Espaniel (Administration Bldg)  
(705) 865-2421 or 1 (800) 567-2896

- Fire & Emergency Services
- Meeting Space Rentals
- Housing & Infrastructure
  - Roads and Water

### EDUCATION DEPARTMENT

Administration &  
Education Supports  
717 Sagamok Road, Box 2203  
(705) 865-2421

#### Life-Long Learning Centre

- Secondary & Post-Secondary
- Waawaasnoode Adult Learning
- ISET Program
- Guidance & Career Coaching

717 Sagamok Road, PO Box 2203  
(705) 865-2421

*Shki Waase-Aaban Binoojjinh Gamik*

3042 New Subdivision Road  
PO Box 2230 Sagamok, ON P0P 2L0  
(705) 865-1180  
daycare@sagamok.ca

*Biidaaban Kinoomaagegamik*  
1666 Toulouse Bay Road, Box 2217  
(705) 865-2387

*Espanola High School*  
147 Spruce Ave  
Espanola, ON P5E 1S6  
(705) 869-1590  
espanola\_high\_school@rainbowschools.ca

### LANDS RESOURCES & ENVIRONMENT

5133 LaCloche Road  
(705) 863-0494

### MEMBERSHIP SERVICES

4007 Espaniel (Administration Building)  
(705) 865-2421 or 1 (800) 567-2896

### COMMUNITY WELLNESS

4005 Espaniel Street  
(705) 865-2171 or 1 (800) 727-5503

- Health Clinic

### ELDERS EAGLE LODGE

821 Wasacom Drive  
(705) 865-2926

- Long Term Care
- Home & Community Care

### FOOD BANK, MILK & SOUP KITCHEN

(705) 865-2421 ext. 230

### PARENT INFANT ADVISOR

(705) 865-2517 ext.202

- Food Vouchers

### SAGAMOK DEVELOPMENT CORPORATION

ISETP (Indigenous Skills & Employment Training Program)  
(705) 865-2421 or 1 (800) 567-2896

Sagamok Post Office  
(705) 865-1233

Economic Development  
(705) 865-2421 or 1 (800) 567-2896

Sagamok Bingo  
(705) 865-2421 1 (800) 567-2896  
(705) 863-3250 (705) 863-0049

### Z'GAMOK ENTERPRISES INC & Z'GAMOK CONSTRUCTION

(705) 8651134  
info@zgamok.ca

### OCL CUSTOM CRUSHING

(705) 869-1022  
info@oclcrushing.ca

### RITCHIE FALLS

Tote Road, Massey  
(249) 500-2897  
ritchiefalls@sagamok.ca





## COMMUNITY PARTNERS

### NIIGAANIIN

575 Sagamok Road  
(705) 865-1395

### NOGDAWINDAMIN

#### Family & Community Services

53 Kokoko Miikan  
(705) 865-9938 or 1 (800) 465-0999

### JORDAN'S PRINCIPLE APPLICATIONS

Trina Abitong (705) 698-4623  
Marina Toulouse (705) 849-8769

## COMMUNITY BUSINESSES

#### Buck 'N Up Variety / 420 North

1050 Sagamok Road (705) 865-1680

#### Jones General Store

4027 Espaniel Street (705) 865-1633

#### JVC Smoke Shack / Flint & Flower / Ms.

Vicki's Chipstand

4040 Espaniel Street (705) 863-3479

#### LaCloche Pizza & Variety

5002 Fort LaCloche Rd (705) 865-1979

#### North Shore Dental

610 Sagamok Road, #3 (705) 865-1511

#### Papa's Fish 'N Chip Truck

2009 River Crescent (705) 847-6269

#### Riverview Variety /

Vinny's Smoke Shack / Tyson's Tokes /

Joey's On The River

449 Reserve Road (705) 865-3030

#### Rolling Convenience & Trading Post

Sagamok Road (705) 869-7646

#### St. Jimmy's Cafe

610 Sagamok Road, #7

#### Toulouse Gas & Grocery

581 Sagamok Road (705) 865-3066

## UTILITY / ENERGY

#### Hydro One

1 (888) 664-9376

- Report an Outage

1 (800) 434-1235

McDougall Energy Inc

(705) 368-2085

New North Fuels

(705) 865-2733

Superior Propane

(866) 761-5854

Ultramar Energy

(705) 692-5447

UP Energy

(705) 869-6825

## POLICE SERVICES

### ANISHINABEK POLICE SERVICES

1159 Sagamok Road  
Non-Urgent Matters (705) 865-2868

### ONTARIO PROVINCIAL POLICE

Non-Urgent Matters 1 (888) 310-1122

### CRIMESTOPPERS

1 (800) 222-8477

### IN CASE OF EMERGENCIES DIAL 9-1-1

## HOSPITALS

### Espanola Regional Hospital & Health Centre

825 McKinnon Drive, Espanola  
(705) 869-1420

### St. Joseph's General Hospital

70 Spine Road, Elliot Lake  
(705) 848-7181

### Health Sciences North

41 Ramsey Lake Rd, Sudbury  
(705) 523-7100

## CRISIS LINES

### HSN Crisis Intervention

- Crisis Line 1 (877) 841-1101

### HSN Crisis Intervention

- Mobile 1 (705) 675-4760

### Indian Residential School Survivors and Family Crisis Line

1 (866) 925-5454

### Sudbury Warm Line (Pre-Crisis Peer Assistance)

1 (800) 721-0066

### Kid's Help Phone

Call 1 (800) 668-6868 / Text 686868

## ADVICE

### Poison Control

If you think someone has been poisoned, call immediately.

1 (800) 268-9017

Mental Health Helpline 1 (866) 531-2600

Drug & Alcohol Helpline 1 (800) 565-8603

Gambling Helpline 1 (888) 230-3505

### 8-1-1 Health Advice Made Easy

A free, secure and confidential service available 24/7 (call or online) for health advice from a Registered Nurse or find health services or information.

Phone

Dial 8-1-1

Chat

<https://health811.ontario.ca/>

### 2-1-1 Government Services

Canada's primary source of information for government and community-based non-clinical health and social services. This free and confidential service can be accessed 24/7 in English and Anishinaabemwoin.

Phone

Dial 2-1-1

### Ontario 5-1-1

Information to help plan travel routes and arrive safely, including: traffic accidents and road closures, roadwork and construction, forecasted driving conditions, carpool lots, ferries, public rest areas

Phone Dial

5-1-1

### ConnexOntario

Mental Health, Addiction and Problem Gambling Services

Phone

1 (866) 531-2600

Text

"CONNEX" to 247247

Chat

[www.connexontario.ca](http://www.connexontario.ca)

## HELP & COMFORT LINES

### Assaulted Women's Helpline

1 (866) 863-0511

### Good 2 Talk (Post-Secondary Student) Helpline

1 (866) 925-5454

### Hope for Wellness (First Nation & Inuit) Helpline

1 (855) 242-3310

Chat

[hopeforwellness.ca](http://hopeforwellness.ca)

### LGBT Hotline

1 (888) 843-4564

### Youth Talkline

1 (800) 246-7743

### Senior Talkline

1 (888) 688-5428

### Talk 4 Healing (Aboriginal Women)

Helpline

1 (855) 554-4325

Chat

[beendigen.com](http://beendigen.com)

### Senior's Support Line

1 (866) 299-1011

### TalkSuicide

Text

1 (833) 456-4566

45645





# **SAGAMOK ANISHNAWBEK NEWS**

## **CONTACT:**

I.T. and Communications Department  
[newsletter@sagamok.ca](mailto:newsletter@sagamok.ca)