



SAGAMOK ANISHNAWBEK

NEWS

Manoomini Güzis

Rice Moon | August 2025

SAGAMOK ANISHNAWBEK NEWS

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MANOOMINI GIIZIS | RICE MOON | AUGUST 2025



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JULY 11, 12, 13



**BBQ HOSTED AT
GREENHOUSE TO
UNVEIL NEW NAME
& LOGO; GIVE
THANKS TO
GENEROUS
DONATION**



**FORT LA CLOCHE
CATALOGUING
PROJECT
CULMINATES IN 2-
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OPENING AT THE
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Upcoming Opportunities, Events, and Programs

- Blueberry Picking
- EHS Jump Day
- Grade 9 Orientation
- Financial Planning with Carol Ann Budd
- Photography and Film Making for Youth
- Canoeing and Hiking
- Free Tax Clinic with Niigaaniin
- FN Child and Family Services & JP Settlement Info Sessions

SAGAMOK CAREERS

Scan the code
for more info



www.SagamokAnishnawbek.com/job-opportunities



BACK TO SCHOOL!

SEPTEMBER 3RD



SAGAMOK ANISHNAWBEK
EDUCATION



Bimaadiziwin Radio:

THE SAGAMOK HOUR

with Host Bradley Trudeau

SUNDAY, AUGUST 24
11:00AM - 12:00PM

94.1 CKNR ELLIOT LAKE

WE NEED VOLUNTEERS!

The **Sagamok Fire Department** is in search of volunteers. If you are interested, please join us:

WEDNESDAYS | 6-8PM

Sagamok Fire Hall

More Information: www.SagamokAnishnawbek.com

Do you have a child in grade 7 to 12?

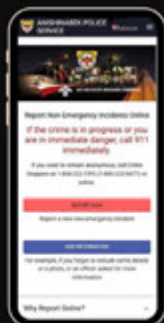
They may be eligible for
immunization against HPV,
Hepatitis B, and meningitis.

For more information, please reach
out to Sagamok's **Community Wellness
Department** at **705-865-2171**.

YOU ASKED. WE LISTENED.

Residents can now report non-emergency crimes to police anytime, from any device, anywhere.

Visit anishinabekpolice.ca and click 'Report Online'.



Elders Forum

Youth Mentorship Program Review

TUESDAY, AUGUST 19
10:00AM-3:00PM

New Community Hall

Darla Boston | 705-865-2421

BINGO



Save the Date!

**FALL
HARVEST**

2025

OCTOBER 6 - 10

Stay tuned for more details!



www.SagamokAnishnawbek.com



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.





Sagamok Anishnawbek Urban Engagement Sessions

Youth Event
SUDBURY

August 27 @ 10AM
Holiday Inn | Sudbury

Urban Session
SAULT STE. MARIE

September 6-7 @ 10AM
Water Tower Inn | Sault Ste. Marie

Urban Session
SUDBURY

September 13-14 @ 10AM
Radisson Hotel | Sudbury

Urban Session
TORONTO

September 27-28 @ 10AM
Native Canadian Centre of Toronto

Urban Session
OTTAWA

October 4-5 @ 10AM
Delta Hotel | Ottawa City Centre

Day 1: Koognaasewin Child Wellbeing Law – Feast & Social @ 5PM

Day 2: RHT Discussion

INFORMATION

Koognaasewin – Jasmine Abitong:
abitong_jasmine@sagamok.ca

Membership Inquiries – Renee Owl
owl_renee@sagamok.ca

RHT – Darla Boston:
adminassistpo@sagamok.ca

Koognaasewin & Sagamok Anishnawbek's
Child Wellbeing Law:
www.Koognaasewin.com
www.SagamokAnishnawbek.com

SERVICES

- Membership Services
- Status Cards
- Birth Certificates
- Jordan's Principle

DOOR PRIZES
ENTER TO WIN A FAMILY
GETAWAY WEEKEND!!



A message from Sagamok Justice Department, By-Law:

Animal Welfare (Ontario) called in to respond to extreme animal neglect



At the beginning of August, a concerned citizen reported a case of severe neglect involving a dog. The report was made directly to Animal Welfare Services in Ontario, highlighting urgent concerns regarding the animal's wellbeing.

Given the seriousness of the allegations, an emergency request was submitted to Chief Toulouse. The request sought immediate permission for an Animal Welfare Inspector, acting under the authority of Animal Welfare Services (Ontario), to enter the community and intervene.

The request aimed to facilitate timely inspection, assessment, and, if necessary, the removal or treatment of the neglected animal in accordance with provincial animal protection laws. In this case, the dog was rescued by a concerned citizen and no charges were pressed against the previous owner.

"Animal Welfare Services (AWS) within the Ministry of the Solicitor General is responsible for enforcing the Provincial Animal Welfare Services Act. The chief animal welfare inspector and provincial animal welfare inspectors, including inspectors with specialized expertise in livestock, zoos, aquariums, and equines, provide enforcement across Ontario. They carry out inspections, respond to concerns, conduct investigations, as well as provide outreach and education on animal care best practices. Provincial inspectors also follow a standard code of conduct."

Calls made to AWS are received through the Ontario Animal Protection Call Centre.

(OAPCC) at 1-833-9-ANIMAL (264625), available 24 hours a day, seven days a week.

Cases of neglect of animals should always be reported to AWS.

If you do not feel comfortable calling AWS you can contact the Sagamok By-Law Officer at (705) 865-2421. Our By-Law Officer will make a connection with AWS for their services.

Did you know:

It is estimated that there are currently 30 to 40 dogs roaming freely within the community. This poses a significant safety risk to all residents.

When allowed to run at large, dogs often form packs, which is a natural behavior. These packs can become aggressive, attacking other dogs and seeking out female dogs in heat. In many unfortunate cases, the targeted female dogs are injured or even killed.

Uncontrolled roaming and the failure to spay or neuter pets are major contributors to the growing dog population and related safety concerns.

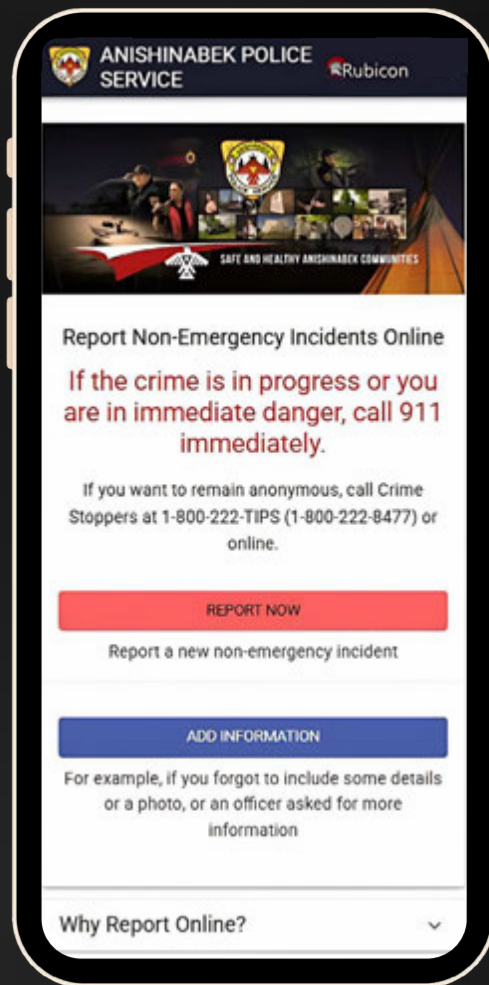
Spaying and neutering are critical steps every dog owner must take to help reduce the stray dog population and ensure a safer environment for everyone in the community.

In addition to the dangers posed by roaming dogs, there is also a serious health concern: Canine Parvovirus. This highly contagious and often deadly illness is commonly spread among unvaccinated dogs, especially those that roam freely.

The mortality rate for untreated or unvaccinated dogs can be as high as 91%, making it one of the most dangerous preventable diseases affecting dogs today.

The most effective protection against Canine Parvovirus is vaccination. Ensuring your dog is fully vaccinated not only protects your pet but also helps reduce the spread of this deadly virus in the community.

YOU ASKED. WE LISTENED.



Residents can now report non-emergency crimes to police anytime, from any device, anywhere.

Visit anishinabekpolice.ca and click 'Report Online'.

SAGAMOK'S ANNUAL TRADITIONAL POWWOW

JULY 11, 12, 13, 2025

July 12, 2025 – It's Saturday morning at Sagamok's Annual Traditional Powwow. Just before 11:00 AM the spiritual grounds are slowly coming to life. Community members, neighbours, and visitors are steadily trickling in. The lot is full and vehicles now line the road, tucked in side-by-side and bumper to bumper to make space for others to squeeze in. Craft vendors are putting the final touches on their displays; food stalls are already radiating delicious smells that will make anyone walking by want to stop in for a snack.

Amidst the low murmur of morning greetings, sizzling grills, and the crackle of the sacred fire, there's one sound that cuts through the rest of the noise: the rhythmic clatter of jingles. Dancers young and old are dispersed around the arena, opening up their carefully organized suitcases under the cover of the bleachers or a shaded tent. Many are tended to by their friends and family; braids are tightened, moccasins secured, and final details polished. Some are sneaking in a bit of extra fuel, like bites of steaming poutine or bits of piping hot scone, before the festivities begin.

So far, it's perfectly overcast; light cloud cover provides a bit

of protection from what would have otherwise been a scorching day. The humidity is making itself known, and everyone is bracing for the rain that is predicted to come. But for now, it remains dry, and everyone focuses on staying cool. Miigwech to "The Andrews" (Dagg and Southwind) from Sagamok's Child and Family Advocacy Unit who manned a "hydration station" near the entrance. Those cold drinks – whether consumed or used as an ice pack to the face, chest, or neck – were much appreciated!



Emcee Craig Fox offers a beautiful opening and a welcome to all Anishnawbek as well as non-native brothers and sisters. "The drum connects us all," he shares. "Heartbeat is the first sound we hear inside our mother." Referring to the six drum groups set up at the center of the arena, he says, "Those men under the arbor have a huge responsibility to keep that heartbeat going all day." As arena

director, Robert Stonepoint organizes the Grand Entry line up – dancers, staff carriers, flag bearers, and leadership – Craig reminds us to close our cameras and instead open our hearts to what we are about to experience. Grass dancers are welcomed into the arena, just inside the Eastern doorway. Together with the drum, they bless the grounds.

As the Grand Entry gets underway, Craig speaks about the healing component of the dance circle; the healing available not just to the dancers, but to all of us, when we

allow ourselves to feel that drum. The staffs and flags lead the way, followed by leadership, and the dancers stream in. The colours on their regalia pop against the background of earth, trees, and sky; jingles sound together in a cohesive rhythm. Watching the dancers feel the drum, their expression flowing out of them like water, one

can't help but feel it too. The drum pulses like a heartbeat, steady and strong, inviting everyone to connect — to memory, to land, and to one another.

Gimaa Angus Toulouse focuses his remarks on the Powwow's invitation to not only enjoy the singing, dancing, and sharing, but to also make new friends, reconnect with family,

and rekindle kinship. From the community and Council, he extends gratitude to the drums, dancers, and all those who make this most significant cultural event possible. In closing, Gimaa offers an enthusiastic, "Welcome to Sagamok Anishnawbek!"

Next, Craig facilitates several rounds of inter-tribals, each of the drum groups taking turns to provide song. Dancers are joined by children, adults, and Elders – everyone taking their opportunity to feel the drum. An honour song is also played for Sagamok's Doloris Trudeau, as she recovers from a recent stay in the hospital. Now it's time to move into the age categories, starting with a crowd favourite, the "tiny tots!" Some are dressed in miniature regalia and moccasins, while others race around in bare feet. Whether shy and careful or bursting with energy and expression, they all follow their own rhythm. Their faces are a mix of wonder and joy — reminding everyone that the drum, dance, and tradition continues through their tiny feet and hearts. Just as the next



group is called upon - females aged 6-12 - the rain makes its presence known. Light at first, it's not long before the skies open up into a heavy downpour. The drumming continues as many people scurry to find shelter.

Over in the Indigenous Tourism Ontario tent, two little girls were working together to complete a tipi-building activity. One of them comments, "the dragonflies are

coming in here too!" Yes, it seems many of us – even the tiniest creatures – were taking refuge from the rain. But the same was not true for everyone. "When the rain started coming down, it was those young kids' turn to dance...the rain never bothered them at all!" shares Cultural Resource Worker, Wayne Southwind. "They just kept on dancing. They loved the rain!"

We extend a heartfelt miigwech to Wayne Southwind for his leadership, time, and commitment in preparing for this year's Traditional Powwow in Sagamok. Miigwech to the Powwow Committee: Ida Owl, Rosanne Abitong, Trista Toulouse, and Cheyenne Southwind, as well as to every department and individual who contributed to getting the grounds ready for the event. And of course, miigwech to the Sagamok community for being welcoming hosts to our neighbours, visitors, and each other.



SAGAMOK'S ANNUAL
TRADITIONAL POWWOW
JULY 11, 12, 13, 2025



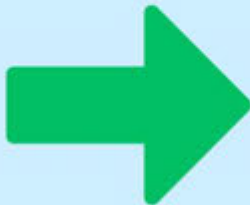


BIKE & SCOOTER **SAFETY**



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.



Meet Your Councillor!

SADIE SOUTHWIND



Sadie Southwind is a first-time Councillor for Sagamok Anishnawbek. Not unlike many of her colleagues, Sadie was asked by fellow community members to use her voice on behalf of the community. Last year, she finally answered the call to get more involved in politics and leadership. Along with her role as Councillor, Sadie is also the Manager for Community Infrastructure in Sagamok. With 20 years of experience on the job, Sadie brings a deep, practical understanding of how the community functions day-to-day. She brings insight about long-term planning and coordinating with contractors, government agencies, and community members. Sadie also offers a valuable perspective when making decisions about development, infrastructure investment, and maintenance priorities. Her years of hands-on knowledge make her an important asset to the leadership team.

Sadie serves on the Sagamok Development Corporation and Healing Lodge Board, as well as the Drug and Alcohol Committee. Presently, she is most excited about the development of opportunities and contracts for Sagamok in the mining industry. “There are more projects we want to be involved in,” shares Sadie.

As a Councillor, Sadie identifies the drug epidemic as the toughest challenge facing Sagamok right now. “It breaks my heart to see our people suffering the way they are. Every family is affected,” she shares. She recognizes that some people are critical of Council for not doing enough to solve the problem, but the way she sees it, their role is to provide access to as many resources as possible – but they cannot force individuals to use those resources; it is ultimately up to them to seek the help they need. “I love my community. I want to see us get a hold of [the drug epidemic],” says Sadie. She’s hopeful about the traditional medicines that Chief and Council are working to bring into the community.

About 7 years ago, Sadie became interested in Traditional Medicines. She began learning about the medicines of Anishinaabe people; those we still have and those lost due to colonialism. Last year, Sadie used two weeks of vacation to travel out West looking for medicine and reaching out to learn from our neighbouring provinces. In January of this year, she travelled to Peru to participate in a 10-day dieta and Ayahuasca ceremony led by medicine people who harvest their medicines from the Amazon. Other



members of Council also participated in an experience in February, but Sadie's trip was done independently, to pursue her passion for Traditional Medicines and to seek help with her health concerns. Given her own positive experience, she's hopeful that other community members will benefit when these medicines and ceremonies are brought to Sagamok.

What qualities make a good leader?

For Sadie, a good leader is someone who truly listens to individuals and becomes a voice for them. We need to ensure that everyone's concerns are heard and represented. In Sagamok, it's also essential for leadership to take the time to understand every aspect of the community—to really get to know the political system and how it operates. In an environment where everything is new and you're expected to catch up, Sadie says leaders must have a willingness to learn and to stay constantly informed. She says the Sagamok Council is made up of individuals with diverse backgrounds and areas of expertise, which combine and all contribute to the table.

Where will you find Sadie when she's not at work?

Sadie likes to keep busy. "It's who I am as an individual," she shares. This time of year, you will find Sadie spending her evenings and weekends at her cottage. As anyone with a seasonal property knows, there's always work to do, always another project on the go. In addition to her own cottage, Sadie operates two rental cabins as well. During the summer, she loves boating, fishing, and gill netting – great ways to make the most of the season! Sadie is also passionate about music. Until recently, she was regularly DJing events like weddings and dances. Rumour has it that she's in high demand with people reaching out to encourage her return to the music scene; I guess we'll have to wait and see!

Who or what has had the greatest influence on your career and life choices, and why?

Sadie shares, "My dad taught me everything." From a very young age, she began working, starting with making lawn ornaments and doing woodworking. Before joining Sagamok, she worked in construction, doing renovations for the Band and learning valuable hands-on skills. Her father played a significant role in shaping her abilities, often calling her to help with welding or other tasks. They spent a lot of time together outdoors—boating around the Benjamin Islands, taking rides, and fishing—activities that she still enjoys today. With his guidance, she even built her own cottage, and later constructed several smaller cabins herself, including screening them in. Her father's influence is woven into everything she does.

With 20 years of experience in community infrastructure, Sadie has witnessed a lot of change—especially as Sagamok continues to grow. "There are more employees, more buildings going up, and with that comes the need for more manpower," she shares. "Technology has definitely improved things; the internet and better-built facilities have made a real difference." But finding skilled people remains a challenge. That's why Sadie says it's important to be patient with our young people who haven't had the chance to work yet—we need to give them opportunities and a place to start. "I love my job, and I'm passionate about seeing progress, and I do see it happening." Miigwech, Sadie, for your years of commitment to helping Sagamok to grow in a good, sustainable way, and for bringing your love of our community and our people into all that you do, both in Community Infrastructure and on Council!



Meet Your Councillor!

CONRAD TOULOUSE



Conrad Toulouse is another first-term Councillor for Sagamok. “It was a great honour to be nominated,” he shares, reflecting on the process from last year. Community members felt he would be of benefit on Council, so Conrad accepted the opportunity with the intention of providing the best service to the community that he can.

Conrad brings 25 years of working with children, youth, adult and Elders to the Council table. He has been a Lead Teacher at Sagamok’s Daycare, and after returning to school to complete a certificate in Primary Teaching from Queen’s University, he was hired as a Grade 3 Teacher at Biidaaban Kinoomagegamik. He has also led land-based learning programs, including the sugarbush program which saw up to 500 participants each season! Conrad has also has a strong understanding of social programming, having spent time facilitating the SLAC program and working in child protection with Nogdawindamin, with a focus on providing supports, skills, and knowledge to help families reconnect. Most recently, Conrad worked in Sagamok’s After Care program, supporting the community’s most vulnerable individuals who needed help with addictions. He brings to Council a service-oriented perspective from deep experience on the front line.

Conrad sits on the Sagamok Development Corporation Board and shares his excitement for the opportunities SDC is bringing to the community. He is also encouraged by the progress of the Koognaasewin Initiative, which is quickly becoming a reality here in Sagamok. “We can take care of our families and children, from birth up to Elderly [without] following acts and legislation from the provincial or federal governments,” shares Conrad. “This is self-governing: we know what is needed, what works, and how we can provide the best supports for our families.”

One of the biggest challenges facing Sagamok – and Council – is that often times, support and help are needed immediately, but we know that the best solutions can take time to get off the ground. “We sometimes have to be reactive,” says Conrad, “but we also want to be able to anticipate the needs of the future, to plan for the best quality of life for our members.” Conrad points to the Council’s consistency of working towards that vision as a reason to be hopeful. With four years together as a Council rather than just two, the



leadership has time to weigh the pros and cons of potential solutions – and get it right the first time.

What qualities make a good leader?

For Conrad, humility is number one for leaders. “You’re there to help, to provide a service,” he says. Presence is also important. “When you’re out in the community you’re representing yourself, your family, your community and all Anishnawbek,” shares Conrad. And finally, sound leadership always requires respect.

Where will you find Conrad when he’s not at work?

You will find Conrad enjoying all things outdoors! Spending time at camp, getting out on the water, and fishing...you name it, Conrad is soaking up all that the season has to offer. He reflects on another season’s favourite activity: maple sugar bushes. “It’s very rewarding after all the long hard hours put in, to taste the benefits of all that hard work!” he shares.

Who or what has had the greatest influence on your career and life choices, and why?

Conrad reflects on the influence of his parents, as well as the generation they were a part of. Two main values come to mind: hard work and connection with family/community. “My parents and the generation before us, they had to work very hard for the same conveniences we have today,” shares Conrad. “In the 70’s when I was growing up, [we had to spend a lot of time] doing activities like piling wood, snaring rabbits, fishing, and hunting for game.” These experiences instilled in Conrad a sense of hard work, not just for physical labour, but also for what it means to work hard for knowledge. Just because we have the internet at our fingertips, doesn’t mean we should shy away from opportunities to learn the ‘old fashioned’ way, and most importantly, from others. “There’s not only one way to cook an egg!” laughs Conrad. “One way is not better than the other.” And we need to seek out knowledge and experiences again and again, because we may learn something new – about the material, or about ourselves – each time.

Of his childhood, Conrad also shares, “Everybody was very interconnected...today, life is fast paced and go-go-go, so we make less time to sit down and connect.” Conrad points to community events like Treaty Day as important opportunities to connect with neighbours, family, extended families and relatives that you may not have seen in a while. And being on Council has given Conrad the opportunity to be connected with a wider base of the community, which he cherishes.

“I am honoured to be a part of this Council,” shares Conrad. “I hope to always provide sound judgement in helping to move [important initiatives] forward.” Conrad Toulouse’s journey is rooted in service, connection, and a deep respect for his community and its values. With decades of hands-on experience supporting individuals across generations, his leadership on Council is grounded in compassion, cultural knowledge, and a commitment to seeing the community thrive. As Sagamok Anishnawbek continues to move toward greater self-governance and community-led solutions, we are fortunate to have leaders like Conrad at the table. Miigwech, Conrad!





YOUTH MENTORSHIP'S DAY AT FORT LA CLOCHE *Learning on the Land and Using Technology for Citizen Science*

July 23, 2025 – The Grade 8 & 9 participants of the Youth Mentorship Program spent one of their final program days up at Fort La Cloche with members of the Lands, Resources, and Environment (LRE) and Claims and Negotiations Unit (CNU) teams. It was a perfect summer day to spend up at the Fort; sunny and warm!

In the morning, CNU's Michelle Toulouse facilitated a few interactive activities to get the youth thinking about their own relationship to the land. They brainstormed answers to questions like "What skills do you want to learn," identifying activities like trapping, canning, and plant medicines that they have an interest in learning more about. The team also provided an overview of the CNU's role and introduced them to the Hydro One Transmission Line project in which Sagamok is a partner economically, culturally, and environmentally.

After lunch, the youth set out on a special scavenger hunt. Organized by Chevaun Toulouse, Sagamok's Environment and Climate Change Coordinator. The activity had youth use two iPad apps to explore the area's environment. It was a great way for youth to get out on the land and do what Chevaun calls "citizen science"! This activity was made possible by Chevaun's success in securing funds from the Frontline Fund, which she used part of to purchase the tablets and install the environment-related apps.

One of the apps is called Merlin Bird ID. It is a free, easy-to-use app from the Cornell Lab of Ornithology that helps users identify birds by sound, photo, or a few simple questions. The app is useful to birders of all levels! The other app is called iNaturalist. This free app helps the user figure out what plant or animal they've seen by using photos and sounds. Users can share discoveries with others and help scientists learn



more about nature in their local area. Chevaun shared with the youth how she has used the app in her own daily life. Recently, her 4-year-old son picked some berries in their backyard and generously offered them to his 1-year-old sister. Knowing they do not have blueberry bushes on the property, Chevaun pulled out the iNaturalist app and scanned the mystery berry bush in her backyard. Sure enough, these were not blueberries, and in fact, the berries are poisonous! The app helped her identify the plant and avoid some potentially serious consequences for her little ones.

Since the powerful sound of the Fort La Cloche waterfall drowned out most of the birds, the youth focused their energy on using the iNaturalist app to identify plants and animals. When they take a picture of a plant, the app gives information about the plant, including whether it is native or invasive to the area. For animals, the app will identify if the subject of the photo is considered

a species at risk. Some youth chose to take on the adventure solo, while others preferred to link up into small groups of two or three. Quickly, one group identified some poison ivy near the bridge and alerted the rest of the group.

This day at Fort La Cloche gave participants of the Youth Mentorship program a fun and meaningful way to connect with the land, learn about local environmental work, and explore accessible tools like Merlin Bird ID and iNaturalist. With guidance from the LRE and CNU teams, it is the hope that the youth went home with new knowledge and a deeper appreciation for the land and how they can help protect it — now and into the future. Miigwech to Chevaun and Michelle, as well as the rest of the LRE and CNU staff for dreaming up and organizing these impactful opportunities for Sagamok's Youth exploring and learning in their own backyard!



SAGAMOK STAFF APPRECIATION DAY

Tropic Like It's Hot!

June 6, 2025 - Sagamok Anishnawbek Staff Appreciation afternoon was held on June 6 from 1pm-4pm at the Track & Field oval behind the MEC. Sagamok employs over 330 full-time and part-time Indigenous and Non-indigenous personnel to manage the delivery of programs and services to our community.

Departments include:

- Administration
- Membership, Indian Registration Administration & Estates
- Gweyaksijigewin Teg (Community Justice)
- Human Resources
- Claims and Negotiations
- Education
- Family and Community Support
- Health Services
- I.T. & Communications
- Home and Community Care
- Lands, Resources & Environment
- Mental Health & Addictions
- Planning & Infrastructure
- Housing
- Economic Development



Approximately 130 staff were in attendance. Many enthusiastically dressed for the theme of the event, 'Tropic Like It's Hot', sporting vibrant Hawaiian style shirts, dresses, shorts, sandals, sunhats, sunglasses, and sunscreen. Prizes were awarded for the 'Most Festive' attire! Everyone toted their own lawn chair to place below the shaded shelters set up by the LRE and HR crews. Registration gifts including a BBQ tool set or griddle utensils – perfect for summer entertaining on the horizon -- were given out to all staff in attendance. Miigwech to the Human Resources Department for procuring these thoughtful tokens of appreciation.



Each department was involved in organizing and contributing to the festivities. The games section included classic team building favourites such as: tug-of-war, cornhole, Plinko, ladder ball, ping-pong ball water relay, minnow racing, blind bottle sort, 3-legged race, and multi-member hamster wheel challenge. It was wonderful seeing everyone work together to win in this fun, yet competitive atmosphere. Department staff also engaged in some friendly competition during the games, adding to the



fun and camaraderie. As the saying goes, “The family that plays together, stays together.” Despite the group’s size, everyone mingled with ease—visiting the various stations, sharing laughs, and clearly enjoying the chance to connect with colleagues in a relaxed, social setting.



Bison burgers and hotdogs were enthusiastically grilled by the IT & Communications Team on two industrial sized barbeques to efficiently feed the large crowd , and were served up with fresh accompaniments from local wholesalers and stores. Photo Booth and candids captured the fun, custom slushie beverages like the ‘Sagamok Slurpy’ or frozen Cappuccino



brought refreshing relief from the heat of the sun, and the extremely popular Ever Cool ice-cream truck was on-site to scoop up a multitude of flavoured ice-creams, milkshakes, and treats including a banana split boat to knock your flip-flops off! The truck’s fun bubble-gum pink exterior with teal accents added to the overall tropical feel of the festivities. With

popular hits from the ‘70s, ‘80s, and ‘90s playing throughout the afternoon—and lively Footloose-style dancing by live performer Lance Panamick of LP Entertainment—the event had a laid-back ‘kick back and relax’ atmosphere that everyone enjoyed.



Staff had a chance to mingle, get to know each other, connect faces to names, and enjoy a social time away from the office. Prizes were awarded and contest winners were acknowledged as the event wrapped up, with more than enough beautifully decorated gift bags to go around and put smiles on everyone’s faces. Chi miigwech to all staff for attending the appreciation event, an afternoon of fun and fellowship. Thank you to the Human Resources Department staff for spearheading the event and organizing all departments to contribute to the success of the afternoon. Everyone played a part in making this a fun time for all staff, and as always, staff of Sagamok Anishnawbek, your contributions to the success of programs and services within the community are appreciated and acknowledged. Miigwech!



GREENHOUSE BBQ

Lopes Limited Acknowledged for Generous Donation to Sagamok and New Name & Logo are Unveiled!

July 23, 2025 – A BBQ was held at Sagamok's Greenhouses giving thanks for a generous donation; in celebration of the team's work to date; and in honour of the greenhouses' new name and logo. It was a blazing hot day – perhaps one of the warmest of the summer! But the heat didn't keep the community away. Many gathered under the shaded protection of a large tent on the greenhouse grounds, located across from the Elders Eagle Lodge, including a group of children from Sagamok's summer Day Camp.



Before the celebration's kick-off, guests strolled through the greenhouse grounds. There were exclamations of, "have you seen those onions?" and "look at how big those tomato plants are!" as everyone noticed the obvious skills of the greenhouse team, Lead Adam White and Technician Angela Lachance. A picture board displayed many of the initiatives this horticultural duo has undertaken in recent months. In addition



to the hours invested in building and maintaining the greenhouses, as well as planting and growing food and other plants, Adam and Angela have also offered several activities to the community. A few



examples include seedling transplant workshops on Earth Day, propagating demonstrations at Biidaaban, and tree planting with the Youth Mentorship Program. They have also built garden boxes and planted fruit trees at the Daycare, School, and Lifelong Learning Centre, as well as colourful, seasonal flowers in entrance way planters. It's been a busy greenhouse season so far, to say the least!



Arnelda Bennett, Manager of Economic Development, who oversees the greenhouses, welcomed everyone to the celebration. Wayne Southwind's opening prayer offered thanks to all that we hear, see, and touch, as well as the opportunity to grow food right here in Sagamok that will nourish the community. He also acknowledged the generosity of Felix Lopes Jr., President of Lopes Limited, for their greenhouse donation to Sagamok. Felix was initially introduced to Sagamok by Melissa Bob. Lopes Limited has purchased and donated greenhouses to several First Nations and other communities in the region. In his remarks, Felix emphasized their goal of helping to grow not only food, but also relationships. "There is so much value in gathering to learn and share knowledge across generations," he shared. Felix was presented with sweetgrass as an acknowledgement of his company's generosity.



Arnelda unveiled the name and logo for the Sagamok Greenhouse. The name is Maa Jiig Chi Ge Win, meaning "Starting to Root". This name was submitted by Sagamok's Linda J. Toulouse and chosen by an online, community-wide vote. Linda was unable to attend the celebration as she was away at a language conference; however, her husband was present to receive a token of appreciation on her behalf. The logo was drawn by student Charlise Eshkakogan! The design has now been digitized and proudly displays on the greenhouse sign alongside the new name. Charlise attended the celebration and is seen in

the group picture standing beside her artwork as it is unveiled. Miigwech to all students and community members who participated in the logo contest and submitted names for consideration.

By the end of August, Sagamok will have 4 greenhouses in operation. The one donated by Lopes Limited is devoted to medicinal plants, which have already been started. Another will be larger (40x48ft!), climate controlled, and dedicated to growing food for Sagamok all year round. Adam shared that they have plans to operate a Farmers Market to offer free produce to Sagamok families, and later in the season, we can look forward to workshops on pickling/canning/dehydrating to help us preserve the nourishing food grown right here in the



community. In closing, Adam shared the ultimate goal of Sagamok's greenhouse and community garden: "To feed as many people in this community for free as we can!"

And then it was time to eat! I think everyone would agree that the best part of lunch were the thick slices of ice-cold watermelon – the perfect treat on a hot summer day. The celebration at the Sagamok Greenhouses was a heartfelt reminder of how the team is not only growing produce but also cultivating knowledge, relationships, and self-sufficiency for the community. As the name Maa Jig Chi Ge Win suggests, the greenhouses have begun to take root—and from those roots, a thriving future is already taking shape.



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

Allowance of up to 45lb per bag.

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



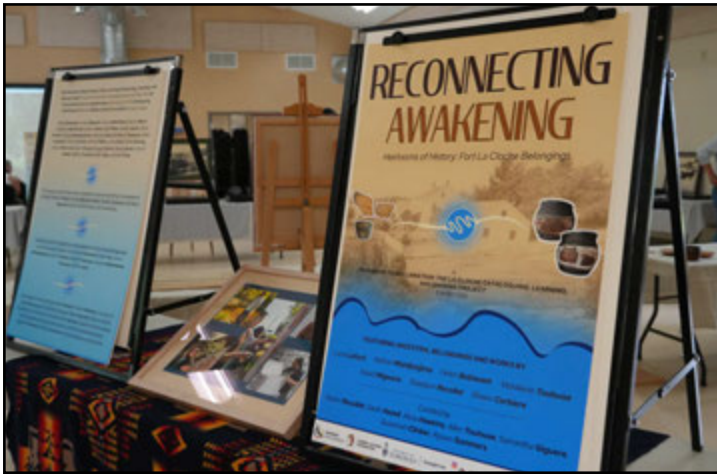
The Landfill is only intended for bulk waste such as metals, furniture, electronics wood waste, and tires.



RECONNECTING | AWAKENING

Heirlooms of History: Fort La Cloche Belongings

Sagamok celebrated the community homecoming visit of ancestral belongings in an exhibition that culminated The La Cloche Cataloguing, Learning, and Sharing Project



During Powwow weekend, community members and visitors had the unique opportunity to explore some of Sagamok's rich history at the Awakening, Reconnecting, Heirlooms of History archaeological exhibit set up at the New Community Hall. The exhibit, which welcomed over 80 guests across two days, is the culmination of the more than 5-year archaeological project titled "Pathways to Reclamation: The La Cloche Cataloguing, Learning, and Sharing Project". The project was recently awarded a 2024 Lieutenant Governor Ontario Heritage Award for Excellence in Conservation.

Tables displayed artifacts ranging from rusty nails and tools to shards of pottery and colourful glass bottles (one with liquid still inside!). Much of the exhibit was organized thematically, to inspire guests to think about the people who lived at Fort La Cloche and what their lives may have looked like. In addition to the historical artifacts, there were also several paintings by local artisans and boards displayed comics created by Mzhiikenh Toulouse. Both the artwork and the comics provide creative depictions of the Fort La Cloche cataloguing project, as well as the artifacts themselves. You will find one

of Mzhiikenh's comics on p. 25, and we will continue to share more of his work in the months to come.

All members of the La Cloche Project team were on site for the exhibit opening:

- Allen Toulouse, Historical Researcher, Sagamok
- Alicia Hawkins, University of Toronto Anthropology
- Sarah Hazell, Canadian Archaeological Association and University of Toronto
- Naomi Recollet, Ojibwe Cultural Foundation

The team couldn't keep the smiles off their faces! They were beaming with pride and gratitude watching guests explore the history and stories on display. What started as 36 boxes of artifacts sitting at the Ojibwe Cultural Foundation became not only a much larger project, but an incredible feat of collaboration and community capacity-building as Sagamonians and other First Nations community members participated in archeological training that allowed them to complete much of the cataloguing. Nelson Toulouse addressed the crowd gathered at Friday's opening, fitting, since Nelson was Gimaa





in Sagamok when the community declared its intention to resume use of the Fort La Cloche site in 1992. Next, Sagamok's Historical Researcher, Allen Toulouse, remarked at the hard work and dedication of not only the project team, but the many community members who took part in this project. He acknowledged Sarah and Alicia as trailblazers in Indigenous Archaeology, as well as the support of Naomi Re collet at the Ojibwe Cultural Foundation. "Marvel at the hands that made them," Allen shared in reference to the exhibit's artifacts and artwork. "These items aren't dead. Their spirit is still there."

As part of the exhibit, guests were asked to consider what should be done next with some of the artifacts, for example, the hundreds - if not thousands - of nails and small metal fragments. Remember, the Fort la Cloche project has now catalogued over 57,000 artifacts! Guests also had an opportunity to provide feedback about the exhibit, with many meaningful responses submitted, such as including more Anishinaabemowin words/phrases, audio narration, and guided hikes through the areas



where the artifacts have come from. The success of *The Fort La Cloche Cataloguing, Learning and Sharing Project* exhibit opening is a testament not only to the hard work and passion of the project team but to the strong sense of community within Sagamok and the surrounding area. For many, the exhibit is a chance to connect with their history, reflecting on the generations that have come before them, and to reaffirm the importance of preserving and sharing Indigenous history and culture.

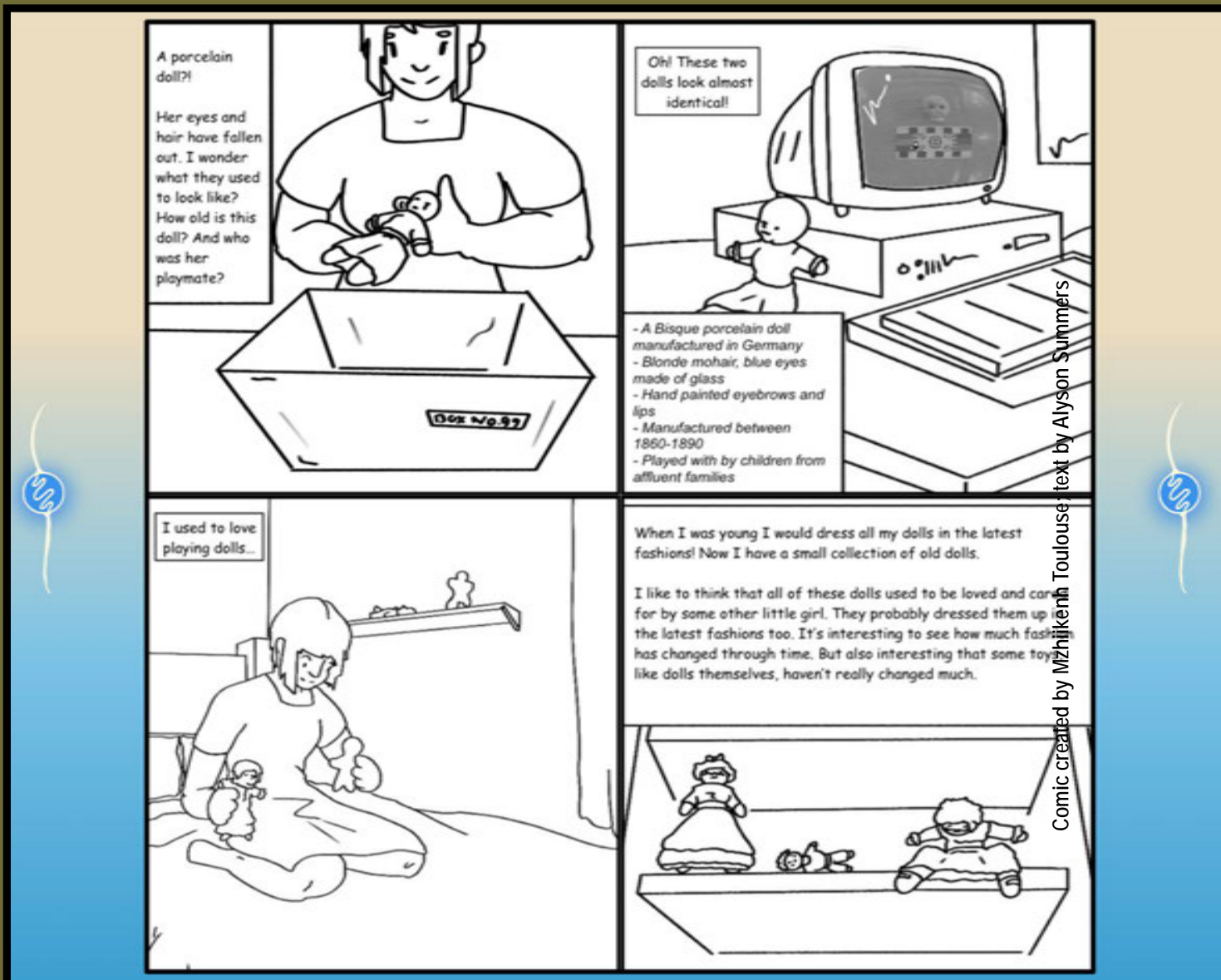
In the years to come, *Pathways to Reclamation* will continue to play an important role in Sagamok's storytelling, not only about the past, but about the present and future histories that are playing out in real time. The exhibit opening during Powwow Weekend was just that, an opening, as the exhibit has now moved to a temporary home at the Ojibwe Cultural Foundation, located in M'Chigeeng on Mnidoo Mnising.



The team and the community are still considering where the exhibit will move next, as well as the possibilities for where it may eventually be housed on a permanent basis.

Miigwech and congratulations to Allen, Alicia, Sarah, and Naomi, as well as every individual from Sagamok and neighbouring communities who participated in the Pathways to Reclamation Project. The Awakening, Reconnecting, Heirlooms of History archaeological exhibit is a celebration - yet not a conclusion - of everyone's dedication to Indigenous archaeological capacity-building, learning, and most importantly, sharing.

In among the white quartzite hills of the La Cloche range, a creek connects La Cloche Lake to Naadowewigichigami, or Lake Huron. The land beside this creek has been a place of importance to Anishinaabe people since time immemorial, and ancestral belongings (archaeological artifacts) from about 2000 years ago, 600 years ago and 200 years ago have been found in this place, commonly known as Fort La Cloche. In the 1960s and 70s Ontario government archaeologists excavated thousands of these belongings. The belongings have a story to tell, but since their excavation they have mostly stayed in boxes. They are now being cared for by the Ojibwe Cultural Foundation in M'Chigeeng. Since 2022, community members from Sagamok and Mnidoo Mnising have been working with archaeologists to identify and learn about these belongings. Participants in these workshops have selected belongings that speak to them, and here we present some of the stories of those belongings.



Miigwech to Mzhiikenh Toulouse for creating this brilliant comic, as well as several others that we look forward to sharing with you in the coming months, as well as to Alyson Summers for helping draft the text, and to the numerous participants in the Reconnecting-Awakening project who shared their stories.



BE BEAR WISE

Bear sightings are on the rise as they search for food, especially blueberries. Most bears are simply traveling to those areas and may cross yards and roadways along the way. To prevent a bear from making a pit stop at your house, it's best to keep garbage and recycling properly secured in a bear-proof container or stored inside your house, garage, or shed.



If You Encounter A Bear...

CALL 911 OR YOUR LOCAL POLICE

If the bear poses an immediate threat to personal safety and exhibits threatening or aggressive behaviour.

CALL THE BEAR WISE REPORTING LINE

For all non-emergency bear sightings.
1-866-514-2327 or TTY 705-945-7641

More information at www.SagamokAnishnawbek.com





Fungi Forward

Rethinking Reforestation with Interfor

Mitchell Eshkakogan, Natural Resource & GIS Technician for Sagamok, visited four tree growth test sites with forestry partner, Interfor, in June. Mitchell was joined by Samantha Keysis, Stacey Keysis and Caleb Fournier from Lands, Resources, and Environment, as well as Jordan Bennett from Claims and Negotiations. We caught up with Mitchell to learn about the site visit.

Interfor is testing new tree growth protocols in the Spanish Forest. The four test sites are all located north of Webbwood, up West Branch Road, with the furthest site situated 70km north. Logged in 2023, the sites were then cultivated and re-planted in 2024. The protocol uses a fungus called myccorhizal to protect the tree, mitigating bacteria growth and helping the tree to grow faster. "It helps with tree immunity," shares Mitchell. Myccorhizal is naturally occurring in the region, so it does not pose a threat to the environment. Mycorrhizal fungi are a type of fungi that form a symbiotic relationship with plant roots, enhancing nutrient and water uptake for the plant in exchange for sugars. This beneficial partnership, called mycorrhiza, is widespread, with over 80% of plant species relying on it. The fungi extend the plant's root system, improving access to resources in the soil, thus enhancing immunity and growth.

The number of trees currently growing at each of the four sites ranges from 26,000 to 137,000. During the site visit, Mitchell says they were able to see both Red Pines and Jack Pines with about a year of growth. He shares that many of the trees grown using the myccorhizal protocol were about 1 foot high, compared to the non-protocol trees that stood only about 2 inches tall. Interfor seems happy with the progress of the testing.

These Interfor site visits are part of the forestry industry's commitment to consult with Sagamok about activities taking place in the traditional territory. It is exciting to see promising initiatives like this taking place in the Spanish and surrounding forests to improve the outcomes of tree regrowth in the future.



Opportunities, Events, and Programs



Blueberry Picking

~~Tuesday, August 12~~
WEDNESDAY, AUGUST 20
Ritchie Falls - Bus Transportation

Registration Required
Susan Sonnenburg | 705-863-2838

EHS Jump Day

FOR GR 9 STUDENTS

WEDNESDAY, AUGUST 27 | 11AM-1PM
Espanola High School

 Class Schedules, Sports Sign-Ups, Orientation and More!

Josephine Toulouse | 705-863-0612

 **Woodland Wealth**

Free Financial Planning and Investment Advice

WITH CAROL ANN BUDD

AUGUST 20-21 | 9AM-4PM
SAGAMOK CANADA POST

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



PHOTOGRAPHY AND FILM MAKING FOR YOUTH (AGES 12-24)

Actor Kyle Nobess

FEATURING: Content Producer Nicole Bartel

August 25th and 26th

Scan the code to register: 

CANOEING & HIKING

Paddle into adventure every Wednesday this August – plus 3 epic hikes you won't want to miss!

REGISTRATION LIMITED. SIGN UP NOW!
Carson Abitong | 705-863-0714



GR.9 Secondary Orientation

TUESDAY, AUGUST 26
9:00am - 3:00pm
Lifelong Learning Centre

BACKPACK AND SCHOOL SUPPLY **GIVEAWAY!!**

Josephine Toulouse | 705-863-0612

NIIGAANIIN

FREE TAX CLINICS

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

Current Upcoming Dates:
September 16 • October 16 • November 18



First Nations Child and Family Services
and Jordan's Principle Settlement

Information Session

If you or a family member was in care, or if a child was removed from your care, you could be eligible for a minimum of \$40,000.

AUGUST 25-26 | 10AM-3PM
Multi-Educational Centre

- **Learn the Facts:** Get clear, easy-to-understand information about the settlement and the claims process. Learn about eligibility requirements and how to submit your claim for compensation.
-
- **Expert Guidance:** Our team will be on hand to walk you through the application process and assist you step-by-step with completing your claim forms—free of charge.
-
- **Community & Support:** Connect with others who have been through similar experiences. Our claims helpers can also provide free, private, one-on-one support to ensure your claim is completed correctly.

More Information:
C. Marie Toulouse | 705-863-0470



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

Lifelong 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 Binoojiiinh 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

SAGAMOK DEVELOPMENT CORPORATION

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

(705) 865-1134
info@zgamok.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

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

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

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