



SAGAMOK ANISHNAWBEK

NEWS 

Baapaashkaakodin Giizis

Cracking of the Trees Moon | January 2026

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CONTENTS



Sagamok's Fire Department Prepares to Return to Service



CFAU Hosts 2nd Annual Christmas Celebration for Sagamok's Children in Care



Ganawenim Nimaama'aki Climate Change Documentary Premiere

News & Announcements

- ON Opens Indigenous-Led Treatment Hub.... **3**
- Trust Policy Engagement Session..... **3**
- New Animal Control Effective Jan 1st..... **3**
- EHS Exam/Bus Schedule..... **3**
- Daycare/Biidaaban PD Day..... **3**
- Prescription Medication Return..... **3**
- Attention ATV/Off-Road Vehicles..... **3**
- The Sagamok Hour Next Episode..... **3**

Community Stories

- Sagamok Signs IBA with KGHM..... **4**
- Land Use Planning..... **6**
- Climate Change Film Premiere..... **8**
- Dean Assinewe Appointed President of CIF... **10**
- Fire Department Prepares for Service..... **12**
- Phragmites Pull with LRE..... **16**

Community Stories Cont.

- Memorial Round Dance, Part I.....

- 2nd Annual Christmas for CIC.....

- Country Christmas with our Elders.....

- Community Christmas Celebration.....

- Strengthening Families Program.....

- New Years at the EEL.....

- Gimaa Giizhgaat 2026.....

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Friday, January 16, 2026

Ontario Opens Indigenous-Led Homelessness and Addiction Recovery Treatment Hub in Sault Ste. Marie

Read more at www.SagamokAnishnawbek.com

WE NEED YOUR INPUT!

TRUST POLICY ENGAGEMENT SESSION

JANUARY 28 | 3-7PM

Multi-Educational Centre

Darla Boston | 705-865-2421



COMMUNITY NOTICE

New Animal Control Effective January 1st

For full details, visit:

www.SagamokAnishnawbek.com



SAGAMOK
ANISHNAWBEK

EHS Exam Week Bus Schedule

**THU
22**

**FRI
23**

**MON
26**

**TUE
27**

**WED
28**

Bus Transportation will be a **regular schedule** during examination days, so that students who do not write an exam, can complete culminating assignments.



Shki Waase-Aaban Binoojiinh Gamik
Biidaaban Kinoomaagegamik

PD DAY

FRIDAY, JANUARY 30, 2026

DAYCARE AND BIIDAABAN CLOSED

Prescription Medication RETURN-FOR-DISPOSAL DAY

JANUARY 30 | 10AM-2PM

Sagamok Justice Office



ATTENTION ATVS / OFF-ROAD VEHICLES

Side-by-sides and quads have been seen driving through the **Roads Garage and Pit areas**.

Please remember that these are **work areas** and public traffic is discouraged.

Miigwech!

Bimaadiziwin Radio:

THE SAGAMOK HOUR

with Host Bradley Trudeau

**FEBRAURY 8
11AM – 12PM**

94.1CKNR ELLIOT LAKE



SAGAMOK SIGNS IMPACT AND BENEFIT AGREEMENT WITH KGHM INTERNATIONAL LTD.

Originally published by Z'gamok Enterprises Inc. on December 10, 2025.

Written by Z'gamok's Editorial Staff.

Z'gamok proudly owned by Sagamok Anishnawbek, is pleased to support Sagamok in signing a Production Impact and Benefit Agreement (IBA) with KGHM INTERNATIONAL LTD for the Victoria Mine.

The agreement was officially signed on Thursday, December 4th, 2025, by Chief Angus Toulouse and Paul Eshkakogan, on behalf of Sagamok Anishnawbek, and Marek Bednarz, Michal Jezioro, and Steve Dunlop on behalf of KGHM INTERNATIONAL LTD. The ceremony took place at the Multi-Educational Centre in Sagamok, and was attended by Chief and Council, Elders, community members, local municipal Leaders, Z'gamok representatives, and KGHM officials.

This IBA marks an important milestone in the ongoing partnership between Sagamok Anishnawbek and KGHM, which began with an MOU in 2011, and an Advanced Exploration IBA in 2014. Over the years, the parties have worked closely to advance project infrastructure and permitting, setting the stage for full development of the Victoria Mine. The Production IBA ensures long-term certainty for KGHM while delivering meaningful benefits to Sagamok community members, from employment and training opportunities to business development and environmental stewardship throughout construction, operation, and mine closure.

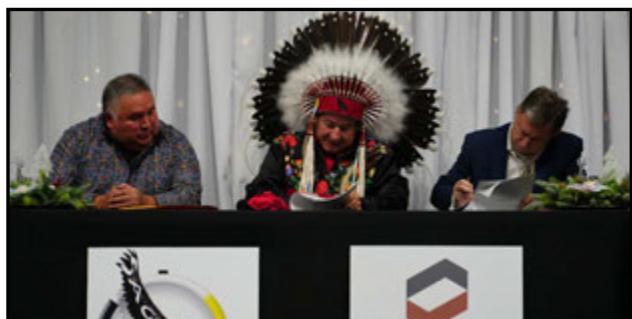
Key elements of the agreement include ongoing engagement and consultation, skills training and employment pathways, support for community business initiatives, and a commitment to environmental protection and responsible mining practices.

Z'gamok looks forward to supporting the implementation of this IBA and working closely with Sagamok Anishnawbek to ensure it delivers lasting benefits to the community.



December 4th signing ceremony was grounded in tradition. Sagamok's Wayne Southwind opened the ceremony with a prayer, and past Chief Nelson Toulouse offered a traditional smudge to everyone present to cleanse and prepare guests with positive intentions for this significant ceremony.

Wayne shared with our guests that it is customary for a ceremony with magnitude such as this to end with a feast. He also explained the significance of the pipe ceremony: it goes beyond the pen-and-paper agreement. Smoking the pipe signifies that those entering the agreement are doing so with honour, mutual respect, and a shared commitment to kindness and the betterment of all involved. Miigwech to our Sagamok Young Warriors who also provided an honour song during the ceremony, sharing the drum and anchoring the ceremony in spirit.



Land Use Planning



December 2 & 3, 2025 – Consultants from Shared Value Solutions – Chirag Patney and Britt Greg-Wallace – were on site in Sagamok for two days last month to facilitate community engagement about Sagamok's Land Use Plan (LUP). Sagamok is funded through the National Aboriginal Lands Manager Association (NALMA) to complete this work, which is comprised of three phases. The purpose of December's two-day engagement was to complete phase one – understanding the underlying vision and values that Sagamok holds that will ultimately inform how land is used as the community continues to grow.

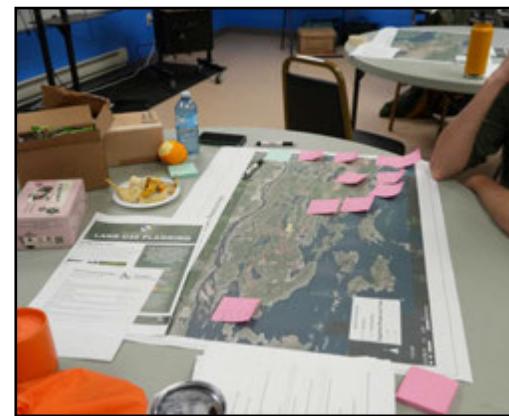
A total of 8 sessions were held over the two days. Two were specifically for Elders; one was held at the Eagle Lodge. Two were intended for staff, including one tailored to the Lands, Resources, and Environment (LRE) Department. One session was held at Biidaaban with Mr. Maracle's Grade 8's to help capture a youth perspective, and three other timeslots were open to anyone in the community.



Chirag opened the first session with a tobacco offering to the Elders present, thanking them for sharing their time and knowledge. LRE Director, Samantha Keysis, also shared thanks to the Elders, and provided some background on how this current engagement relates to previous sessions held back in 2024. Chirag and Britt facilitated a round of introductions and were intentional about using everyone's first name during conversation; this went a long way to making the sessions feel more personal. Each session opened with a short presentation about the project's background and context, but the bulk of the time was used to listen to what Sagamoniens had to share. "Land use planning isn't only about the end result; it's also about the journey," shared Chirag. Large maps were laid out on tables around the room for community members to reference as they told stories.



Community Engagement



Each session unfolded in its own unique way, but Chirag and Britt anchored all of them with a few key questions, including “What does mino biimadiziwin mean to you?” Each answer served as a single brick, one stacking on top of the other, building towards a common goal. Many people shared significant bits and pieces of Sagamok history – some stories coming from their own experiences and others the knowledge that has been passed down to them. Big bursts of laughter punctuated many of the conversations taking place in the room, especially during the Elders’ sessions!

What should the community allocate space for? While some answers seemed obvious (everyone wants to see enough safe and affordable housing built for Sagamok families looking to return home), other responses crossed generations in surprising ways.



Youth were imagining bigger house lots so they can have their own gardens and Elders were talking about sports – a beautiful sign that community members are dreaming beyond their own wants and needs. Rather, they are planning for the future of each other.

Chi-miigwech to every community member who took part in phase one of Sagamok’s Land Use Planning. Shared Value Solutions will prepare a report based on community engagement and continue to work with LRE, Planning & Infrastructure, and others in preparation for phase two. Miigwech to the LRE team – Samantha, Allen, Chevaun, and Mitchell – who helped facilitate meaningful conversations with community members and are providing ongoing support to SVS for this project. Stay tuned for more important updates to come!



Ganawenim Nimaama'aki *Sagamok's Climate Change Documentary Premieres in the Community*

December 9, 2026 – It was fantastic to see such a strong turnout of community members at the premiere of Sagamok’s climate change documentary, Ganawenim Nimaama’aki (Protect and Watch over Mother Earth). A mix of youth, adults, and Elders traded in the chill of a blustery Tuesday night for the warmth of the New Community Hall (NCH), a nourishing bowl of moose stew, and a chance to view a film – created in partnership between the Northshore Tribal Council and the Ontario First Nations Technical Services Corporation (OFNTSC) – about Sagamok’s climate change story.



After an opening prayer by Nelson Toulouse, Elmer Lickers, Senior Advisor with the OFNTSC, welcomed everyone present and introduced himself with his traditional name, Shasenno:wane. Elmer is Mohawk from the Six Nations of the Grand River and has worked with the OFNTSC for decades. He provided some background on the climate risk assessment project: "We partnered

with the North Shore Tribal Council [to look at] how we can assist the First Nations in protecting their infrastructure in light of climate and the vulnerability of climate and its impacts...in the community. And we all know that infrastructure is a vital part of our healthy society.”

Although every community along the Northshore had an interest in the project, Sagamok Anishnawbek and Batchewana were selected to participate first. Former Director of Planning & Infrastructure, Ross Assinewe, initially led the project in Sagamok with the support of Samantha Keysis and Melissa-Lynn Zhaawaninodin.



The project began by reviewing existing assets and using available data, to better understand which infrastructure in Sagamok is most vulnerable to the impacts of climate change. The team's goal was to identify the best way to mitigate risk and plan for the future.

“As technicians, we couldn’t make assumptions on our own,” shared Elmer. “We had to have community engagement. We had to find out what the community knowledge, awareness, and understanding [was about] these climate impacts...not only on infrastructure but also on the day-to-day lives of community members.” A series of in-depth workshops was held, resulting not only in critical data but also in storyboards that began to capture Sagamok’s climate change narrative through the voices of Elders and other community members.

Then came the “fun part!” Funding was secured through the Pacific Institute for Climate Solutions



and the Prairie Climate Centre to film a video documentary. "The video documentary was really special, because it gives the communities an opportunity to tell their story and document that story, and collaboratively, with the other First Nations, share how climate has impacted your community, and how we are going to be looking at mitigating and adapting to climate change," shared Elmer. Filming took place in May 2024 and, since that time, the documentary has been in post-production.

Before the film was shown to the large crowd gathered at the NCH, Elmer facilitated a round of Climate Change Trivia, which generated high-energy participation and sent home generous gift cards with many attendees! He also reviewed some climate change basics, and the importance of the project using Traditional Ecological Knowledge (TEK). TEK refers to the cumulative body of knowledge, practices, and beliefs that Indigenous peoples have developed over generations through direct contact with their environment.



And with that, it was time for the feature presentation! Ganawenim Nimaama'aki (Protect and Watch over Mother Earth) played to a captive

audience, including a few individuals who were seeing themselves 'on the big screen' for the first time. During the final few minutes of the film, a handful of little boys came running into the hall, bundled up in warm gear now caked with snow from whatever outdoor play they had been getting up to. They caused a little bit of ruckus but quickly sat down and shifted their rosy-cheeked faces toward the film. Their energetic entrance seemed to meet the moment: a concrete reminder that understanding climate change and its impacts locally, mitigating its risks, and planning effectively for the longevity of our community, is all about protecting Mother Earth for our children, and beyond.



A special miigwech to Melissa Shawbonquit, Infrastructure Specialist with the NSTC, who has played an instrumental role in this climate risk assessment project with both Sagamok and Batchewana. Melissa also took the lead in planning the documentary premiere event here in Sagamok, which was a huge success! Her thoughtful planning ensured the room and our bellies were full, the content was engaging, and the prizes were generous.

Stay tuned to learn where you can view Ganawenim Nimaama'aki when it is made available for public viewing online.

Sagamok Member Dean Assinewe Appointed President of the Canadian Institute of Forestry

Sagamok Member, Dean Assinewe, was recently appointed President of the Canadian Institute of Forestry (CIF), Canada's oldest professional forestry organization. Founded in 1908, CIF has been the voice of forestry professionals for more than 117 years and continues to play an important role in shaping the future of forestry in Canada.

CIF represents forest practitioners from across the country, including foresters, educators, researchers, and students. It is a membership-based organization with just under 1,000 members. The Institute is largely run by volunteers, supported by a small national office led by an Executive Director and staff who manage daily operations. Dean was a member of the CIF's Algonquin chapter for over 10 years before taking on a leadership role. "It's a great organization for continuing education," shares Dean. "There have been a lot of opportunities for networking and meeting people."

As President, Dean provides leadership to the organization and works closely with the Executive Committee and regional sections across Canada. One of his main priorities is increasing Indigenous inclusion within CIF and the forestry profession. Dean believes forestry is about people as much as it is about trees. Indigenous peoples have lived on and cared for these lands for thousands of years, and their cultures and traditions are closely connected to forests and water. "We are people of the forest," he shares. Dean sees forestry as a natural fit for Indigenous communities and believes they should be meaningfully involved in forest management planning, economic development, and governance.

During his time as Vice-President, Dean identified a gap in CIF's governance: the organization did not have an Indigenous Relations policy. He brought this to the Executive Committee, where there was strong support for addressing the issue. Developing a respectful and clear approach to Indigenous engagement is now a priority under his leadership. While CIF does not carry out forestry operations, it plays an important role in promoting forestry science, technology, innovation, and education. This includes addressing major issues such as climate change and sustainability, which Indigenous communities are both experts and stakeholders in. Dean also promotes "Two-Eyed Seeing," which brings together Indigenous knowledge and Western science to improve decision-making in forestry.

Dean's career path was not a straight line. "I thought I wanted to be in business," he shares. "I fell off the track with my education on my first attempt." He found himself stuck and struggling to learn, describing it as "hitting his head against the wall" until it finally started to hurt. After an unsuccessful first experience at Algonquin College and moving from job to job in Ottawa, he realized the only way forward was to return to school and take his education seriously. By chance, Dean had participated



in a small business development placement with the National Aboriginal Forestry Association, which had noticed his keen interest in forestry and wildlife and encouraged him to pursue it.

With the support of Sagamok Education, Dean attended Sault College, starting in the Fish and Wildlife program, and eventually transferring to the Forestry Technician program. He buckled down, developed strong study habits, leaned on his teachers for support, and built a solid work ethic. This renewed commitment led to success at Sault College, where he earned the CIF Gold Medal for his academic achievement. More than any degree, that success represented overcoming failure, learning from setbacks, and proving to himself that persistence and effort could change the course of his life. Then, a Research Scientist at his summer job encouraged Dean to attend university. With more support from Sagamok, Dean earned a Forestry degree from Lakehead.

Dean encourages Sagamok youth to continue to have faith in themselves when things get challenging. “You may need to reinvent yourself!” he shares. The important part is that you do have the support of your community standing behind you. Forestry offers many career paths, including trades, technical roles, research, and leadership. Dean also supports mentorship programs such as the Green Mentor Program through Project Learning Tree Canada, which helps connect youth with careers in forestry and environmental fields.

Dean believes forestry has a key role to play in building circular bio-economies. Forests provide renewable resources that can support local economies while protecting forest health. Beyond timber, forests offer opportunities in eco-tourism, medicines, crafts, maple syrup production, and cultural practices. Dean supports Indigenous-led forestry initiatives that balance economic development with environmental and cultural values.

Now residing in Bonfield, a former railroad town outside of North Bay, Dean was born in Espanola and raised spending time in Sagamok with many relatives during his childhood and high school years. Dean comes by forestry naturally; he grew up on a farm, with formative memories of maple syrup season and working to clear the land. He also remembers the Sagamok sawmill, an important part of the community’s livelihood at that time. Today, Dean operates a small woodlot and participates in the Ontario Woodlot Association, promoting Indigenous knowledge there too. “First Nations are the original managers of this land,” shares Dean. “We took care and worked in harmony with the land – trapping, using fire technology, cultural burning...[these are all examples of how we] managed these areas and survived.”

Dean continues to visit home, though it is usually the passing of an Elder or the death of a young community member that brings him here. He’s a family man, focusing on his children-- a 16-year-old son thinking about a career in the trades, and a 20-year-old daughter taking Environmental Studies at the University of Ottawa.

Congratulations, Dean, on your recent appointment to the role of President with the Canadian Institute of Forestry. Your story of the trials and tribulations of young adulthood, learning some things the hard way, and then buckling down and excelling in school and in your career are an inspiration to us all and a wonderful model for Sagamok youth to follow. Miigwech for taking the time to meet with us and share this inspiring series of life experiences that led you to achieving such an honourable designation.



Sagamok Fire Department Prepares for Return to Service

Sagamok's Fire Department is growing stronger every day. Over the last several months, the Fire Department has been actively recruiting new volunteers, upgrading its equipment, and providing the entire team with expert training. The crew has grown from a few consistent volunteers to a strong group of 17! They meet every Wednesday evening at 6:30PM at the Fire Hall.

Back in July of 2025, Planning and Infrastructure welcomed a new Director, Sonya Cloutier. An assessment of the Fire Hall by Gervais Emergency Consulting revealed that Sagamok's facility, equipment, and personal protective equipment (PPE) were outdated and in need of an upgrade. For the safety of Department volunteers, Sagamok Fire Department was stood down, which means they are not taking active calls for service.

Recruitment began in the summer, with 8 young community members joining the team. "It is so nice to see we have young, dedicated community members willing to join our team," shares Doreen Abitong, Sagamok's Emergency Management Coordinator and a Fire Department Team Member herself. Training has been a key focus for the group, including two bootcamps.



The first was held in October, and the second from November 24-27. The team has completed a mixture of theory and practical training on topics including PPE, portable fire extinguishers, communication, fire dynamics, and suppression tactics. During the second bootcamp, Doreen shared this:

"Sagamok Fire Department has grown over the last several months... we have 8 new recruits who joined our department. We conduct training every Wednesday with our fire personnel. What's happening today is our second bootcamp. We had 5 days of boot camp back in October, so this week, we are 4 days with our trainers, getting lots of hands-on experience and refresher for our senior personnel and with our new recruits... we are doing Firefighter Level 1 and Level 2 training."

Beyond the technical knowledge and practical skills needed to perform their duties, Sagamok's Volunteer Firefighters have also spent time building rapport and trust on the team. Team member Kayla Abitong, who is also Sagamok's Manager of Water and Sanitation, stresses the importance of

the team coming together, and how great it has been to see new, young faces joining the crew:

"Fire Department is going great! We have some young guys that have joined the team, which is working out really well. The team is pulling together... it's coming along!"

And there is a deep sense of purpose and comradery building amongst the fire personnel. Let's take a look at Anton Manitowabi's experience joining the fire department:

"It was actually kind of spur of the moment. My sister had asked my brothers and I to come out to one of the training sessions, and we really enjoyed it, and actually my father used to be in the volunteer fire fighter crew...It felt nice to have all of us back on here; it's part of our family tradition. My grandpa was a fire fighter inside the mines and a lot of my older siblings were fire fighters with MNR, so it's nice to see all of us back in it again."

This group of dedicated guys and gals aren't just learning how to fight fires. They are strengthening their collective role as trusted members of the Sagamok community. Recently, the group hosted a Food Drive. On the evening of Sunday, November 23, they spent several hours canvassing the community door-to-door, collecting non-perishable food items. All donations were given to Sagamok's Food Bank. This initiative is just the beginning; we are excited to see more relationship-building between Sagamok's Volunteer Fire Fighters and the Community in the Future.



Photo credit: Doreen Abitong

Top Row left to right: Merlin Abitong, Dan Owl, Mitchell Manitowabi, Arnelda Bennett, Chief Angus Toulouse, Norma Petatahgoose, Andrea Hajt-Jacobs, Sonya Cloutier, Kayla Abitong, Fabian Southwind, Mike Abitong

Bottom Row left to right: Maxwell Abitong, Simon Inkster, Anton Manitowabi, Buddy Southwind Sr., Nimkiins Nahwegezhic, Roman Manitowabi

Regrets: Mason Southwind, Ethan Eshkakogan, Lathan Ozawanimiki, Conan Eshkakogan, Barry Southwind

On December 17, the Sagamok Fire Department Hosted a Christmas Appreciation Dinner. Here's what Doreen shared following the event:

"Last night, the Sagamok Fire Department held a Christmas Appreciation Dinner to recognize and thank its dedicated volunteer firefighters for their continued commitment and service to the community. The evening was also an opportunity to extend appreciation to Sagamok Chief and Council, who were invited to attend, in recognition of their ongoing support of the Fire Department."

During the event, Fire Department leadership provided a brief presentation to Chief and Council highlighting the progress and growth of the department. Since July 2025, the Sagamok Fire Department has made significant advancements in training, capacity, and readiness, reflecting the dedication of its members and the strong support of leadership.

Sagamok Fire personnel continue to grow and strengthen their skills through ongoing training and professional development, ensuring they are better prepared to serve and protect the community.

As a gesture of appreciation, Chief and Council were presented with Sagamok Fire Department hoodies in appreciation of their continued support and commitment to firefighter safety, training, and community protection.

The Sagamok Fire Department extends its sincere thanks to its volunteers, Chief and Council, and all those who continue to support the department's growth and success. "Miigwech!"

Sagamok's Fire Department has now completed 80% of the requirements, and they continue to push forward with training, procedure development, and equipment upgrades in order to be reactivated as soon as possible. The crew has been divided into two platoons, each with its own Captain and Lieutenant. Each group will complete Medical First Responder training in January. "My heart is full," shares Doreen. "I can see the dedication of our members and their sense of pride. We're a fire family."

The Sagamok Fire Department now has a direct line for non-urgent enquiries. Community Members can call 705-865-2421 and ask for extension 945. For Police, Medical and Fire emergencies dial 911.

Miigwech to the Sagamok Fire Department for its ongoing commitment to our community. We look forward to seeing the continuous growth and strengthening of this vital community resource.

Remember to use free curbside collection on Thursdays!





72-Hour Winter Emergency Kit

BE READY FOR WINTER CONDITIONS!



Water

At least 4 litres per person per day



Non-Perishable Food

Enough for 3 days



Warm Clothing & Blankets

Extra layers for warmth



Flashlight & Batteries

For power outages



First Aid Kit

Basic medical supplies



Medications

3-day supply of prescriptions



Portable Phone Charger

Keep communication open



Snow Shovel & Ice Melt

For safe mobility



Emergency Radio

Battery or crank-powered

ADDITIONAL TIPS

- Keep fuel tanks at least half full
- Store extra pet food and supplies
- Prepare for heating alternatives (wood, propane, etc.)
- Put important documents in a waterproof container

SagamokAnishnawbek.com

Phragmites Pull!

Submitted by Chevaun Toulouse, Climate Change Coordinator in Lands, Resources, and Environment

Invasive Phragmites was mapped in the community through collaboration between the Sagamok Lands Department and The Invasive Species Centre. The Invasive Phragmites was mapped in an area called John's Bay, Sagamok.



Figure 1. Invasive Phragmites first mapped by Invasive Species Centre's Alex Pottekatt

Daniel Featherstone from the Algoma Phragmites Working Group came to visit the stand and mapped more phragmites at the site.



Figure 2. Invasive Phragmites present in second survey in John's Bay.

The Sagamok Lands Department in partnership with the Invasive Species Centre was able to identify a large stand of invasive phragmites in John's Bay. The phragmites stand is close to 3,000 square meters in size. Phragmites was also present along the shore of John's Bay immediately east of the inlet.

The Invasive Species Center's Daniel Featherstone and the Sagamok Lands Department staff removed a significant amount of the outer edges from the Phragmites stand. Mechanical removal involved cutting the plant under the water with handheld garden clippers and a specialized brush saw.



Figure 3. Sagamok Lands Director, Samantha Keysis, removing the outer edges of the invasive phragmites stand.

If left alone this stand would continue to rapidly expand and block access to John's Bay. The native ecosystem of John's Bay would also be impacted by this large invasive phragmites stand.

The Sagamok Lands Department will continue to work with the Invasive Species Centre to push back the outer edges to prevent further expansion. This will be a long-term project until the invasive phragmites is completely removed from Sagamok. Information about our Invasive Species Community Survey and additional photos are included on the next page.

Sagamok Invasive Species

—COMMUNITY SURVEY—



Let us know whether you've seen any invasive species in the community so that we can better protect our environment.

www.SagamokAnishnawbek.com





SAGAMOK HOSTS ITS FIRST MEMORIAL ROUND DANCE

A Memorial Round Dance was held here in Sagamok for the very first time! Let's look back at how this significant event came to be.

Many people in Sagamok have been asking about Round Dance, and some shared that they have been travelling to other communities to attend them. Now, it was time for Sagamok to bring the Round Dance here. During the first week of November, a committee was formed: Councillor Lawrence Solomon, Donna Toulouse, Mark Assinewe, Wayne Southwind, Fred Toulouse, Sonja Babin, and Andrew Southwind. Additionally, Darren McGregor joined the group as a consultant, bringing decades of Round Dance experience and contacts with him to support the initiative. The committee met once or twice a week, pulling everything together in just over a month.

To help the community prepare, two Round Dance teachings were held: a Lunch & Learn for youth at Espanola High School, and an evening session open to all community members at the Lifelong Learning Centre. Darren facilitated both sessions, offering an

overview of Round Dance teachings and traditions, noting the specific purpose of a memorial round dance, and thoughtfully fielding questions to ensure everyone felt comfortable in their understanding. During the community session, suggestions from Elders were also considered. When one member expressed the need for mental health supports to be available, given the possibility that some people might experience intense emotions during the memorial ceremony, Andrew Southwind leapt into action and committed to ensuring some of Sagamok's mental health staff would be on site.

In today's Newsletter, we'll take a closer look at the teaching provided to students at Espanola High School. And in next month's Newsletter, we'll look back at the event itself: who was there (people travelled from far and wide!), how the evening unfolded, and why Sagamok's first Memorial Round Dance was such a wonderful success.

Miigwech to the Education Department Communications for providing this submission:

On Tuesday, December 2, 2025, during a one-hour Lunch 'n Learn session at Espanola High School (EHS) Auditorium, Darren McGregor, Ekinoomagejig (Knowledge Keeper) with Nogdawindamin, provided students with an opportunity to gain knowledge about the Memorial Round Dance. The session was very well attended, with both Indigenous and non-Indigenous students present to learn. Miigwech to Guidance & Career Coach, Josephine Toulouse, and Karen Boyer, Indigenous Support Worker at EHS, for organizing this learning opportunity and the 'traditional' Subway lunch. All students of EHS are welcome to attend any Lunch 'n Learn sessions offered throughout the school year. If you or your student would like more information, please contact Josephine Toulouse at:

Toulouse_josephine@sagamok.ca



Darren began by giving a background history about the traditional purpose of the Memorial Round Dance and where it originated from -- Sweetgrass, Saskatchewan. He added that because it originated in the West, people didn't initially hear about the tradition here in Sagamok; or the Eastern provinces in Canada. There was no means of extensive communication like we have available to us today. Through word of mouth and the continual sharing of information reaching further beyond single territories, knowledge about the Memorial Round Dance became more available, familiar, and

eventually embraced by First Nations communities in Canada's Eastern provinces, and worldwide. Darren clarified that there are Round Dance's performed for weddings or birthdays, different from today's discussion, but traditionally most were performed specifically for and called Memorial Round Dance.

A traditional Indigenous ceremony honouring and remembering family, friends, and community members who have passed into the Spirit World, the Memorial Round Dance is a gathering meant to be an inclusive and healing celebration of life. It offers connection, respect, and unity in a cultural setting. During the dance, participants join hands to form a circle and move in a side-step rhythm to the beat of the drum. Traditional practices included in the ceremony are feasting, songs, stories, and sharing experiences or knowledge, which help to provide comfort, healing, and hope to everyone in attendance.

Darren shared a story with the group which went like this: When we go through the Western door, we experience grief, and that is how the Round Dance started. There was a girl who lived with her grandmother, but when her grandmother passed on to spirit world, it was too much for the girl to bear. She went out into the woods to gather medicine and saw an entity that resembled her grandmother. Her grandmother called her in, beckoning her towards her to tell her it was okay to be sad but not okay to be sad all the time. Her grandmother told her the men of the community are going to join in a circle and sing/ drum and when you enter the circle to dance with family and friends, it will help you overcome those feelings of grief and loss. This message came to her from the Spirit realm. So, this style of dance has a healing power that we ought to believe in. When we believe in these spiritual properties, it makes them that much more amplified, and healing and community is strengthened.

Darren then drew a picture on the whiteboard at the front of the room to demonstrate to students how a Round Dance is assembled. There are traditional practices that are followed for very special reasons; "everything has intention, purpose -- just like each

of us," Darren expressed. He emphasized how important it is that this generation continues to keep these traditions alive. He drew a square in the center of the board with people sitting all around it. He went on to draw people seated in a square all around the outermost section of the room. "Everyone dances in a circle around the center middle square," he demonstrated. Darren was sharing this knowledge to help inform students how a Round Dance proceeds, to help prepare them for the upcoming Memorial Round Dance taking place in Sagamok just weeks away, on December 13. It was the first ever Memorial Round Dance to be held in Sagamok!



Darren continued describing various traditional components of the Memorial Round Dance, including that there is semaa (tobacco) present for people to make an offering or an intention with. It is wrapped in white cloth as a spiritual offering. The pipe is used during the ceremony; it is not used at every gathering. There is song, prayer, and dance. It is a time for people to dance with their loved ones who have journeyed on, by inviting them to be with them [in spirit] at the Round Dance. For the memorial aspect, he explained how attendees bring a photo of their loved one(s) who have journeyed on to the spirit world. This photo is placed face down on a memorial table. After one full completion of the Round Dance, the photo image is then turned face up within the circle for all to see, welcome, and celebrate with

another full round of dancing. Darren also shared that one full year; four seasons; must have passed before you bring out those pictures and stories of the loved ones you are calling to the dance. One year is the time needed for our loved ones to journey from here; Turtle Island; to the spirit realm. This period of time also helps people to grieve and heal from their loss, so this is why it takes a full year before we attend a Memorial Round Dance in memory of our loved ones. Ribbon skirts and shirts can be worn to a Memorial Round Dance, but powwow regalia is not appropriate.

Darren spoke about the Stick Man and Singers, and those seated in the center square; the protectors of the doorway. The Stick Man holds several drumsticks, and he chooses who he will allocate to sing, throughout the ceremony. Singers get the chance to sing when they are presented with the stick(s), and however many sticks they are given is the number of songs they can offer. The Round Dance songs can encompass many languages (it is an inclusive celebration) including English, Cree, Ojibwe etc. because we are celebrating with all our ancestors. Darren shared, "When we dance around the center square, we open a doorway for our ancestors to come and visit us. When everyone joins hands, everyone's energy is connected so we can help each other heal. And by holding hands together, we help protect our loved one's spirits within the circle, so they don't become disoriented." At this point, he



mentioned to students that the person journeying to the spirit world no longer has human emotions like greed, anger, or hatred because they are immaculate entities now, free from these human characteristics. He spoke about the belief that the Northern Lights are our ancestors dancing in the night sky. He went on to explain that the men who sit in the inner square are protecting the doorway where our loved ones' spirits enter the Memorial Round Dance. These men keep the area safe for everyone participating.



Darren concluded the session by playing a song on his drum, demonstrating to students how he allows his fingernail to vibrate on the backside to create a unique sound. He reminded students about the upcoming Memorial Round Dance being hosted by Sagamok. Singers, Drummers, Pipe Man, Stick Man will travel to Sagamok from all over Ontario – and beyond! - because they have special abilities for Memorial Round Dances. It has been noted at Round Dances in Saskatchewan, that youth would begin arriving between 9-11pm, so they shared with other tribes how the youth were supported through this opportunity to gather and heal together in otherwise remote areas. Round Dances can be performed year-round, not only in winter. It is a great time to socialize, 'get some steps in', and become more familiar with your community members and traditions. More and more dances are being held regularly across the country as the word spreads,

and the popularity of these community gatherings for healing opportunities grows. At the end of the Memorial Round Dance is the "Going Home" song and drums are placed face-down to let visiting spirits know that the dance is ending. He suggested the students attend the Memorial Round Dance in Sagamok for the purpose intended, but also to continue their knowledge and understanding. Students were reminded by Josephine and Karen of the Winter Solstice gathering taking place the following week at EHS, and to join the Feast and Social Time. Festivities, including a Round Dance, would welcome the entire student body and staff to participate, in preparation for the Christmas break and winter solstice season.

Miigwech, Darren, for providing such thorough and intensive learning about the Memorial Round Dance, and sharing your knowledge with future cultural leaders. Miigwech, Karen and Josephine, for offering support and guidance towards cultural continuity and growth. And miigwech to the Memorial Round Dance committee, supported by Sagamok's Family and Community Support Services Department, for planning and resourcing this meaningful cultural event, the first one of its kind here in Sagamok.



2nd Annual Christmas Celebration for Sagamok's Children in Care

December 6, 2025 – The 2nd Annual Christmas Celebration for Sagamok's Children in Care was a beautiful gathering that provided opportunities for connection to family and to culture. Planned and hosted by the Child & Family Advocacy Unit team – all dressed in bright green, festive elf shirts for the event – the day was full of fun activities and tender moments. From arts & crafts tables and carol-singing to sleigh rides, an inflatable play area, and spot dances around the Young Warriors' drum, the team ensured the day was both grounded in Anishinaabe culture, and full of Christmas joy!

We extend a heartfelt miigwech to the Grandmas and Aunties Group who, for the second year in a row, committed to crafting a handmade gift for each child. This year, the group sewed ribbon skirts and ribbon shirts! Each one was thoughtfully wrapped in bright holiday paper and presented to each child as they made their way to see Santa. With gentle prompting, the children began to shake hands with the Grandmas and Aunties who lined the stage, showing respect and giving thanks for their gift. Before the day's end, several skirts and shirts were already on display, and children were eager to try them on. We are so grateful to the women in the Grandmas and Aunties Group for demonstrating through their time, presence, and generosity, the love and care they feel for every one of Sagamok's children.



This gathering for Children in Care is one of the significant ways that Sagamok's Family and Community Support Services Department (FCSS) is expanding our understanding of family reunification. The Christmas gathering is a fun, safe environment for parents/caregivers to spend time with their children, and for children and youth to spend time with siblings whom they may be separated from day-to-day. Moreover, this event opens the door for children and families living off reserve to spend time in the community and in connection with their Anishinaabe culture. As the Koognaasewin project wraps up later this year and we see the continued rematriation of child welfare by Sagamok and other First Nations along the North Shore, our definition and understanding of things like reunification will continue to expand.



For one family, this year's Christmas Celebration for Children in Care marked their first visit to Sagamok. Lorraine Tilston and her partner, John, along with their niece, Michelle, and their great-nephew, William, travelled from the Greater Toronto Area to Sagamok for the event. Lorraine and Michelle had recently connected with Juanita Skrubis and the FCSS team during September's Urban Outreach session in Toronto. Lorraine's grandmother is the late Rose Espaniel, and Lorraine is beginning to learn more about her Sagamok family. On the day of the December event, Lorraine exhaled deeply and shared, "It feels like I'm home." Young William was full of energy, eyes wide as he moved about the room from activity to activity, and he even joined in some dancing around the drum with his great-aunt Lorraine.

In moments like these, the true spirit of Sagamok's community shines through. Through laughter, song, handmade gifts, and shared time, children and families were reminded that they are held by a community that values them deeply. As Sagamok continues the vital work of rematriating child welfare and strengthening pathways for connection and reunification, gatherings like the Christmas Celebration for Children in Care affirm that culture, love, and kinship remain at the heart of that journey. May what was felt on this day carry forward into the year ahead, guiding children and families as they walk together, grounded in their Anishinaabe identity and supported by the strength of community ever present, no matter the distance.



A Country Christmas for Sagamok's Elders

December 11, 2025 – It was A Country Christmas celebration for Sagamok's Elders this year! Everyone arrived dressed in festive, country-themed attire, filling the space with plaid shirts, cowboy hats, denim, boots, and holiday cheer. The MEC was beautifully decorated to reflect the warmth and spirit of the season. Darla Boston and Wade Owl met each person at the welcome desk with a big smile, an energetic greeting, and their own festive (light-up!) country get-up. As Elders took their seats, youth volunteers promptly met them at their table to take their drink order and buzzed around delivering waters, sodas, coffees, and hot chocolates.



Miigwech to Pat Trudeau for providing an opening prayer, and to Andrea Hajt-Jacobs for welcoming everyone to enjoy their evening. Gimaa Angus Toulouse provided opening remarks, noting the continued prosperity that Sagamok Anishnawbek enjoyed in 2025. He acknowledged the "Christmas gift" each Member received in December from interest earned on Sagamok's RHT Trust. With well wishes in abundance, it was time for supper! A delicious meal of roast beef, ham, and turkey – with all the fixings – was enjoyed by all.

The night's entertainment was provided by musician Gavan Rousseau, who performed an incredible Johnny Cash tribute. Many Elders couldn't resist the urge to start toe-tapping and singing along. A highlight for everyone was when Gavan's 7-year-old son, joined his Dad on stage for the big finale!

As is tradition, Darla and Wade drew numbers from a hat to invite everyone up by table group to receive their gift from Santa and Mrs. Claus. Rumour has it this year's duo was played by Ryan McLeod and Andrea Hajt-Jacobs... but who's to say? A white beard and red velvet bonnet can mystify even the most curious! So many smiles and laughs were shared as everyone received their gifts and posed for group photos.



Miigwech to Sagamok's Administration and Political Office for hosting another amazing Christmas celebration honouring our Elders. Every opportunity to gather is a special one. Miigwech to the team for preparing an outstanding meal that was enjoyed by all. And miigwech to the youth volunteers: Farrah Gegwetch, Niibin Nahwegezhic, Neos Peter Sutton-Stoneypoint, Brice Southwind, Gracie Southwind, and Layla Bennett. Your attentiveness and hard work ensured every Elder was happy and taken care of throughout the evening.

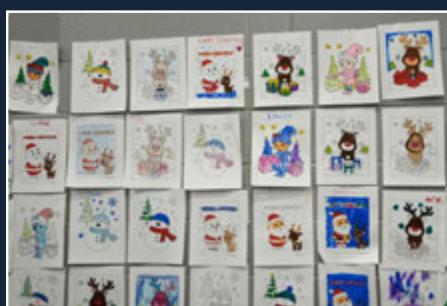
To view all of the photos from the Elders Christmas gathering, visit www.SagamokAnishnawbek.com and navigate to the Community tab. Use the drop down to find "Elder's Information" where you will have access to view and download your photos from the evening!





Community Christmas Celebration!





Strengthening Families Program

Christmas Celebration & Graduation Trip

December 17; 28-30 – The Strengthening Families program celebrated more than one important milestone last month. Just ahead of Sagamok’s Holiday Slowdown, this session’s group had their Christmas Celebration, and from December 28-30, they travelled to Sault Ste. Marie for their final two lessons and graduation!

On December 17, the group gathered at the Lifelong Learning Centre as they had been doing each week since the beginning of October. Parents and caregivers greeted each other warmly, Dads were shaking hands, and many of the children were excited to gather around the group’s littlest participant, 2-month-old Serenity, who was peaceful and happy to be lovingly adored by all who laid eyes on her.

Strengthening Families is an evidence-based parenting program that many of Sagamok’s Family and Community Support Services (FCSS) Department staff have been trained to deliver. This was the second time Sagamok offered Strengthening Families to the community, and a third session is scheduled to begin at the end of January. Each week, a group of parents, caregivers, and their children gather and begin with a family meal. Then, they are divided into two groups so that adults and children can each receive their weekly lesson. On December 17, the family meal was a beautiful Christmas dinner; turkey and ham with all the fixings, and fancy cranberry drinks that many of the kids were quite excited about.



Following supper, Deanna Southwind and Alyssa Peltier guided the children into their activity room, where they received an Advent calendar to open (Deanna had some children practicing their counting in Anishinaabemowin!), and then they were treated to a variety of games – Twister, Hungry Hungry Hippos, and more! In the other room, Gail Trudeau, Chris Hobbs, and Mark Assinewe facilitated the adult lesson, which was about alcohol/drug misuse/abuse. While important reminders about safety, monitoring, and setting the right example were certainly reviewed, the main focus was on the importance of healthy bonding with children and youth. One of the best ways to protect children and youth from the dangers of alcohol/drug misuse is to build healthy, trusting relationships with them so that it is easier to have open and honest conversations about who they are spending time with, what they are doing, and where they are going. It also means that if a young person does encounter a difficult situation with alcohol or drugs, they are more likely to feel comfortable talking to a parent/caregiver about it, since trust and respect has been established. After the lesson, the children

rejoined the adults to close out the evening with a special Christmas celebration; each child was called up individually to receive a specially wrapped gift just for them.



The trip to Sault Ste. Marie didn't go exactly as planned – the whole city was shut down due to freezing rain and a snowstorm! But that didn't stop the team from trying to make the weekend as impactful as possible for participating families. Families who attended completed the final lessons of the Strengthening Families program and participated in some fun activities together, including a pizza & movie night, swimming at the hotel pool, and lots of games! At the conclusion, families received their certificates for completing the program. Miigwech to the FCSS team – Gail, Mark, Chris, Darian, and Alyssa – for thinking on their feet to ensure the weekend was fun and meaningful despite their original plans being snowed out!

Congratulations to the families who completed the Strengthening Families program. If you are interested in participating in the next session, please contact Dulcie Bob – 705-863-0703 -- to register or for more information.

Find Your Future!

Are you... A Student Choosing Your Next Steps? Someone Looking for a Career Change? Looking for Direction? Or Do You Just Want to Learn About Yourself?

Take the Strong Interest Inventory with a **Guidance & Career Coach** at the Lifelong Learning Centre to discover the career path that truly fits you.

www.SagamokAnishnawbek.com

Turn Your Love of Children into an Exciting Career Move!

Sault College's Pre-ECE Micro-Credentials program is a great learning opportunity for you to explore Early Childhood Education as a career. Presented by Sault College. **Tuition is fully sponsored.**

To learn more, visit: www.SagamokAnishnawbek.com

Illustration of six happy children holding hands.



New Years at the Eagle Lodge!

On Friday, January 2, New Years at the Elders Eagle Lodge was hosted by Deanna Southwind, Darian Jones, and Naomi Paibomasi. 29 people attended! Entertainment was provided by Lance Panamick, with some Elders and children getting up to dance! “We loved seeing the smiles and conversations with the residents and community members who attended,” shared Deanna.

CAUTION: BLACK ICE

- **Nearly invisible** ice on roads and sidewalks.
- Forms in **cold temps** or refrozen melt.
- Often on **bridges, overpasses, and shaded areas**.
- Causes sudden **loss of traction**.

On cold days, stay alert—slow down and avoid sharp turns!



SNOW PLOWS HAVE RIGHT OF WAY

Please exercise caution while driving, and **maintain a safe distance** from snow plows and other equipment!

Gimaa Giizhgat 2026

Welcoming 2026 with a Community Feast!



On Tuesday, January 6, Gimaa Angus Toulouse welcomed Sagamok Community Members to Gimaa Giizhgat, a feast to celebrate the beginning of this new year, 2026. The Multi Educational Centre was buzzing with greetings of Mino Nimkoodaading as friends and families filed in, meeting each other with warm smiles, and even warmer hugs and handshakes.

Each table contained a centrepiece of New Year offerings – clementines, sweets, and peanuts in the shell – some of the items that were traditionally handed out to children, friends, and neighbours who went house-to-house with their bags (and sometimes pillowcases) to greet one another.

Once everyone was settled in their seats, Wayne Southwind offered an opening prayer and a smudge. Gimaa Angus greeted everyone gathered, ringing in 2026 with a mix of positive insight and somber reflection. He first acknowledged the personal and community losses experienced with the passing of many Sagamonians in 2025 and recognized the many individuals and families who are still grieving the loss of their loved ones. “We’ve had many good developments this past year as well,” Gimaa shared,

citing a few key developments like breaking ground on a new community hall and time spent connecting with Sagamok’s off-reserve members at a series of urban sessions that took place in the Summer and Fall. Turning to the future, Gimaa Angus spoke about the ongoing collective work with RHT, as well as Sagamok’s own trajectory towards finalizing its Trust Policy. All Members are invited to attend a Trust Policy engagement session on January 28 from 3PM to 7PM at the MEC.

At the end of his brief but meaningful remarks, Gimaa Angus invited everyone to enjoy the feast – and a feast it was! The room was once again alive with the buzz of conversation and laughter as plates were filled, and people reconnected across tables. As the meal came to a close, community members lingered, exchanging well wishes and taking time to visit before heading back out into the winter evening. The Gimaa Giizhgat gathering serves as an important reminder of community celebration, resilience, and unity in Sagamok. Welcoming 2026 together, surrounded by good food, good company, and shared traditions, set a positive tone for the year ahead.

Opportunities, Events, and Programs



Child Growth Chart Parent Project

JANUARY 23 | 5-7PM
Lifelong Learning Centre

Call, Text, or Email to Register!

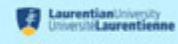
Natasha Bourgeois
705-863-0554
bourgeois_natalia@sagamok.ca

POST SECONDARY Meet & Greet

+ OCAS/OUAC SESSION

JANUARY 22 | 1-6PM
Lifelong Learning Centre

More info:
LLLC_intake@sagamok.ca

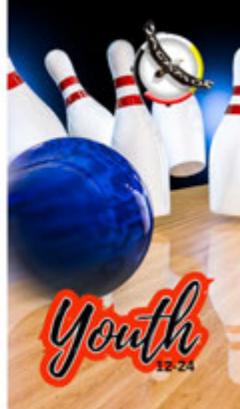


BOWLING TOURNAMENT

SATURDAY, JANUARY 24
5:00PM - 8:00PM

Venture Lanes Espanola

More Information:
Sky Jacobs | 705-863-0726



Celebrate Family Literacy Day with FAMILY STORYBOOK PROGRAM

MONDAY, JANUARY 26

5:00PM - 7:00PM

Lifelong Learning Centre

REGISTRATION
REQUIRED

Contact Darian to register at
jones_darian@sagamok.ca 705-862-0759

Free Family Swimming

JANUARY 27 | 5PM - 7PM

PAYMENT WHILE REGISTERING IS REQUIRED.
Receipts required for reimbursement.

Espanola Recreation Complex

Register with the complex and let them know you're from Sagamok!
705-869-1961

Hapkido

KARATE CLASSES

Every Sunday

RESUMING JANUARY 4, 2026

Multi-Educational Centre

Deanna Southwind | 705-863-2657
Darian Jones | 705-863-0759

Ages 6-8
6:00-7:00PM

Ages 9+
7:00-8:00PM

WITS

— ASSEMBLY —

JANUARY 28 | 12PM

Biidaaban

705-863-0883
raven_hammond@sagamok.ca

W
I
T
S

- Walk Away
- Ignore
- Talk It Out
- Seek Help



Opportunities, Events, and Programs



Parent and Child

MOCCASIN MAKING

with Donna Southwind

Lifelong Learning Centre

February 28 | 10-3



Registration Required

LOOKING FOR 5 PARENTS AND 5 CHILDREN

Contact Deanna to Register | 705-863-2657

STARTS
FEB 4

New Animal Wellness Group

Interested Community Members, please contact
Lindsey Cada at cada_lindsey@sagamok.ca

Strengthening Families

10-WEEK PROGRAM

STARTS
JAN 29

Availability for 10 Families (Children Aged 3-18yrs)

Thursdays | 5-7PM

Life-Long Learning Centre

Dulcie Bob | 705-863-0703



FREE FAMILY SKATING

January 18 | 3:30PM-4:30PM

January 24 | 4:00PM-5:00PM

February 1 | 2:00PM-3:00PM

February 14 | 1:00PM-2:00PM

February 15 | 1:00PM-2:00PM

February 16 | 2:00PM-3:00PM



LOCATED AT THE MASSEY ARENA

Susan Sonnenburg | sonnenburg_susan@sagamok.ca

STARTS
FEB 4

New Animal Wellness Group

Interested Community Members, please contact
Lindsey Cada at cada_lindsey@sagamok.ca

Join the Children's Wellness Workers for a **SLIDING PARTY**

Friday, January 23, 2026

6:00pm - 7:30pm

CHUCK'S SLIDING HILL



There will be hot chocolate, a fire and marshmallows!

jones_darian@sagamok.ca | 705-863-0759

Scrapbooking Club

JAN 19, FEB 9, MAR 2

5-7PM | 53 Kokoko Rd

Natasha Southwind | 705-863-0554

CANADORE
college.ca

Lifelong
Learning Centre

GENERAL CARPENTER Pre-Apprenticeship Program for Women

Contact a Guidance & Career Coach at the Lifelong Learning Centre before **February 28** to learn more!



Thinking About Your Future?

Come Meet with a Guidance & Career Coach at the Lifelong Learning Centre!

OPEN MON-FRI
8:30AM - 4:00PM

Career Assessment • Post Secondary Funding • Presentations • Resumes



705-865-2421 X 928
717 Sagamok Road

Bell Fibre Services

PROMOTIONS FOR NEW BELL CLIENTS



If you wish to order, please call Zaffar at 1 (647) 533-1103.

Fibe TV Starter + 1.5 GB Internet \$65/mo

Fibe TV Premium + 1.5 GB Internet \$70/mo

Fibe TV Good + 1.5GB Internet \$80/mo

Fibe TV Better + 1.5 GB Internet \$100/mo

Installation, activation and modem fees waived.

VALENTINE'S DAY HUNTR/X SINGALONG

FEBRUARY 14 | 10AM-2PM

Multi-Educational Centre

www.SagamokAnishnawbek.com



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



Urban Sewing Class

SUDBURY

January 16, 17, 18

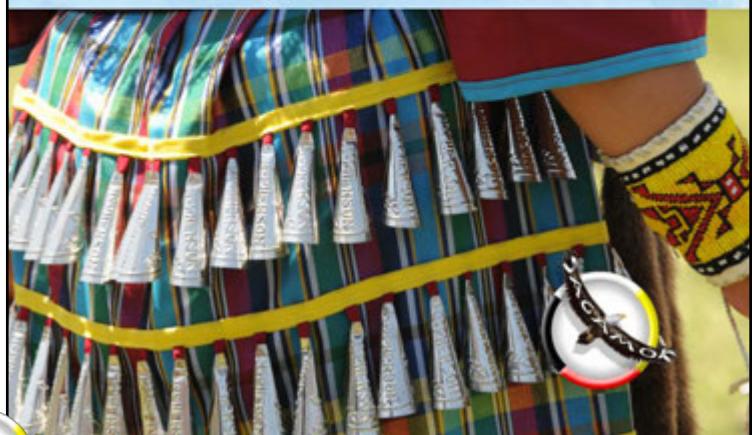
SAULT STE. MARIE

February 6, 7, 8

Open to Sagamok Members living in Sault Ste. Marie

Registration Required

www.SagamokAnishnawbek.com



2026



SAGAMOK ANISHNAWBEK RECYCLING CALENDAR

Plastics, Glass, & Household Garbage

Paper, Cardboard, & Household Garbage

JANUARY

28	29	30	31	1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	1	2	3	4	5	6	7

FEBRUARY

MARCH

1	2	3	4	5	6	7	29	30	31	1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31	1	2	3	4	26	27	28	29	30	1	2

APRIL

MAY

26	27	28	29	30	1	2	31	1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	1	2	3	4

JUNE

2026 SAGAMOK ANISHNAWBEK RECYCLING CALENDAR

Plastics, Glass, & Household Garbage

Paper, Cardboard, & Household Garbage

JULY							AUGUST						
Plastics, Glass, & Household Garbage				Paper, Cardboard, & Household Garbage			Plastics, Glass, & Household Garbage				Paper, Cardboard, & Household Garbage		
28	29	30	1	2	3	4	2	3	4	5	6	7	8
5	6	7	8	9	10	11	9	10	11	12	13	14	15
12	13	14	15	16	17	18	16	17	18	19	20	21	22
19	20	21	22	23	24	25	23	24	25	26	27	28	29
26	27	28	29	30	31	1	30	31	1	2	3	4	5
SEPTEMBER							OCTOBER						
30	31	1	2	3	4	5	27	28	29	30	1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30	1	2	3	25	26	27	28	29	30	31
NOVEMBER							DECEMBER						
1	2	3	4	5	6	7	29	30	1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30	1	2	3	4	5	27	28	29	30	31	1	2

Strong Bodies. Stronger Futures.

The Sagamok Fitness Centre offers high-energy fitness and nutrition coaching, focused on strength, conditioning, and total physical wellness.



**Personalized
Workout Plans**



**Meal Planning
& Nutrition**



**One-on-One
Coaching**



**Goal-Focused
Planning**

Ready to Get Started?

Kain Kokoko | kokoko_kain@sagamok.ca

Jordan Culmer | culmer_jordan@sagamok.ca

SAGAMOK ANISHNAWBEK

MENTAL HEALTH & ADDICTIONS

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

- 1-to-1 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

cada_lindsey@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
- Training/Programming

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

Shki Waase-Aaban Binoojiinh 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

1 (833) 456-4566

Text 45645





SAGAMOK ANISHNAWBEK
NEWS 

CONTACT:

I.T. and Communications Department
newsletter@sagamok.ca