



Makoonhs Giizis

Little Bear Moon | February 2026

SAGAMOK ANISHNAWBEK NEWS

Makoonhs Giizis | Little Bear Moon | February 2026

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Bimaadiziwin Radio:

THE SAGAMOK HOUR

with Host Bradley Trudeau

**MARCH 1
11AM – 12PM**

94.1 CKNR ELLIOT LAKE

Elders Forum

Trust Policy Discussion & Engagement

**TUESDAY, FEBRUARY 17
10:00AM – 3:00PM**

New Community Hall

Darla Boston | 705-865-2421

**BINGO
AT LUNCH**

Planning & Sustainable Development COMMITTEE

Positions Available:

Elder Representative **Community Representative**

For more information, please reach out to
Kim Toulouse, P&I Department Executive Assistant:
toulouse_kimberly@sagamok.ca

SAGAMOK ANISHNAWBEK

MEMBERS PORTAL UPDATE

Please be advised that the Member's Portal was updated on January 20, 2026. As a result, **all members must reset their passwords**. Miigwech!

www.SagamokAnishnawbek.com/log-in

SAGAMOK ANISHNAWBEK

FEB 6, 2026

NEW on the Members Portal

Sagamok Settlement Trust: Quarterly Investment Report

www.SagamokAnishnawbek.com/log-in

Safer Community

CRIME PREVENTION ENGAGEMENT SESSION

FEBRUARY 11 & 18

Multiple Locations & Times

Barry Petahtegoose | 705-863-0620

Family Day

February 16, 2026

All departments will be closed to observe the holiday.

Exceptions and afterhours numbers can be found at
www.SagamokAnishnawbek.com.

CLOTHING BANK

Closed Until Further Notice

Multi-Educational Centre | 705-865-2421

URBAN POWWOW



— *Honouring Our Children* —

Saturday, February 28, 2026

1:00 PM – 10:00 PM

Radisson Hotel – Sudbury, ON

All Are Welcome!

More Information:

www.SagamokAnishnawbek.com



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



YWHO ENGAGEMENT SAGAMOK YOUTH GATHER TO SHARE THEIR VOICE ABOUT THE FUTURE OF THEIR YOUTH WELLNESS HUB

Sagamok youth, ages 12 to 25, were invited to an engagement session on Thursday, January 29, to help shape Sagamok's Youth Wellness Hub. Sagamok has funding from Youth Wellness Hubs of Ontario (YWHO) to establish a service-based youth hub in the community. Sagamok's will be the first YWHO centre established on a First Nations reserve, and it is likely to be the largest hub (by square footage) in the province to date!

YWHO brings local service providers together to deliver high-quality integrated youth services to support the well-being of young people aged 12-25. YWHO's model is designed to improve the experiences and outcomes of youth by:

1. Increasing access to rapid, low-barrier, and no cost services;
2. Reducing transitions by providing care in one local network; and
3. Providing tailored high-quality services co-developed with youth, for youth to meet their needs.

You may recall that, in October, over 70 youth travelled to Vaughan, ON, to tour a YWHO site. This was the first step in encouraging youth to consider what they want to see in their own hub. The engagement session on January 29 was the next step. They gathered at the MEC, the site that has been chosen to house the youth hub, to participate in a walk-through of the future Youth Hub space and talk about what they'd like the hub to look and feel like—everything from the layout and vibe to what rooms and features matter most to them.

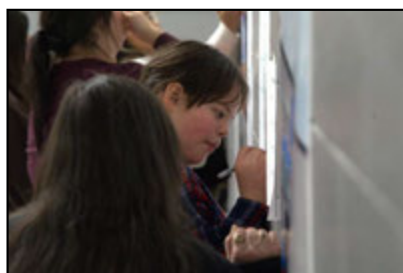
The evening opened with a prayer and smudge offered by Wayne Southwind, followed by remarks from Gimaa Angus Toulouse. He shared with the youth that, the night before, during a community session on Sagamok's Trust Policy, many parents, caregivers, and Elders had highlighted the well-being of Sagamok's children and youth as a key priority. Bringing services directly to Sagamok youth is a significant step in making



this priority a reality. YWHO centres are designed to offer clinical services (mental health, primary care, sexual health, care navigation, needs assessment, and goal tracking), community and social support services (education and training, employment, housing, family support, and outreach), and skills and well-being activities (learning and skills-based workshops, health-based/leisure activities, cultural programming, drop-in time, and more).

Youth were introduced to the YWHO team, which has grown since the Fall trip to Vaughan. YWHO Lead, Darlene McNaughton is now joined by Kaitlyn Jones, Care Navigator, and Devon Toulouse, Peer Support. Additionally, we were fortunate to have many members of the YWHO Provincial Team present at the engagement session:

- Carole-Anne Chiasson - Executive Director
- Marla Banning - Integration and Implementation Lead
- Jonathan Berges - Integration and Implementation Lead
- Daniel Murcia - Manager of Evaluation
- Alex Bucik - Evaluator
- Lee Cameron - Community Health and Education Coordinator



Throughout the evening, youth participated in several activities to gather their ideas and feedback. One of the ways this was captured was through a Vision Board, created live by Lynn Dalglish, Graphic Recorder & Studio Artist from Thinklink Graphic Recording. Shortly after supper, they created a word cloud to articulate how they want to feel when they walk into their new youth centre. Later that evening, they were guided on a tour around the MEC by staff who facilitated questions and recorded their responses. Large, poster-size photos of other youth hub layouts were pinned up around the space to help get their brainstorming started. The youth were also introduced to Celine Wood, Lead Designer of Crown & Birch, who will be instrumental in the renovations at the MEC.

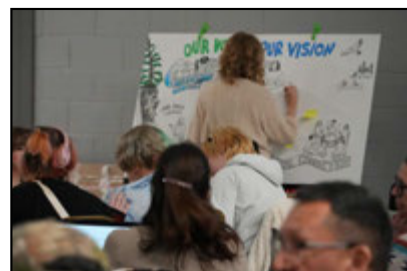
A heartfelt miigwech to everyone who lent a hand in hosting this incredible event for Sagamok Youth and who encouraged their voices to be heard – the YWHO team: Darlene McNaughton, Kaitlyn Jones, and Devon Toulouse, Community Wellness Department Director, Paula Swift, Councillor Arnelda Bennett, Gail Trudeau, and additional support staff from CWD and FCSS. And miigwech to our Sagamok youth! We appreciate your interest and involvement in bringing your new youth centre to life.



If you have youth in your household, it is critical that you encourage them to stay connected to the YWHO project as Sagamok's youth wellness hub slowly comes to life! There are two opportunities coming up next:

First, YWHO is hosting a Sagamok YWHO Logo Contest! The winner will receive \$1,000, and all submissions will receive a \$50 honorarium. Visit the Sagamok Website for details, including the YWHO brand and style guide.

Second, Sagamok is establishing a Youth Advisory Committee to share ideas, provide feedback, and help guide programs and services at the Youth Centre. Beginning February 11, the group will meet every second Wednesday from 4:00PM to 5:30PM at the Community Wellness Department. For more information, you can reach the Sagamok YWHO Team by calling 705-865-2171 x 156. Transportation is available.



The creation of Sagamok's Youth Wellness Hub is a testament to this community's devotion to the well-being of its youth now, and in the future. We are excited to continue bringing you updates on the project as it unfolds. In the meantime, you can contact the YWHO Team to learn more:

Darlene McNaughton

YWHO Lead

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

Devon Toulouse

Peer Support– [toulouse
devon@sagamok.ca](mailto:toulouse_devon@sagamok.ca)

Kaitlyn Jones

Care Navigator

jones_kaitlyn@sagamok.ca

A graphic for the Youth Advisory Committee meeting. It features a background image of hands holding each other. The text "Youth Advisory Committee" is prominently displayed in white. Below it, a green box contains the text "SECOND WEDNESDAY EVERY MONTH" and "4:00–5:30PM | Community Wellness Department". At the bottom, it says "Sagamok YWHO Team | 705-865-2171 x 156". The YWHO logo is in the top right corner.

Youth Advisory Committee

SECOND WEDNESDAY EVERY MONTH
4:00–5:30PM | Community Wellness Department

Sagamok YWHO Team | 705-865-2171 x 156



FAMILY & COMMUNITY
Support Services

Systems Navigator Services

Available for On-Reserve
and Off-Reserve Members

Our Services:

Free ID Services



Jordan's Principle Funding
Applications



First Nation Child & Family Support
Services Assistance



CPP Children's Benefits



Service Support & Connections



C. Marie Toulouse | Systems Navigator
705-863-0470
toulouse_marie@sagamok.ca

MONDAY-FRIDAY
9:00AM-4:30PM

CONNECTING WITH SAGAMONIANS ACROSS THE POND!



Most Members know Wade Owl, one of the friendly faces you see when you visit Sagamok's Band Office, or the always energetic voice you hear on the other side of the phone when you call. But did you know that Wade is quite a world traveller? He's taken several big, international trips, his most recent destination being a skip and a jump across the pond to England in January. As part of his vacation, Wade linked up with Sagamok Member Lisa Slater and her husband, Simon Slater.

Wade shared his travel plans with Adrienne Eshkakogan in Finance, who immediately thought of Lisa, who lives in Barnsley – a town in South Yorkshire, England. At the time, Wade was working on the annual Christmas card campaign, so he was able to look up her contact information in the registry. He reached out to Lisa,

introducing himself and his role with Sagamok's Political Office, as well as his plans to be in the area. They quickly made plans to meet up during Wade's trip.

With the help of others, including Darla Boston and Councillor Arnelda Bennett, Wade prepared a few special items to bring to Lisa. "We wanted to give her some gifts that say, 'You are a Member of Sagamok'," shared Wade. The care package included a beaded broach made by Sonya Sutton, a pair of handmade leather mittens made by Selena Abitong, and a Sagamok jacket.

Wade flew to England on January 13 and spent a few days sightseeing in Bristol and Bath (in the West) and around Nottingham (to the North). He then travelled a few hours north of where he was staying to Sheffield (near Barnsley) to meet up with Lisa and her husband, Simon, at a Starbucks. Although he expected it, Wade says he couldn't help but feel surprised to hear Lisa's British accent!

Wade provided Lisa with news about the Robinson-Huron Treaty litigation, trust policy development, and other community updates. Lisa shared about her life, her 3 adult children, her upcoming retirement, and news of her first grandchild on the way!

We reached out to Lisa to hear about how it felt to connect with someone from her home community. Here's what she had to say:

"It was a pleasure to meet you, Wade, and hear of your travels. [It] was nice to finally meet someone from my birthplace and hear about the community there... it sounds like a place I would like to connect with. It would be a big step for me, but I will eventually get the courage up to visit sometime."



Lisa was adopted as a small child by a couple from England who were residing in Huntsville at the time. Around the age of 10, she moved to England with her family and has lived there ever since.

After his visit with Lisa and Simon, Wade spent a few more days sightseeing in London before flying home. If you have a passion for history, museum-going, or seeking out worldly oddities, you need to connect with Wade – he's an enthusiast and an expert!

Wade's visit with Lisa is a reminder that no matter how far away Members may be, their connection to Sagamok remains strong. Moments like these help strengthen relationships, share community updates, and remind us that Sagamok's spirit reaches well beyond our territory. The world is big, but sometimes, it just takes one meaningful visit or connection to remind us that home is never as far away as it seems.

*Miigwech to Sagamok's
Planning & Infrastructure
Department, Roads
Crew, for their tireless
commitment to keeping
the community safe and
accessible throughout
these long winter months.
We appreciate you!*



SNOW PLOWS HAVE RIGHT OF WAY

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

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!

Keep Fire Hydrants Clear of Snow

Every Second Counts in an Emergency!

If a hydrant is on your property, please:

- Remove snow and ice from the hydrant.
- Clear an area approximately 3 feet around the hydrant.
- Clear a path from the hydrant to the street.



A message from the
Sagamok Anishnawbek
Fire Department

www.SagamokAnishnawbek.com

AARON ST PIERRE JOINS WOODLAND WEALTH *SAGAMOK MEMBER, CAROL ANN BUDD'S WEALTH ADVISORY FIRM BRINGS FREE FINANCIAL PLANNING SERVICES TO THE COMUNITY*

Aaron St Pierre is a new Associate at Woodland Wealth, the wealth advisory firm founded and led by Sagamok's Carol Ann Budd. He joined the firm in the fall of 2025 and recently travelled with Carol Ann for her monthly visit to Sagamok. Each month, Woodland Wealth sets up shop in the Sagamok Post Office to offer free financial planning and investment advice to Members of Sagamok. We caught up with Aaron to learn more about him as he will become a regular friendly face in our community. Here's what he had to share!

Aaron is from Moose Deer Point First Nation, an Anishinaabe community located south of Parry Sound. He grew up on reserve, spending the first 20 years of his life there before moving to go to school. He attended Laurentian University, where he earned both a Master's in History and a Master's in Business Administration. "My grandma, who raised me for a lot of my childhood,

was the Ojibwe language teacher for the local school board," shared Aaron. "She went back to university in her 50s while I was living with her. I think that made a huge impact on me as I was just growing up. She was my role model; that was who I looked to."

In addition to his education, Aaron also brings a strong professional background to his new Associate role, having spent about 10 years working in a variety of non-profit leadership roles. At one time, he also held the position of Chief Administrative Officer for Moose Deer Point. Not unlike his now-mentor, Carol Ann, who you'll recall was a professional engineer before becoming a wealth advisor, Aaron is now making a career



pivot into finance. It's a natural fit. "I've always had a mind towards business, and economic development has always been important to me," said Aaron. "I'm a big believer in trying to help First Nations people grow their wealth, especially now that we've started to turn a corner, I feel, in some ways...there's more economic opportunities. As First Nations folks are making more and more money, they're having more opportunities. [The question becomes] How do we best steward our resources both on a personal level and a community level?"

Some of Aaron's inspiration is also personal. As he and his wife's careers progressed, and they began to build personal assets, managing those responsibilities required significant time and research to ensure they made sound financial decisions. That experience highlighted how complex and demanding financial planning can

be, especially for people who do not have the time to analyze numbers or navigate those decisions on their own. It's even more pronounced when you are the first person in your family to accumulate wealth that needs managing. "We don't have a long history of parents and grandparents that have had assets to manage," he shared. "I had to learn a lot of things the hard way."

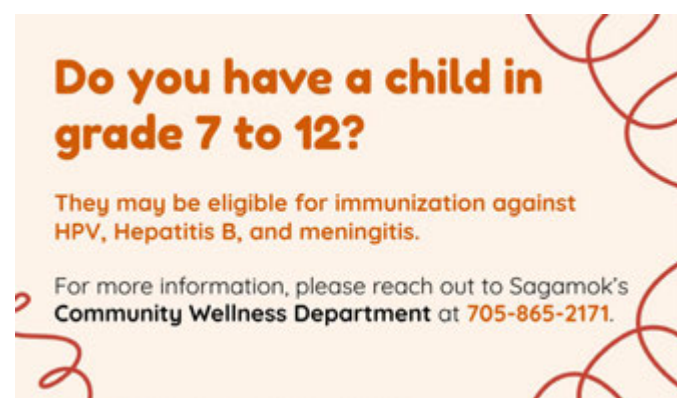
Aaron recognizes that so many people are highly skilled in their own jobs and professions, but need guidance regarding financial planning and investing. Aaron now finds joy in sharing his knowledge and working alongside Carol Ann to provide support and add value for those who could benefit from expert financial advice. On a community level, Woodland Wealth is starting to look at working with First Nations governments and organizations as well as individuals. Bridging the gap between the world of finance and growing First Nations' community assets is one of the areas Aaron aims to add value.

There is a wide range of knowledge and understanding when it comes to personal finance and saving. We all know what debt is! We've all got a credit card we need to keep track of. But do you know about all of the different types of savings accounts that are available to you? And what those accounts can do to help you protect and grow your personal wealth? Small things like learning about the power of compound interest can be life changing.

The way ethical investing is ingrained in Woodland Wealth's operations was one of the big draws for Aaron. "In our [First Nations] communities, there's a strong heart and focus on ethically investing," he

shared. "This priority is built into the way Carol Ann works and the goals of Woodland Wealth. It's something we prioritize every day."

While now living in Kingston, ON, Aaron remains deeply connected to his home community, Moose Deer Point. He is currently sitting on their Governance Committee. Aaron is also a Board Member with the Kingston Friendship Centre. He says he loves Kingston now, but he still misses this area; Sudbury was home to him for 10 years. "Having access to the outdoors up North – nothing beats it!" Aaron said. For this reason, he enjoyed his first visit to Sagamok with Carol Ann and looks forward to future visits here and to other First Nations communities.



Miigwech, Aaron! It is great getting to know you, and we look forward to connecting with you when you return to Sagamok. And miigwech to Carol Ann Budd and Woodland Wealth, for her continued presence in our community, offering free financial planning and investment advice to our members. Your expertise and generosity are appreciated!

Visit the [Sagamok Website](#) to stay up to date with Woodland Wealth's next visit dates. To learn more or to book an appointment, you can call 613-767-1234 or email hello@woodlandwealth.com



Family and Community Support Services hosted an event for Bell Let's Talk Day on Wednesday, January 21. The evening was also supported by staff from the Community Wellness and Education Departments. Bell Let's Talk Day is an annual Canadian mental health awareness campaign led by Bell Canada. The goal is to reduce stigma around mental illness and encourage open, honest conversations about mental health and wellbeing at home, work, school, and within our community.

Sagamok's community event brought together children, youth, adults, and Elders in the warmth of the MEC to escape a cold winter evening and connect with one another and available resources. While the little ones had a chance to play (kids being kids is an important part of their wellness after all!), adults browsed the table of free wellness books and spoke with Sagamok service providers.

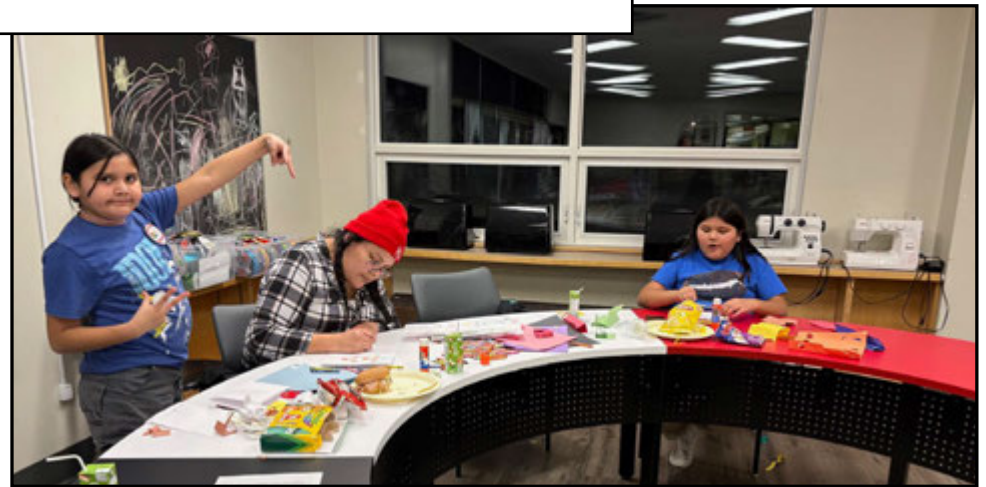
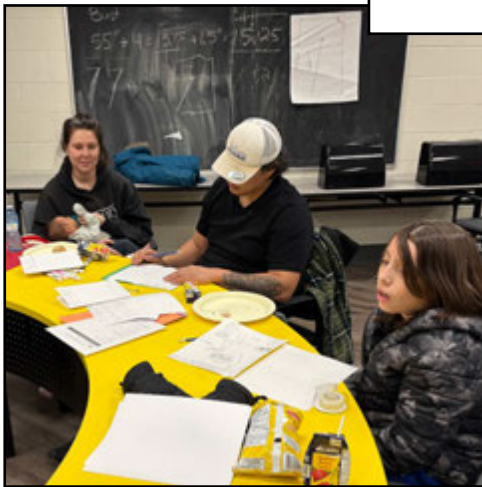
Overall, this year's Bell Let's Talk Day event was a meaningful opportunity for community members to come together. By creating a welcoming environment that encouraged connection, learning, and conversation across all ages, the evening reflected Sagamok's ongoing commitment to wellness, community strength, and reducing stigma around mental health.

BELL LET'S TALK DAY





FAMILY STORYBOOKS



For Family Literacy Day, the Children's Wellness Program hosted a family storybook activity on January 26. Families came up with their own stories, which they made into a book of their own to take home. Children's Wellness Workers, Darian and Deanna, shared that the activity was very well-received, so they plan to host another opportunity like this in the future. Next time, they hope to have Elders join to assist families with translating their stories into Anishinaabemowin!


Thinking about a Career in the Trades?

Most apprenticeships require your Grade 12!

Stop by Sagamok's Lifelong Learning Centre and meet with a **Guidance & Career Coach** to plan your next steps.

Call or visit today!
705-865-2421 Ext. 428 | Krysty Bennett
717 Sagamok Road

Lifelong Learning Centre



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

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



ICE FISHING TRIP SAGAMOK'S SINGLE FATHERS GROUP CONNECTS OVER SHARED EXPERIENCE AND PLANS FUTURE SERVICE ENDEAVOURS

January 16-18 – A group of Sagamok single fathers recently travelled to the edge of Sagamok's traditional hunting territory for a weekend of ice fishing, camaraderie, and most of all, endless laughter! The trip was planned and facilitated by Band Representative Andrew Dagg, Family Support Worker Chris Hobbs, and Case Aide Mark Assinewe from the Family and Community Support Services Department.

The group stayed at a spot called Muskoka Shores Cottages, which has a main lodge where they gathered for shared meals, games, and football on the big screen, as well as three smaller cabins for sleeping. Everyone received a new fishing rod, a sleeping bag, winter hat and gloves, and winter fishing boots, which they put to use on 3 Mile Lake. For some group members, like Kevin and Andrew, ice fishing was a new experience. Others were already seasoned pros. Darwin caught most of the fish, the majority of which were perch, earning himself the nickname "fish whisperer" from the group. A group of 3 even

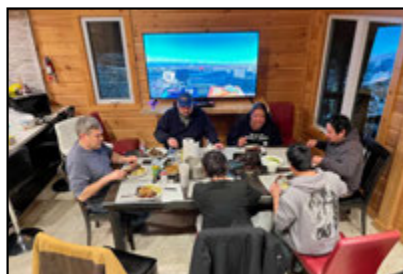
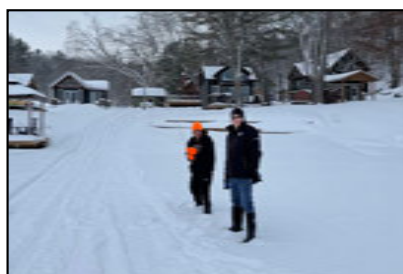
ventured out on one of the evenings to try some nighttime fishing. This was a big success! Darwin caught a huge pickerel – around 10 lbs! – that he was able to bring home to his family. And like any good fishing story, the lore of the catch continues to grow each time it's retold! Awards for first fish and most fish were given out, with the trophy for 'imaginary biggest fish' going to Jeremy!

Aside from the fishing, the men agreed that another highlight was gathering for shared meals. "We ate like kings!" Mark assumed the role of head chef (according to the guys, no one else stood a chance against his Gordan Ramsey-style control), but others pitched in to cook breakfast, and everyone lent a hand with cleanup. Most importantly, it was noted that getting away for the weekend and spending quality, kid-free time together, had a positive impact on everyone. Spend even a few minutes with this group, and the joking is non-stop! Laughter seems to be the glue of their connection.



Currently, the group is meeting about twice a month. For many of these single dads, days at home, waiting for kids to get back from school can feel long and isolating, especially without much adult interaction. When they gather, the men quickly see they have a lot in common and can lean on each other. As Andrew put it, "There's no need to sit alone with your concerns when someone is walking the same path or struggling up the same hill." So, one of the goals in meeting is to keep connected and keep developing as a group. These positive interactions and support are already having an impact on members; Dakota even suggested they should meet every day!

The group also wants to be seen as helpers; they want to focus on doing their part as men, to help the community in any way they can. They've started to brainstorm a list of projects that will allow them to be in service to the community: planting fruit trees, restocking ponds, smelting in the spring (with a fish fry to follow if the run is strong, of course!), and building items such as bat houses and picnic tables. Some projects will require skill-building. Chase is currently coordinating with Mitchell Eshkakogan in the Lands, Resources, and Environment Department to hopefully get the group some training on how to properly work with the fish eggs for their stocking project. Additionally, the group has an interest in working with Wayne Southwind and Leroy Bennett to participate in cultural practices like teachings and sweat lodge. They have reached out to the Grandmas and Aunties group to help them with an Anishinaabe name for their group and service endeavours.



The Single Fathers Group – what they are called for now – continues to grow, with four additional men recently showing interest in joining. If you or someone you know is interested in learning more, reach out to Andrew Dagg, Mark Assinewe, or Chris Hobbs. We look forward to seeing how the group continues to evolve, both in their support to one another and to the Sagamok community. Miigwech to Andrew, Chris, and Mark for hosting a great weekend for the group, and for their ongoing support

Current Group members: Dakota Bennett, Russell Darwin Abitong, Vaughan Owl, Jeremy Owl, Chase Abitong, Gabriel Toulouse, Kevin McGregor, and Kenneth Holmes



STRENGTHENING POWER IN NORTHEAST ONTARIO THROUGH INDIGENOUS PARTNERSHIP *AN OVERVIEW OF THE NEPL AND NSL TRANSMISSION LINE PROJECTS*

As Northeast Ontario continues to grow, so does the demand for reliable electricity. To support homes, businesses, and industries across the region, Hydro One, a trusted operator of transmission infrastructure in northeast Ontario is moving forward with two major transmission projects: the Northeast Power Line (NEPL) and the North Shore Link (NSL). These projects are designed to strengthen the electricity system, improve reliability, and support long-term regional development—while working closely with Indigenous communities and local residents.

Northeast Power Line (NEPL)

The Northeast Power Line is a proposed new 200-kilometre, 500-kilovolt (kV) transmission line that will extend between Hanmer Transformer Station (TS) in Greater Sudbury and Mississagi TS near Wharncliffe, paralleling an existing Hydro One transmission line. Planning for this

project began in 2024, in collaboration with Indigenous communities. Here in Sagamok, two open houses were held to discuss the project, as well as the vegetation management during construction.

Rather than creating a new pathway, the new line will be built alongside the existing transmission line, within the same corridor. Both transformer stations will also be expanded and reconfigured to safely accommodate the new infrastructure.

Once completed, the Northeast Power Line is expected to:

- Improve the overall resiliency of the northern Ontario transmission network
- Support economic growth in northeast Ontario
- Increase opportunities for collaboration, capacity building and partnerships with local Indigenous communities
- Build stronger partnerships through local community investments

Environmental protection is a key part of this project. Hydro One has been conducting field studies along the corridor, including archaeological and natural heritage surveys. The environmental process for this project has involved the completion of several technical studies as well as engagement with Indigenous communities, government agencies, interest groups and community members. The findings from these studies will be compiled into an Environmental Report, which will be published for a 45-day public review period and is expected to be submitted in spring 2026.

Approval from the Ontario Energy Board is anticipated by spring 2027, construction would begin shortly after, and the line is expected to be in service by 2029.

An important aspect of the NEPL project is Hydro One's First Nation Equity Partnership Model, which offers participating First Nations a 50% ownership stake in the transmission line component. Through Waasmoowin Energy Inc.—a First Nations-owned corporation formed in partnership with Wahnapiatae First Nation, Atikameksheng

Anishnawbek, Whitefish River First Nation, Sagamok Anishnawbek, Serpent River First Nation, Mississagi First Nation, Thessalon First Nation, and Batchewana First Nation—these Nations hold equity in major transmission projects alongside Hydro One, delivering economic benefits, local employment, and environmental protection. The Waasmoowin Opportunities and Consultation Council (WOCC) further supports this work by integrating Indigenous knowledge into the North Shore Link and Northeast Powerline projects and advancing training, procurement opportunities, and stewardship of traditional lands.

The Waasmoowin Opportunities and Consultation Council (WOCC) is comprised of:

- Board of Directors
- Council of Elders
- Project Team, including:
 - Project Manager
 - Finance Lead
 - Administrative Lead
 - Employment, Training, and Procurement Specialist
- Environmental and Archaeological Advisors
- Engineering, Procurement, and Contracting Advisor
- Legal Advisor

The Waasmoowin governance structure includes several specialized committees that support project oversight and decision-making. The First Nation Environmental Committee focuses on all environmental and archaeological activities, while the Technical Advisory Committee provides guidance on alternative routing options for the North Shore Link (NSL). In addition, the First Nation Economic Development Committee concentrates on procurement

and contracting activities to advance economic opportunities for participating First Nations.

KEY DATES AT A GLANCE (NEPL)

This information comes from the Hydro One website:

March 2024: Announcement of the updated environmental requirements. Community open house #1: Introduction of project and presentation of route.

Fall 2025: Complete field studies. Community open house #2.

Feb 2-Mar 19, 2026: Draft Environmental Report public review period

Spring 2026: Submit Final Environmental Report and Leave to Construct

Spring 2027: Approval from Ontario Energy Board (Leave to Construct approval)

2027: Construction Start

2029: Proposed line in-service

North Shore Link (NSL)

The North Shore Link is another major transmission project designed to strengthen electricity reliability along the North Shore. It involves a new double-circuit, 230-kilovolt transmission line connecting Mississagi Transformer Station (TS) located near Wharncliffe and Third Line TS located in Sault Ste. Marie. Additional upgrades are also planned at Mississagi TS and Algoma TS, located east of Algoma Mills, to support system operations.

In July 2024, Hydro One began a Class Environmental Assessment (EA) for the NSL project. This process carefully examines potential environmental, social, cultural, and economic effects before construction begins.

As part of the EA, multiple route options were studied and compared. Each option was evaluated equally based on:

- Natural environment
- Socio-economic considerations
- Indigenous culture, values, and land use
- Technical and cost factors

Following this evaluation, Route Segments 1D and 3B (with a small modification near Sault Ste. Marie) were selected as the preferred route. This option best balances technical needs while minimizing impacts on communities and the environment.

The Class Environmental Assessment is expected to be completed by fall 2026. If approved, construction could begin in 2027, with the line becoming operational by 2029.

Looking Ahead

Together, the NEPL and NSL projects represent important investments in the future of Northeastern Ontario. By strengthening the transmission system, supporting economic growth, and prioritizing environmental protection and meaningful engagement, these projects aim to deliver reliable power while building strong partnerships with communities across the region.

Hydro One encourages community members to stay informed, attend open houses, and share their questions and feedback as planning continues.

Upcoming Community Event

Community members are invited to attend an upcoming information session where the environmental and archaeological assessments completed for the project will

be discussed, along with key findings and results. Pre-registration required.

To confirm your participation, please email Nikitha Jithu at Jithu_nikitha@sagamok.ca or call/text her at 705-863-0566.

March 6, 2026 from 4:00PM to 8:00PM at the Millenium Centre.

This event will provide an opportunity to learn more about the studies conducted, view project information, and ask questions directly to the project team.

KEY DATES AT A GLANCE (NSL)

This information comes from the Hydro One website:

July 2024: Notice of Commencement

Summer/Fall 2024: Environmental surveys and evaluation of alternative routes

Winter 2024/2025: Ongoing evaluation of alternative routes

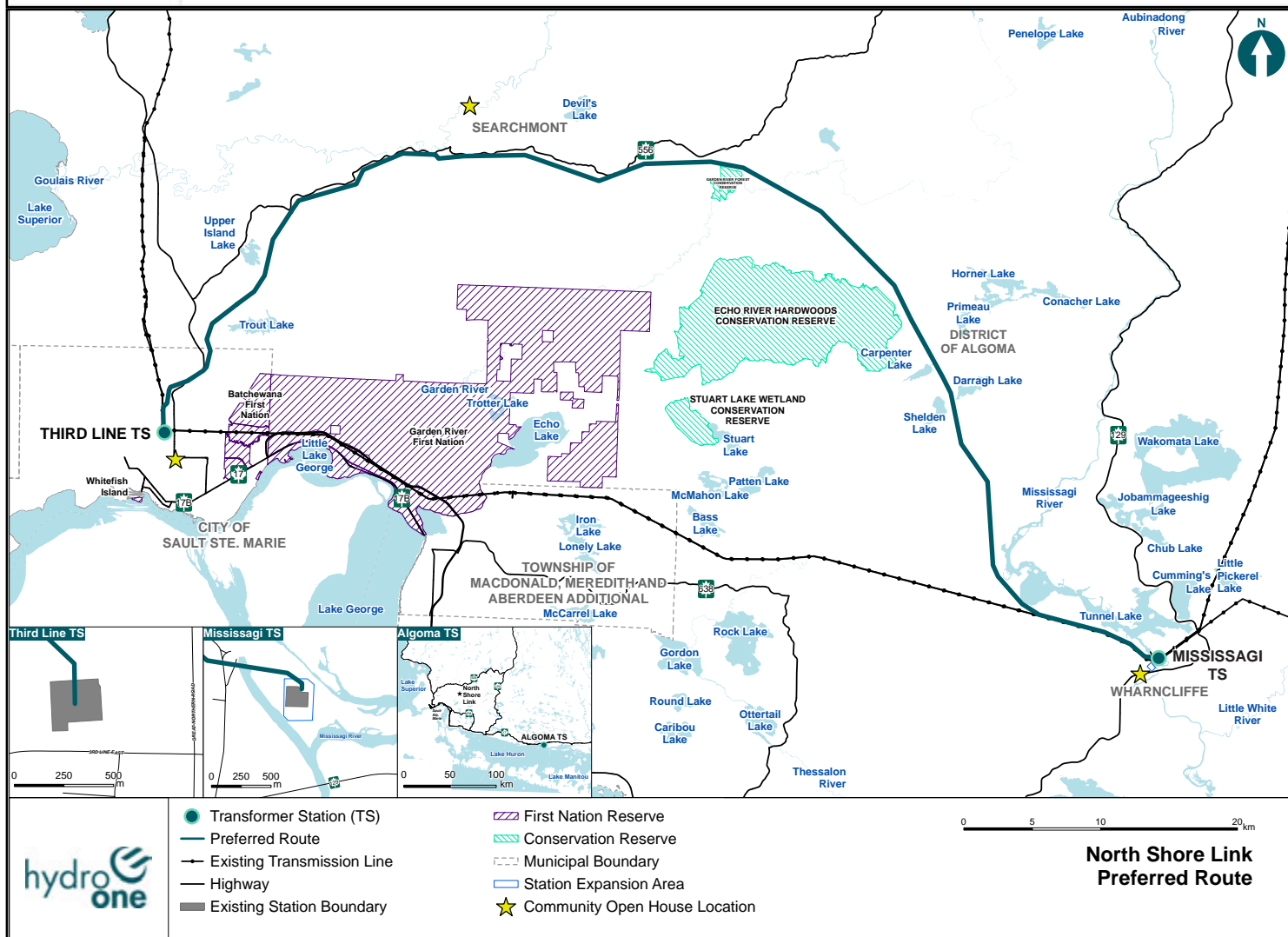
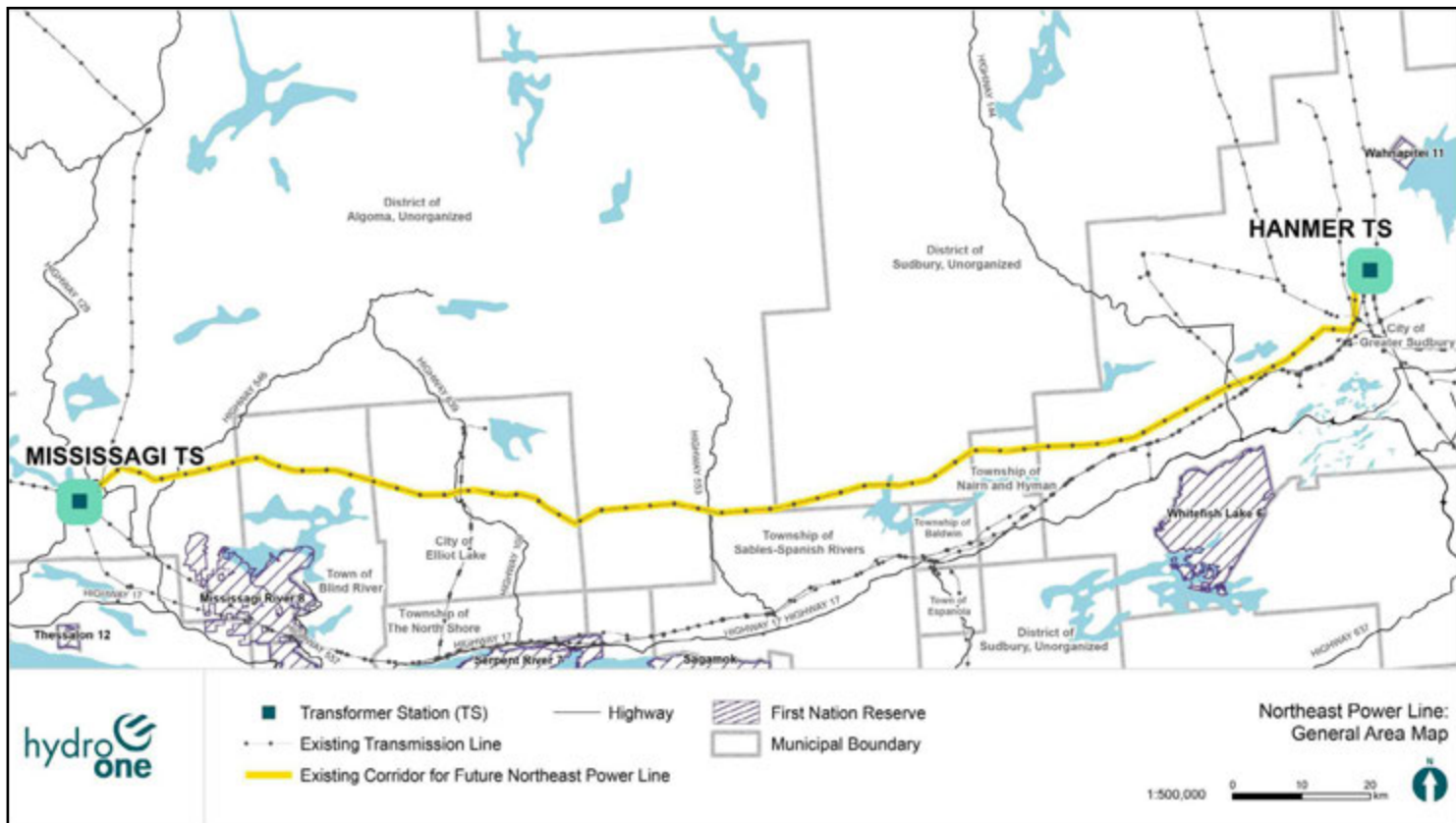
Spring 2025: Selection of preferred route

Summer 2025/2026: Environmental surveys and assessment of preferred route

Fall 2026: Completion of environmental assessment

2027: Construction begins

2029: Proposed line in-service



TRADITIONAL TEA-MAKING GODFREY SHAWANDA SHARES KNOWLEDGE AND TEACHINGS WITH SAGAMOK

Traditional Tea Making and medicine teaching were offered at Saswin on January 23, 2026. Godfrey Shawanda, a Traditional Healer, and Courtney Kurek, his helper, shared knowledge on various medicines and their healing properties, along with a demonstration on the preparation of traditional teas and their health benefits. This event was part of a 3-day Traditional Healing session organized by Wayne Southwind and was facilitated by Bernadette Southwind, Sagamok's Cultural Workers. Godfrey and Courtney visit Sagamok every couple of months, so if you missed them this time, watch for upcoming events on the Sagamok Anishnawbek website and in our Newsletters. The session was opened in a good way with traditional prayer and smudge offered for all gathered. As most good conversations happen around the kitchen table, the traditional tea making session was held in Saswin's kitchen, offering a casual space to talk, listen, learn, sample, and observe – the full complement of senses engaged. Attendees gathered around the large kitchen island for an intimate conversation, whereby Godfrey shared his knowledge. This included stories of his past, how he came to find himself in his current role as a 'medicine man', where he learned about plants, traditional medicines, and their uses for improved health and wellness. Some of these ingredients and steeping methods were demonstrated to make tea for all attendees to sample. Godfrey discussed various teas that Anishinaabe people have consumed (cedar, labrador, juniper, and chamomile) since time immemorial, where and when to harvest natural ingredients used to make them, and the importance of honouring our past, our ancestors, and our traditions.

Godfrey went on to say, "I don't look for compensation when I share my medicines or knowledge. Sometimes a glass of water is my payment. Creator will give me something later as compensation; we don't always need [to receive] something; sometimes we just need to give from the heart," he professed. From here, Godfrey went on to speak about humility, one of the Seven Grandfather Teachings, and the importance of this teaching. "Traditional Healer" is a title that sometimes goes to people's heads, he commented, but this is not his practice. "I am a healer and I work for Creator, my responsibility lays with Creator. Serving as a healer is 365 days a year. When I am called upon, I must respond." He continued, "I don't have all of the answers. We are all here together today and we all know different things, and we learn from each other." He relayed how he has difficulty calling himself 'a healer' and prefers to just call himself 'Anishinaabe.' He spoke about Elders being any age; it does not mean senior citizens, but rather someone who holds knowledge.

From his own experiences, Godfrey described how when everything comes together it all interlocks and we see the full picture; how it is meant to unfold and be used as teaching/learning tools in our lives. We just need to be open to it. He shared that his past included working with people with drug and alcohol addictions and mental health conditions as a counsellor working in schools. About his current role, he added, "It's not about being a healer, it's about trying to help." Godfrey also cautioned that the community should have protective protocols in place regarding medicine, its uses, and who administers/advises on it. He also warned attendees that 'a healer' may prescribe medicines or remedies, but they may not be aware of your personal allergies, and the ingredients may not work for



you. Be careful that you know the healer has made the medicine themselves and where the ingredients have come from; local to your own environment being the best. “The medicine grows right here in front of us,” he supplied, “but sometimes we are in a rush to heal instead of taking the time to listen to our body first and figure things out.” He stressed the importance of using your mind, heart, and spirit, along with offering an intention/prayer to figure out what might be ailing you. It is our center, our core, that can align us with what we need to bring about balance and wellness.

Wearing his medicine pouch, Godfrey spoke primarily in Anishinaabemowin throughout his teachings. He said he uses (teaches) ‘the language’ whenever he can because he feels this is the foundation to the rest - our understanding of the land, Anishinaabe ways, and of ourselves. His recommendation is to learn a word a day! Keep building and building, little by little, and over time, you will be speaking the language. The medicines, the language, the healing abilities/knowledge Godfrey holds are all part of ‘his bundle’. Godfrey used a lot of humour throughout the event, sharing jokes, stories, and funny quips in Anishinaabemowin with his inquisitive guests, who widely ranged in age and stage of life.

In the background, large kettles of water were boiling on the stove. One of the day’s teas was chamomile. A bag of harvested, preserved flowers and ingredients circled the room for everyone to look at and smell.



Some key ingredients used in traditional teas are: poplar buds, red willow, cedar, pine/spruce gum, beeswax, sage, (in language when Bernadette provides) and more. “You learn as you cook”, Godfrey spoke, “and it’s the same with medicine. When you prepare it, it’s like aromatherapy.” There is as much benefit in the cooking stage as there is in drinking the tea. He went on to suggest that we pray as we cook. “Praying when you are cooking is good because you are providing nourishment for the people you love,” Godfrey shared. “So put your best intentions into the meals you are preparing so you feed your loved ones with all of those healthy, good intentions.”

Aniibiishike; Godfrey showed everyone how to make a large tea bag (for many cups) from a coffee filter and piece of string to secure it once tea leaves were added. Aniibiishaaboo was sampled and its flavours savoured. The group sipped chamomile tea while Godfrey explained its calming attributes -- great for destressing and consuming before going to sleep; it can help heal mild stomach ailments and heartburn.

Godfrey and Courtney gave a container of salve to each attendee, reciting ingredients involving the ‘7 pine medicines’: white spruce, black spruce, red pine, white pine, jack pine, balsam, and tamarack. They advised that only tamaracks need to be harvested in the summer (it drops its needles otherwise), and that you can harvest tamarack needles and freeze until use. To make this salve, Godfrey listed some of the basic ingredients he used: plantain, a base such as bear fat or tender flake, olive oil, poplar buds, and beeswax to solidify the mixture as it cooks. Pine gum enters the mixture through the branches/needles used. The salve is good for sprains, injuries, arthritis, or massage into an area that is strained/



sore. Godfrey learned about all of this, and how to identify the 7 different trees from an Elder in Birch Island. He cautioned that you should always be aware of what ingredients are used and what you are potentially using/consuming.

Godfrey opened and closed the session with this thought to ponder: What do you think of when you hear the word medicine? It is good to know how to identify plants and the ailments they serve, but also the side effects and interactions with allergies or other medications you might use. As a precautionary note, Godfrey suggested that, prior to use, you should use caution with traditional plants and medicines and seek knowledge from a reliable source until you know more about them. "We are all given this medicine," Godfrey acknowledged. "Creator has put it here for all of us to use and benefit from for healing, restoring, and maintaining health and wellness." He humbly exclaimed to all that he is merely 'a helper; a vessel' to share this knowledge with anyone who wants to learn about it, and trust in it. Miigwech, Godfrey and Courtney, for sharing this valuable knowledge with us over a cup of tea (or two).

A poster for a community survey about invasive species. The background is a dark, close-up photograph of tall grass. The text is white and green. At the top, 'Sagamok' is in large white letters, followed by 'Invasive Species' in green and white. Below that is '—COMMUNITY SURVEY—' in white. In the center is a QR code inside a white rounded square, flanked by two green leafy branches. Below the QR code is a green box with white text asking for help in protecting the environment. At the bottom is the website 'www.SagamokAnishnawbek.com' in white.

Sagamok

Invasive Species

—COMMUNITY SURVEY—

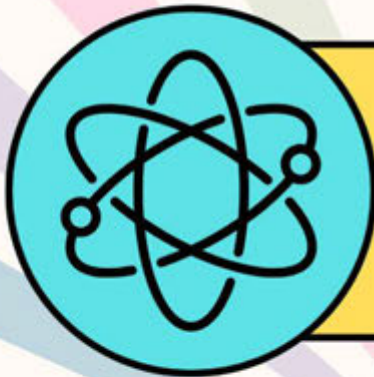


Let us know whether you've seen any invasive species in the community so that we can better protect our environment.

www.SagamokAnishnawbek.com

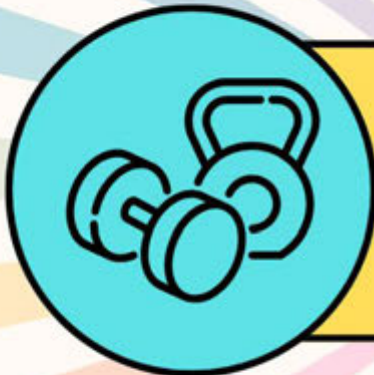
YOUTH CENTRE

A Place to Learn, Move, and Create



STEM Activities

Science, Technology, Engineering, Math
Hands-on projects and problem solving
WEDNESDAYS



Dryland Training

Fitness, Agility, Strength
Movement and conditioning
TUESDAYS & THURSDAYS



Drum Group

Teamwork, Rhythm
Learning to play together
MONDAYS

Brent Nashkawa

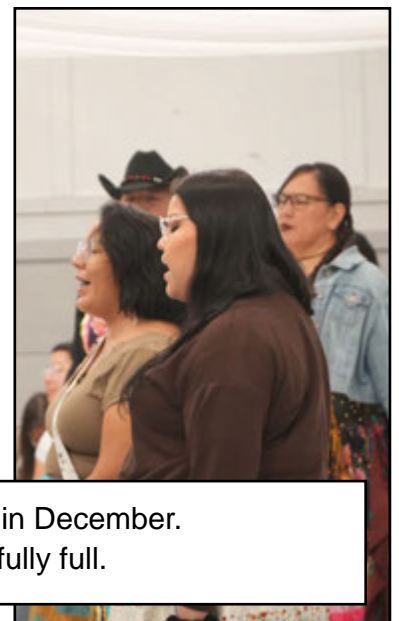
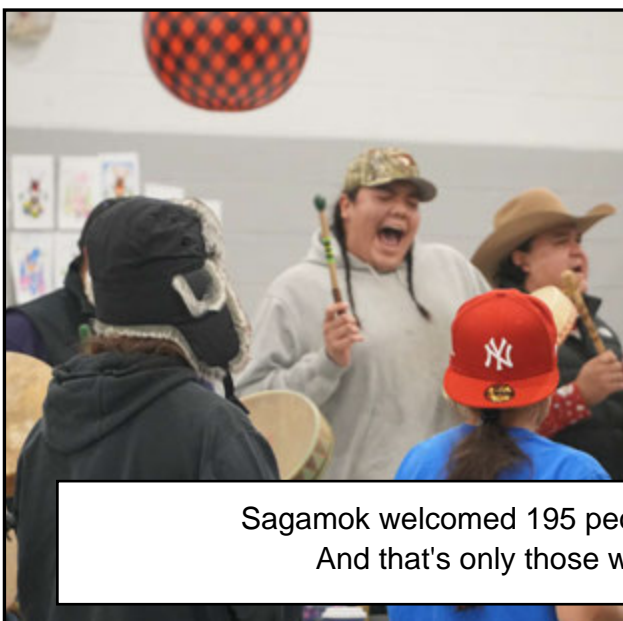
705-863-0572

nashkawa_brent@sagamok.ca

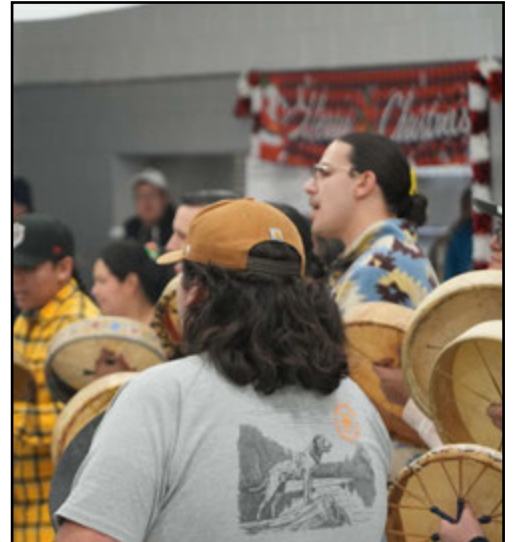
MON-FRI
4PM-9PM



Memorial Round Dance



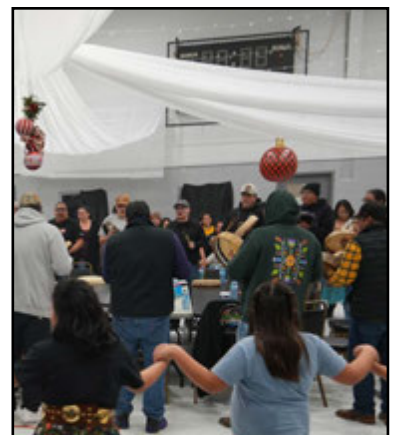
Sagamok welcomed 195 people to the Memorial Round Dance in December. And that's only those who signed in! The MEC was beautifully full.



Our invited singers were Dion Syrette, Rodney Stanger, Brock Lewis, Missheen Shawanda, Dan Isaac, Jordan Mowat, Jose McCauley, and Darren Nakogee.
An additional 22 male and 6 female singers participated. That's 36 singers total!



Miigwech to Darren McGregor for all of his support in bringing a Memorial Round Dance to Sagamok for the first time. Miigwech to our Pipeman/Stickman, Mr. Harvey Dreaver, and to our very funny MC "John" Meeg Snache.



People travelled from near and far, including: Wiikwemkoong, Serpent River, M'Chigeeng, Rama, North Bay, Walpole Island, AOK, London, Batchewana, Neyaashiinigmiing (Saugeen Area), Temiskaming, Blind River, Sudbury, Attawapiskat, and Moose Cree!



Employee Spotlight



Bradley Trudeau *Radio Show Host & Webmaster*

If you've tuned in to Sagamok's Radio Show, *Bimaadiziwin Radio: The Sagamok Hour*, over the past several months, you've already heard the voice and work of Bradley Trudeau. Behind the mic and behind the scenes, Bradley brings a strong mix of creativity and technical skill to everything he does.

Since last spring, Bradley has been hosting and engineering *The Sagamok Hour*. Each episode is one hour of pre-recorded content that airs live on 94.1 Moose FM and is uploaded to Sagamok's website for later listening. Bradley has developed a unique structure for the show, combining community announcements and good news stories with interviews, dramatic storytelling, and music. Each episode features a different First Nations artist, as well as opening and closing drum songs from Sagamok's own Young Warriors. Music is one of Bradley's strong points on the show; the first 10 episodes have showcased a wide range of genres, from Mi'kmaq fiddle to country and emotional punk vocalists – all talented Indigenous musicians. Bradley is also bravely sharing his own journey towards learning Anishinaabemowin on-air, as he includes a word/phrase of the show and punctuates other segments with vocabulary wherever he can. To date, our partners at VISTA Radio have been nothing but enthusiastic and impressed with the content and the quality of each episode Bradley has put together.

Before joining Sagamok's IT & Communications Department, Bradley built an impressive career in film and television production. He worked for several years as a Digital Image Technician, a role that focuses on camera systems, image quality, and technical problem-solving on set. Before that, he worked as a Second Assistant Camera, where he managed equipment, handled paperwork like call sheets and time sheets, and helped keep filming days running smoothly.

Bradley's film work took him across the country. He worked on projects in Toronto and Sudbury most often but also spent time on sets in Vancouver and Halifax. Film contracts can last anywhere from five weeks to three months, making the work fast paced and ever-changing. Alongside film production, Bradley stayed connected to community-based creative work. For about seven or eight years, he worked with a community group called Aanmitaagzi. There, he created videos for live performances, grant proposals, and highlight reels. This work allowed him to blend professional skills with projects that supported community storytelling and culture.



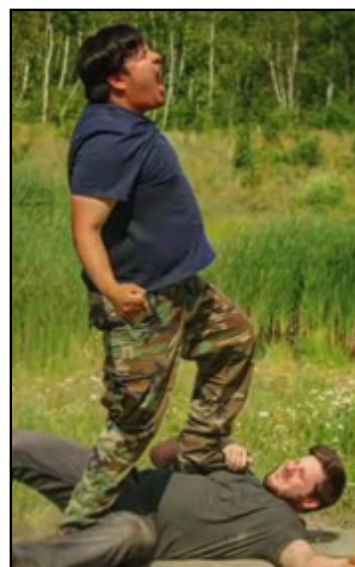
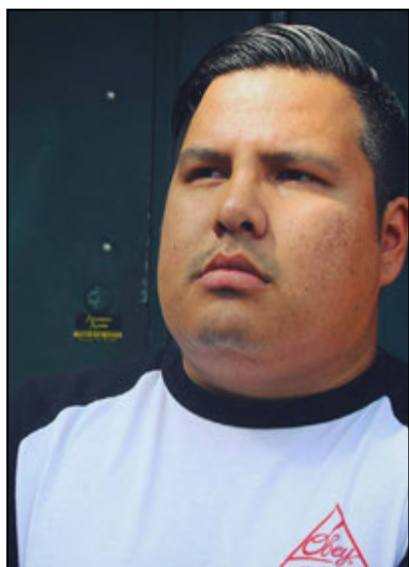
Bradley's interest in creative media started early. He attended Canadore College, where he completed programs in broadcasting and video production, followed by digital cinematography. In total, he spent about four years in post-secondary education. He went to college right after high school, took a short break to support family, and then returned to complete his studies. Growing up, Bradley was inspired by his older cousins, Pierce, Palmer, and Pierre. "They were a creative bunch," shares Bradley. "They would make short films and stunt videos. I was that little cousin who would follow them around." Watching them experiment with cameras and storytelling sparked his interest and helped him see that creative work could be exciting and meaningful. That early exposure pushed him to follow his own path in film and media.

Like many people entering the film industry, Bradley says his first jobs were eye-opening. He learned quickly that film sets are highly structured, with clear roles and expectations. When he moved into the camera department, he found it demanding and disciplined, but also deeply educational. Over time, he built a strong knowledge of cameras, lenses, lighting, and filters. Bradley has also appeared on screen! He had acting roles in projects such as *Indian Horse* and *Letterkenny*, where he played the supporting character, "Axe" in all twelve seasons. In *Letterkenny*, Bradley worked both in front of the camera and behind the scenes as a Digital Image Technician, and he was later called back by the same Director to help with a new television project that will air sometime in 2026.

Bradley's path is an inspirational one to all those, especially youth, who want to earn a living as a creative person. It has taken a commitment to his education and some patience waiting to break into a tough industry, but it has all paid off, especially now that Bradley can bring his professional skills back home to Sagamok. His creative and technical skills will now be applied beyond the radio show as his role is growing to include website and video production responsibilities.

Outside of work, Bradley spends most of his time at home with his children. As they grow more independent, he hopes to return to creative writing and continue telling stories in new ways. We're excited to spotlight Bradley and look forward to seeing how his work on the radio show and as a strong contributor to the IT & Communications Department continues to develop.

The next episode of *Bimaadiziwin Radio: The Sagamok Hour* will air on Sunday, March 1 at 11:00AM. You can tune in live to CKNR 94.1 or listen to any of our past shows on the Sagamok website.



SAGAMOK WILDLIFE TRACKING!

Submitted by: Chevaun Toulouse, Environment and Climate Change Coordinator in Sagamok's Lands, Resources, and Environment Department

In 2024, Sagamok received funding for our bat project. Part of the project involved installing a permanent MOTUS tower in the community to collect bat migration data. A MOTUS tower is a specialized, stationary radio telemetry receiver that detects signals from small, lightweight “nanotags” attached to birds, bats, and insects to track their movements and migration patterns in real-time. As part of the global [Motus Wildlife Tracking System](#) network, these towers allow researchers to monitor migration routes, habitat use, and stopover times for species too small for satellite tracking.

The Sagamok Toulouse Tower is located near the old Toulouse gas station and collects data on any tagged bird, bat or insect that flies within 2km of the tower. In 2025, Sagamok added another permanent MOTUS tower to the Fort LaCloche office. This tower is able to collect data on critters travelling across Lake Huron and beyond.

To fully understand how wildlife travels between our communities, Sagamok partnered with Serpent River, Sheshegwaning, and Sheguiandah to setup MOTUS towers. These towers are now fully setup and will show how wildlife travels between communities on the island and to the mainland Sagamok. We are hoping to add more MOTUS towers to the west end of the community to gain even more knowledge on how we share our landscape with wildlife. Feel free to check out Sagamok's MOTUS dashboard anytime to see what wildlife is flying over Sagamok! A QR code is included on the next page.

MOTUS is a diverse, networked community of researchers, practitioners, companies, organizations and people working cooperatively towards shared science and conservation objectives. Everyone is welcome to support and participate in its mission. Explore the many ways to get involved. MOTUS can be used to study the movement and behaviour of birds, bats, and large insects at multiple spatio-temporal scales. Each MOTUS station increases the scale across which tagged animals can be tracked, and the scope of potential animals and regions that can support research. Incorporate MOTUS into your outreach, outdoor education, or classroom activities to build knowledge about movement, behaviour, and conservation of birds and other wildlife. MOTUS towers are used to gather data for conservation and scientific research:

- **Migration Tracking:** Monitoring, for example, the 3-day journey of a wood thrush from Costa Rica to a Tennessee stopover.
- **Species Conservation:** Tracking at-risk species like shorebirds or identifying stopover locations for small birds like snow buntings.
- **Habitat Use Analysis:** Understanding how birds, bats, or large insects utilize specific landscapes or protected areas.
- **Long-Distance Monitoring:** Detecting tagged animals across vast, international networks, with antennas able to pick up signals within 15–20 kilometres.
- **Citizen Science:** Engaging with local wildlife by hosting or monitoring towers at zoos, parks, and conservation areas.

We are excited to continue expanding Sagamok's wildlife tracking through our MOTUS towers, and we encourage community members to visit Sagamok's MOTUS dashboard to learn more about the creatures we share the land with! This project was made possible by Sagamok Lands, Resource, and Environment Department, Birds Canada for funding and equipment, and Myotistar (Derek Morningstar) for helping to install the towers.



**SAGAMOK
ANISHNAWBEK**



Motus

M I G R A T I O N

Chibimoodaywin

MOTUS PROJECT

Sagamok Anishnawbek First Nation Bat Tracking

Scan the QR Code to learn about the project and tagged Sagamok bats.

Check out the MOTUS towers during migration—any tagged bat, bird or bug that flies within 2km of the tower will register!

There are many First Nation communities that are getting involved in MOTUS! Check out the world map at the link below and see which First Nation community near you has a MOTUS tower.

<https://motus.org/dashboard>



The **Sagamok Toulouse Tower** was installed in 2024 and already has some interesting results. The other towers were setup after migration in late fall, so make sure to **check back for new data this spring!**

Opportunities, Events, and Programs



Debajehmujig Storytellers Presents
Dream Catchers
"Listen to Your Dreams"

FEBRUARY 19 | 2:00PM
43 Queens St | Manitowaning
10 Spaces Available

Susan | sonnenburg_susan@sagamok.ca

Registration Required

Adult Parka Making
With Tracy Toulouse


Group 1: February 17-19
Group 2: February 20-22

10AM-3PM Each Day, Friday 6AM-9PM

Registration Required—Limit 12 Per Group
Dulcie Bob | 705-863-0703



STARTS
FEB 4



New Animal Wellness Group

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

CWD CHILI & CHAT
EVERY THURSDAY

BEGINS FEBRUARY 26
12:00PM-2:00PM
COMMUNITY WELLNESS DEPARTMENT
(Large Resource Room)

ENJOY GOOD FOOD AND COMPANY
RELAX AND MINGLE!

TO REGISTER, CONTACT:
CHERYLE AT 705-863-0161

REGISTRATION REQUIRED



DANCE CLASSES
WITH ALANNAH HOBBS

BEGINS FEBRUARY 17
New Community Hall

- All Abilities | 4:00pm - 4:30pm
- Acro | 4:30pm - 5:15pm
- Hip Hop/Street Dance | 5:15pm - 6:00pm

TO REGISTER, CONTACT:
JONES_DARIAN@SAGAMOK.CA 705-862-0759
SOUTHWIND_DEANNA@SAGAMOK.CA 705-863-2657

REGISTRATION REQUIRED



Sagamok Invasive Species
WORKSHOP

February 27 | 10:30AM - 3:00PM
Multi-Educational Centre

toulouse_chevaun@sagamok.ca



Bring your sweetheart and enjoy a Roast Beef
Dinner, Music and Fun Games

Valentine's Day Dinner

FEB 14 5:00PM-7:00PM
Multi-Educational Centre

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

Susan | sonnenburg_susan@sagamok.ca
705-863-2838

youth wellness hubs
ONTARIO

Logo Contest
AGES 12-25

DEADLINE FRIDAY, FEBRUARY 27

Details at www.SagamokAnishnawbek.com



Opportunities, Events, and Programs



**Daddy & Me
Self-Health Spa Day**
FEBRUARY 22 | 12:00PM - 2:00PM
LifeLong Learning Centre
Relaxation and Family Time
Contact Natasha to Register
bourgeois_natasha@sagamok.ca
705-863-0554

**DREAM CATCHER TEACHING AND
DREAM CATCHER MAKING**
with Bernadette Southwind
FEBRUARY 18 | 6:00PM - 8:00PM
SASWIN
Transportation Available
Deanna Southwind | 705-863-2657 | southwind_deanna@sagamok.ca
Darian Jones | 705-863-0759 | jones_darian@sagamok.ca



**Therapeutic Earring
Beading Program**
FEBRUARY 16 | 5-7PM
Lifelong Learning Centre
Registration Required!
Contact Natasha:
bourgeois_natasha@sagamok.ca
705-863-0554


**FAMILY
ADVENTURE NIGHT**
February 26 | 5-7PM | Biidaaban
sonnenburg_stephanie@sagamok.ca

**ANNUAL
SAGAMOK FAMILY
HOCKEY TOURNAMENT**
FRIDAY, MARCH 6 | 5PM
Massey Arena
**CARING & GIVING OF YOUR TIME,
CAN HELP MAKE A DIFFERENCE
IN THE LIVES OF OTHERS**
Contact Warren Owl via facebook Messenger



**Mommy & Me
Self-Health Spa Day**
FEBRUARY 8 | 12:00PM - 2:00PM
LifeLong Learning Centre
*Enjoy an afternoon of relaxation
and bonding time.*
Contact Natasha to Register
bourgeois_natasha@sagamok.ca
705-863-0554

**MULTI - SPORTS
PERFORMANCE PROGRAM**
EVERY TUESDAY AND
THURSDAY
5:00pm - 6:30pm
Begins February 10, 2026
To register, contact Jordan Culmer:
culmer_jordan@sagamok.ca



Community Service Hours Opportunity
MASSEY WINTER CARNIVAL
FEB 20-22
Assistance is required with the hockey tournament and various other events held at the carnival.
Warren Owl | Facebook Messenger

Opportunities, Events, and Programs



Scrapbooking Club

FEB 9, MAR 2 & 23
5-7PM | Lifelong Learning Centre
Natasha Southwind | 705-863-0554

Shawls & Accessories

Sewing with Sophie

FEBRUARY 10, 17, & 24
5:30PM - 8:30PM | Lifelong Learning Centre
Susan Sonnenburg | 705-863-2838

Shrove Tuesday

PANCAKE SUPPER

FEBRUARY 17 | 4PM
St. Raphael Church Rectory

\$10.00/Plate

Marie Toulouse | 705-207-7860

MAKE YOUR OWN SMUDGE KIT

TWO DATES AVAILABLE
FEBRUARY 23 & MARCH 2
6:00PM - 8:00PM
LIFELONG LEARNING CENTRE

DEANNA | 705-863-2657 | SOUTHWIND_DEANNA@SAGAMOK.CA
DARIAN | 705-863-0759 | JONES_DARIAN@SAGAMOK.CA

REGISTRATION REQUIRED

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

Women's Wellness

Healthy Living Program for Women 18+

EVERY TUESDAY IN FEBRUARY
5:00PM - 7:30PM
COMMUNITY WELLNESS DEPARTMENT
(LARGE RESOURCE ROOM)

- Meals provided
- Goal Setting
- Connect with Others

Register with Marilyn
705-865-2721
jones_marilyn@sagamok.ca

Parent and Child MOCCASIN MAKING

with Donna Southwind
Lifelong Learning Centre
February 28 | 10-3

LOOKING FOR 5 PARENTS AND 5 CHILDREN
Contact Deanna to Register | 705-863-2657

Registration Required

Career Presentations

01

Where: LLC

ZEI

Z'gamok Enterprises Inc. is a 100% Sagamok Anishnawbek-owned corporation focusing on maximizing economic development opportunities in the resource sector and related construction services within the traditional lands.

Vale

In Canada, Vale employs approximately 6,000 people at sites in Manitoba, Ontario, and Newfoundland and Labrador. We are focused on developing our people and our workforce to build a truly inclusive and diverse workforce, where differences matter.

02

When: February 19th

03

EHS Students: 9:00am-12:00pm
Community Members: 1:00pm-3:00pm

Sagamok HR

Sagamok's continued growth means that human resources support is always in high demand. The HR team works alongside and guides Sagamok's management team as we strive to build talented teams and collaborate to address employer, management, and employee concerns effectively.

Opportunities, Events, and Programs



ADULT OUTING

10 ADULT (25-55) TICKETS

10 ELDER (55+) TICKETS

Transportation Available
for Up to 10 Participants

TRUDEAU_GAIL@SAGAMOK.CA



FREE Course

Safe Food Handlers Certification

Wednesday, February 25 | 9AM-4PM

Lifelong Learning Centre

Register Via Email:

LLLC_intake@sagamok.ca



FREE Elders Tax Clinic

Receive assistance with filing your taxes!

FEB 25 & MAR 5
9am-3pm | Eagle Lodge

sonnenburg_susan@sagamok.ca

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

HIRING — Multiple Positions
Sagamok Anishnawbek

Apply now at
www.Maamwesying.BambooHR.com/Careers

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

Safer Community

CRIME PREVENTION ENGAGEMENT SESSION

FEBRUARY 18 | 11:10-11:55AM
Espanola High School - Room A124

More Information:
www.SagamokAnishnawbek.com



CONTACT:

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newsletter@sagamok.ca