



SAGAMOK ANISHNAWBEK

NEWS 

Naabdin Giizis

Crusting of the Snow Moon | March 2026



SPRING FLOODING ADVISORY



March 20, 2026

Happy First Day of Spring!

Now that this season is upon us, please be aware that **flood season is coming** and stay tuned to Sagamok's Channels for updates. To be proactive, ensure you have adequate **food, medications, and other essential supplies** in the event the access road is compromised for a period of time due to high water. Early planning can help avoid emergencies as the water levels rise.

COMMUNITY REMINDER

New Animal Control Effective January 1st

Stray or nuisance dogs must be reported directly to the Rainbow District Animal Services by calling 1-800-836-6661



HALF LOAD NOTICE

As of **March 1st**, half load restrictions are in effect in Sagamok Anishnawbek.



Vehicle weight is restricted to 5 tonnes per axel.

We appreciate your cooperation in protecting our roads!



NEW on the Members Portal

- **Feb 6, 2026** - Sagamok Settlement Trust: Quarterly Investment Report
- **Feb 17, 2026** - Trust Policy Development Survey
- **Feb 26, 2026** - 2025 Council Meeting Minutes
- **Mar 11, 2026** - NEW Message from the Chief's Desk on RHT Legal Fees

www.SagamokAnishnawbek.com/log-in

Land Consultations

Currently Available for Review, Questions, & Comments



- **Wisner-Bowell Exploration Permit** | Deadline Mar 26, 2026
- **Rintala Quarry Project** | Deadline Apr 1, 2026
- **Wavy Trail Pit Quarry Project** | Deadline Apr 1, 2026
- **Power Line to Crean Hill Mine Project** | Deadline Apr 1, 2026

www.SagamokAnishnawbek.com/Claims-and-Negotiations-Consultations

Trapline Inquiry for HydroOne Route

Trappers whose traplines are located along the Hydro One route may be eligible for **potential benefits**.



Please contact Nikitha Jithu and provide your information:
705-863-0566 | jithu_nikitha@sagamok.ca



Shki Waase-Aaban
Binoojiinh Gamik

PROFESSIONAL DEVELOPMENT

DAYCARE WILL BE CLOSED

MARCH 25 – 27, 2026

For questions or details contact:
Rachel Toulouse, Daycare Manager
705-865-1180.



Several cameras and speed monitoring devices in the Community have been damaged over the past six months.

These incidents have been reported to APS, and we are **seeking any information** on who might be responsible for the damage.

Contact APS or CrimeStoppers.

CALL FOR VOLUNTEERS:

Community Safety Working Group



Our community is coming together to strengthen safety, build trust, and support one another — and **we need your voice.**

Interested? Contact Barry at **705-863-0620**.

CYBER-BULLYING

36% of Indigenous youth between the ages of 12-17 experience cyberbullying. Learn to recognize the signs:

- Behavioural changes
- Device secrecy
- Avoidance of school
- Unexplained physical symptoms
- Changes in online behaviour



More Information:
www.SagamokAnishnawbek.com

FITNESS CENTRE COMMUNITY VOTING

For the Name & Logo Contest

DEADLINE FRIDAY, MARCH 27

Survey Monkey Link Available Online:
www.SagamokAnishnawbek.com

FiTMao-280 Body Composition Analyzer

**HELP MANAGE
 YOUR HEALTH!**

- ▶ 8 Contact Electrodes
- ▶ More than 40 Professional Scans
- ▶ Fitness Management System
- ▶ and MORE!



Sagamok Fitness Centre

512 Cedar Street

Mon - Fri ▶ 9:00am - 10:00pm

New Proposed Sudbury Barrie Transmission Line

To meet Ontario's increasing long-term demand for electricity, Hydro One will invest in a **new priority transmission line** between Sudbury and Barrie.

More Information Online:
www.SagamokAnishnawbek.com



ONTARIO VETERINARY COLLEGE

Spay/Neuter & Wellness Clinics

SPRING **FALL**
 June 5-10 Oct 23-28

More Details:
www.SagamokAnishnawbek.com



Information purposes only;
 No booking at this time.

Bimaadiziwin Radio:

THE SAGAMOK HOUR

with Host Bradley Trudeau

**MARCH 22
 11AM - 12PM**

94.1 CKNR ELLIOT LAKE

CHI-MIIGWECH TO OUR SNOW DAY
DIG-OUT CREW!
*SAGAMONIANS' DEDICATION TO KEEPING OUR
COMMUNITY SAFE HAS NO LIMITS*



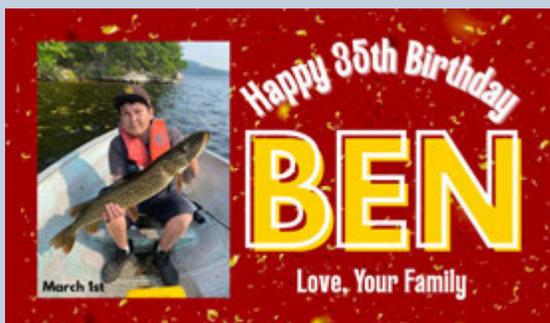
On Monday, March 16th, northeastern Ontario saw an extraordinary amount of snowfall – followed quickly by significant freezing rain. This hazardous weather closed Highway 17, preventing travel. While many in the region chose to wait out the storm (a fair choice – safety first!) Sagamok was lucky to have a group of staff and volunteers standing strong and working tirelessly through all hours of the day and night to stay on top of snow removal and road maintenance.

We would like to celebrate the “snowmageddon” dig-out crew:

Sadie Southwind, Barry Southwind, Christopher Owl, Toby Toulouse, Rusty Caibaiosai, Maurice Abitong, Jonathan Abitong, Dylan Johnson, Sheldon Toulouse, Andy Toulouse, Brown Southwind, Nathan Bennett, and many others for their dedication and effort.

Their work resulted in plowed roads, parking lots, and entrances. Sidewalks were dug out, and community facilities remained accessible. The community pooled together their own equipment and laboured under a common goal to support the wider community.

Miigwech to everyone who got involved and helped the community when it needed it the most!



VALENTINE'S DAY COMMUNITY DINNER



For an evening that blended family connection and laughter, Sagamok came together this holiday to celebrate with a Valentine's dinner. Hosted by Family and Community Support Services on February 14th, the dinner opened with a prayer from Wayne Southwind, setting a welcoming tone for the night. As reflected in the atmosphere, it was clear that many attendees greatly value one thing in particular during community gatherings: being together across generations. From Elders to parents and their children, the space was filled with much discussion and spirit.

Younger attendees were running around and socializing while families settled in at tables to share a meal with conversation. The Dinner itself highlighted Sagamok's hospitality, as I was encouraged by many to eat as I conducted my reporting. Tables filled with food; the sense of care and generosity was clear as attendees made a great effort to make everyone feel included.

Following the meal, the evening shifted into games designed to bring families together. The first activity paired parents or guardians with their children in a lighthearted trivia challenge. Questions centered around things like the child's "least favourite chore," to test how well the adult knows their family. The activity prompted many smiles and lots of playful teasing among family members. The second game focused on couples, specifically about daily habits and relationship quirks. Some of the questions included:

- "Does your spouse prefer you with, or without makeup?"
- "Finish this sentence: 'I wish my spouse would pay as much attention to me, as they do their...'"
- "Who spends more money, you or your spouse?"
- "Is your spouse more of a morning or night person?"

With an estimated attendance of about 50 people, the mood remained joyful and relaxed. The door prize added a palpable excitement to the attendees with the chance to win some prizes. The following winners all walked away with prizes: Ashton Owl, Ariana Recollet, Sawyer Sinobert, Mike Poitras, Shawnee Trudeau, and Jerney Owl. The door prize, a deluxe food sealer, was won by Mitzie Toulouse. Congratulations, everyone!

Social gatherings can reflect the importance of community within Sagamok, as they highlight the strengthened bond among families through activities. Centering on connection, it creates space for people to spend time with those they love. Although Valentine's Day is often portrayed as symbolically romantic, celebrations such as this can serve as a reminder of a broader sense of love such as family, friendship, and shared belonging.





**MASSEY RONA SUPPORTS SAGAMOK'S
LITTLE NHL WITH \$9,000 DONATION
ADDITIONAL FUNDS PLEDGED TOTAL \$30K FROM
COMMUNITY PARTNERS**

Sagamok will be well-represented at this year's Little NHL tournament in March thanks, in part, to a major contribution that supports the community's continued emphasis on sports for Sagamok youth and families.

Chief and Council recently accepted a \$9,000 donation from RONA, secured through the local store in Massey. The funding will help nine Sagamok teams attend the 2026 tournament, which takes place in Markham from March 15 to 19. The support will ease financial pressures on families by helping cover costs such as travel, meals, and accommodations. The donation will also support the "purchase of additional jerseys for new teams, team registration, [and] performance bonds," noted Michelle Toulouse, a member of the 3-person subcommittee that supports Sagamok's Little NHL teams.

According to Michelle, who serves alongside Marina Toulouse and Warren Owl, the donation reflects months of organized effort. The subcommittee began working last October, alongside team managers, to pursue larger sponsorships collectively rather than having individual teams fundraise on their own. This coordinated approach has already resulted in \$30,050.00 in pledged donations.



Chi-miigwech to the following organizations:

- Michelle Gervais of Gervais Consulting – \$5,000.
- Alain Bartleman, Partner at Fogler, Rubinoff LLP – \$1,500.
- Diane Corbiere of Nahwegahbow Corbiere – \$5,000.
- Chad Sonnenburg, Owner of RONA Sonnenburg Hardware Ltd / Massey - \$9,000.
- John Lees of Orbis - \$2,000.
- Chris Kirby of Tulloch Engineering - \$1,500.
- Katy Scharf of Magna Mining Inc. - \$750
- Dylan Roberts of KGHM International – \$1,800.
- Darrin Spence, Director of Indigenous Initiatives - \$1,500.
- Brad Richard of Wesco | Anixter - \$1,000.
- Derek Castonguay of Avenir Energy – \$1,000

This collective strategy ensures more equitable support across all Sagamok teams while reducing the burden on volunteers and families. It also strengthens relationships with long-standing partners who recognize the positive impact of youth sports in the community. For generations, participation in Little NHL has been a source of connection and opportunity for Indigenous youth. The tournament is more than a competition; it brings together communities from across the region in a shared framework of pride, mentorship, and physical activity. Countless Sagamonians have personal ties to Little NHL, including Chief Toulouse, who played in the tournament as a child.

Chief Toulouse expressed deep appreciation for the ongoing partnership with the Massey RONA team, especially Chad Sonnenberg. He acknowledges both the financial contribution and the strong relationship built over many years of collaboration with Sagamok.

As the teams prepare for the upcoming tournament, this new donation helps ensure that players and their families can focus on what matters most: representing their community, building new friendships, and creating lasting memories while continuing a proud tradition in Little NHL.

PIPE CEREMONY SENDS LITTLE NHL TEAMS TO THE TOURNAMENT IN A GOOD WAY

On Friday, March 13, a pipe ceremony was held at Biidaaban in honour of Sagamok's Little NHL teams. The ceremony was followed by a song on the drum from the Young Warriors. Then, the Little NHL players, led by Wayne Southwind, sat in a circle in the gymnasium to listen for advice and wisdom. Wayne first spoke to the many intricacies of the prayer they had just witnessed and explored themes relevant to the hockey players. He discussed the “dancing stars” on water ripples, symbolizing the importance of unity and, above all, respect – one of the Seven Grandfather teachings. Throughout his talk, Wayne repeatedly emphasized the intrinsic value of expressing oneself not only through sport but also through team unity. All listeners could see the parallels being drawn between the players and Sagamok as a whole. Finally, he reaffirmed the value of participating in collective community effort and left the students with a resonant message: remember to have fun and carry that spirit as a team both on and off the ice.





**SAGAMOK'S CFAU HOSTS
URBAN POWWOW IN SUDBURY
OVER 600 GATHER TO CELEBRATE THE THEME:
HONOURING OUR CHILDREN**

On February 28, Sagamok's Child and Family Advocacy Unit hosted an Urban Powwow in Sudbury. The theme was Honouring our Children. You could feel it the moment you walked through the doors. The building was alive with Anishinaabe spirit. The steady heartbeat of the drum filled the room, that deep, powerful rhythm that makes you feel like you're home, no matter where you are. Dancers stood ready in full regalia, colours moving like living stories. Vendors filled the room downstairs with handmade garments and traditional crafts, each piece carrying its own history. It was a powerful sight.

By gathering in Sudbury, we not only brought Anishinaabe culture into the heart of the city, but also lifted up the families, culture, and shared traditions we know are present in our urban centres. Juanita Skruibis, Director of Family and Community Support Services, shared that many members of Sagamok call Sudbury home, and the goal of the event was to bring those families together. She emphasized that community isn't limited to the boundaries of Sagamok First Nation—it exists wherever people build connections, including in Sudbury—and this gathering was a way to celebrate and include those community members. In particular, the goal was to provide Sagamok's children living in Sudbury, including those in care, with an opportunity to be immersed in Anishinaabe culture and surrounded by family, relatives, and strong role models.

As hoped, Sagamok families living in Sudbury, as well as from the community and other urban areas, were among those who gathered. But the guest list didn't end there – not by a long shot! Over 600 Anishinaabek attended the event, including children, youth, families, and Elders from neighbouring First Nations near and far...even from as far away as Alberta, Saskatchewan, Minnesota, and Michigan! Many people highlighted that the day was such a nice opportunity for visiting with friends, family, and relatives. Dana Lewis of Wiikwemkoong and Sagamok commented, "All my friends and family are here! I've never seen a Powwow

in the city like this, bringing people from so far away.” The Powwow’s great turnout and good energy served as a much-needed remedy to the mid-winter blues.

With 6 drum groups and over 250 registered dancers, the Radisson Hotel ballroom was absolutely vibrating during what can only be described as an epic Grand Entry! We caught up with Sagamok’s Catherine and Jennifer Eshkakogan, who had made a weekend of their trip to the Urban Powwow by bringing their grandchildren and great-grandchildren to a Sudbury Wolves game the night before. Jennifer shared that during the Grand Entry, with the floor shaking beneath their feet and tears filling her eyes, she heard her granddaughter Charlise say, “This makes me proud to be who I am.” Their experience was special, but not unique, as many in the room shared that they, too, had been overcome by emotion watching, listening, and feeling the displays of culture and pride throughout the day.



All day, the focus was on honouring our children and youth. There are simply too many moments to recount, but here’s a handful of our favourites:

- Sagamok’s Haven Solomon performed a beautiful honour song on his hand drum. A second youth honour song was provided by guest Opichee Day-Bedeau. These two boys did an incredible job sharing their songs to lift up the youth voice and be role models for other children watching on.
- A special inter tribal welcomed all the children and youth in attendance to join the dance circle. It was amazing to see the arena so full of young people!
- Children and youth were invited to participate in a potato dance! Standing in pairs, they were given a potato to place between their foreheads to keep it from falling as they moved around the dance circle and followed instructions such as “hop on one foot” and “turn in a circle”. The laughter could be heard out in the hallway during this one!
- The Young Warriors represented Sagamok with pride, playing alongside the other invited drums all day.
- A few rounds of musical chairs (even one for adults!) gave everyone a chance for some extra fun.

We caught up with some of our guests to ask them what they thought about the Urban Powwow’s theme, Honouring Our Children.

First, we spoke with Dean Sayers, former Chief of Batchewana First Nation:

“I said to myself, I’ve got to get there, I have to be there, because right now, we call it aahnsokaan and it’s storytelling time for the children, culturally. And there’s a spirit that we awaken at this time of the

year that helps us tell stories that will keep our culture alive. And as you look out there in the arena... tonight, you'll see many dancers telling their stories...and the medicine and the stories coming from those dancers is so beautiful. It's a medicine that our children need. It's a medicine that our families need. It's a medicine that our cultures and our communities need. So it's very commendable that in the middle of winter, in aahnsokaan, that Z'gamok is having this beautiful celebration of storytelling for our children, and it's beautiful, I enjoy it, there's a lot of good memories we're building for our kids, and that's probably the most important thing we can do."

Adrianna Douglas, a member of Six Nations, who currently resides in Whitefish, Saskatchewan, and who participated in the women's jingle, had this to say about the Powwow and its theme:

"I thought that [the theme] was really special, because our children are our future generation, and honouring them and showing them that they're important and that they're acknowledged and loved was very heartwarming...especially for me being a Mom...my daughter is two, and she was dancing."

We also spoke with Kaitlin Rizarri, from Elmastukwek, Newfoundland Bay of Islands:

"I think it's beautiful. As a community researcher, I notice a lot of...there's a lot of damage-centred narratives I think that are in the news and online and that's displayed in the media, and I'm not saying that our community hasn't been through hardships and our communities haven't been through trauma and they don't still go through really hard things, but I think its really important for us to uplift what strong communities we have and how we celebrate our culture in these ways...As someone who does, you know, research for the community, and comes from a desired-centred lens, I love to come from this place when I'm doing my work, so it's inspiring and healing for me."

And finally, we asked Star Whiteye from Moraviantown First Nation, for her thoughts on the theme of Honouring our Children. Star participated in the women's fancy shall:

"I previously worked for Family Services, so children have a special place in my heart – I have 4 children... I love it when communities acknowledge the children and do things for them like that. It's so important, they're our younger generation, they've got to carry our traditions. We're responsible for teaching them. So, just acknowledging them, I loved it. I can't say enough good things."



With its theme of Honouring Our Children, the Urban Powwow was a celebration for the kids. Laughter, movement, and the next generation stepping into a tradition older than all of us. But special gatherings like this are never only about one group. They're for everyone. Because our culture cannot live in isolation—it's stitched, beaded, and carried forward by the hands of a small child, the stories told by Elders, and entire communities coming together.

Over the past year, Sagamok has been hosting regalia and accessory-making workshops. More than a dozen of them! Held in the community as well as in Sudbury and Sault Ste Marie, these rooms have been filled with fabric, beads, stories, and patience... A lot of patience! The Urban Powwow was the big reveal for some community members who have been steadily putting in the time to learn, sew, and share. People showed up wearing more than regalia. They wore time, effort, and pride; you could see it in every detail.



One of those people was June Assinewe. She stepped into the circle wearing a golden-yellow T-dress and a belt she had made herself, crafted alongside her daughter. It catches the light, but not quite as much as her smile. We caught up with June, and she had this to say: “If you hear the drum and the drum calls to you, and you feel that you know...from your heart that you want to be out there dancing, then do it! So, I have been. And I love it! It makes me feel good!”

In the end, Sagamok’s Urban Powwow was more than a gathering—it was a powerful expression of connection, culture, and care that reached far beyond geographic boundaries. By bringing together hundreds of Anishinaabek from across Turtle Island, the event created a space where children and youth could feel seen, celebrated, and deeply rooted in who they are as Anishinaabe.

Through song, dance, laughter, and storytelling, the spirit of “Honouring Our Children” came to life in every corner of the room. As families returned home, they carried with them more than memories—they carried renewed strength, a sense of belonging, and the knowledge that wherever they are, our community and culture will continue to thrive through the next generation.

We extend a big *chi-miigwech* to each and every person who played a role in putting together Sagamok’s first Urban Powwow, Honouring our Children. We hope this will become an annual event we can all look forward to!



Hear this story come to life
on Biimaadiziwin Radio!

Tune into CKNR 94.1 on
March 22 or listen to the
show archive at

[www.SagamokAnishnawbek.com/
The-Sagamok-Hour](http://www.SagamokAnishnawbek.com/The-Sagamok-Hour)

PREPARING FOR SPRING MONITORING MIGRATION AROUND US!

Submitted by Chevaun Toulouse, Environment and Climate Change Coordinator in LRE

Migration in Ontario is biannual, with a massive spring northward migration (February to June) and a fall southward migration (late July to November). Millions of birds, fish, and insects, including Monarch butterflies, participate in these journeys, driven by the search for food, warmer climates, and breeding grounds.

Here's what to watch for during Spring Migration, the Northward Return, from late February to June:

As winter eases, animals return to Ontario to breed.

Late February – March: The first wave includes hardy birds like American Crows, Common Redpolls, and Canada Geese. Raptors, such as Bald Eagles and Red-tailed Hawks, start moving, and fish like Walleye and Rainbow Trout begin their spawning runs up rivers.

April: Songbirds return, including Eastern Bluebirds, Robins, and Yellow-rumped Warblers.

May: This is the peak for warblers, orioles, Rose-breasted Grosbeaks, and Ruby-throated Hummingbirds.

Late May – Early June: Shorebirds (like sandpipers and plovers) make their final push to Arctic breeding grounds.

Looking ahead to the Fall Migration, the Southward Journey, this is what we'll have our eyes on from late July to November:

The migration south is more leisurely than in spring and begins earlier than many expect.

Late July – August: Shorebirds start the southward journey first.

September: Peak for songbirds and many warblers, which move through to warmer climates.

Mid-September – October: Monarch butterfly migration peaks.

October – November: Large, dramatic movements of raptors (Turkey Vultures, Hawks) and waterfowl (ducks, geese) occur as temperatures drop.

Tips for Observing Migration:

Spring: Listen for songbirds in April and May, as they are in full song and bright breeding plumage.

Fall: Watch for hawks from mid-August to early December, with peak numbers in September and October.

Help: Turn off non-essential lights at night during peak migration (May–June and September–November) to reduce bird collisions.

World Migratory Bird Day

The background features a soft, painterly sunset sky transitioning from light blue at the top to warm orange and yellow at the bottom. Numerous small, dark silhouettes of birds are scattered across the sky, some appearing to fly towards the viewer. The overall mood is serene and natural.

— Saturday, May 9, 2026 —

- **Citizen Science:** Use tools like the Merlin Bird ID app or eBird to record sightings.
- **Support Initiatives:** Participate in local events, such as those hosted by Birds Canada or local conservation groups.
- **Make it Bird-Friendly:** Reduce light pollution at night and plant native trees and shrubs to provide food and shelter.

M.I.L.E.S
CONFERENCE
3 DAYS OF MOTIVATION,
INSPIRATION,
LEADERSHIP,
EMPOWERMENT,
& SUCCESS FOR
SAGAMOK YOUTH!

Family and Community Support Services brought the Going M.I.L.E.S Conference to Sagamok for youth from Friday, January 30, to Sunday, February 1. Miigwech to Gail Trudeau and her team for organizing this opportunity for Sagamok's youth, and for ensuring our conference guests had everything they needed for a successful weekend!

About Going M.I.L.E.S:

"Going M.I.L.E.S is a leadership initiative, created for the sole purpose of fostering a positive environment for Indigenous people to interact with today's top Indigenous talent, through the medium of the arts. Going M.I.L.E.S. stands for Motivate, Inspire, Lead, Empower, and Succeed. We are an Indigenous-owned and led organization that offers youth-focused programming designed to uplift, educate, and transform. We envision vibrant Indigenous communities where youth grow with confidence, resilience, and access to professional Indigenous role models across entertainment, education, business, and wellness." (goingmiles.org)

Going M.I.L.E.S in Sagamok:

Sagamok's youth were joined by Dakota House, Scott Ward, and Pooky G. This team facilitated a full weekend of workshops and activities for the youth, as well as a Community Dinner, Mentalist Show, and Comedy Hypnosis Show that were open to all. Some of the topics covered throughout the conference were:

- Making Connections & Team Building
- Cyberbullying and Gossip
- Drugs and Alcohol
- Healthy Relationships
- Suicide Prevention
- Business and Career Development



A Snapshot from Saturday:

On Saturday afternoon, the youth returned to the MEC for the second day of the 3-day conference. While some of the youth had participated on Friday, others were joining for the first time on Saturday. All were welcome! As Gail reviewed the sign-in sheet and checked in with the youth, it was great to see that several had brought extra friends with them for day two. Everyone enjoyed a delicious lunch of meatball subs and corn soup, fuelling up for the full agenda awaiting them. When the M.I.L.E.S team arrived, Pooky G was quick to sit herself amongst a group of girls for lunch, involving them in conversation while they ate. The girls were obviously engaged; it was great to see this positive role-modelling in action!

Following lunch, Gail welcomed everyone with a reminder of what M.I.L.E.S stands for –

Motivate, Inspire, Lead, Empower, and Succeed. She also commented on how much fun everyone had the night before at the Video Dance Party, and on Pooky G's incredible hip hop performance! The Young Warriors opened up the day in a good way, and then it was time to get started!

The youth brought their chairs to the back half of the MEC and arranged themselves in a giant circle. As Dakota prepared his bundle to offer a smudge, Scott asked the group, "Who has smudged before?" Every hand went up in the circle. Scott and Pooky G offered some words about how they smudge and what intentions they set. After each Sagamok youth had completed their smudge, Dakota stood in the middle of the circle and led the group through a series of positive affirmations. First, asked them all to hold hands, to "lock it up". "This is unity! This is strength! This is community!" he exclaimed. Then, Dakota demonstrated and asked the youth to follow: stand up straight, place your hands on your hips, put your shoulders back, and lift your head up high. "I love me!" he shouted, and the youth repeated back. "I am good enough!" came next. "No one and nothing will stand in my way!" they concluded.

With the group now grounded by this positivity and inspiration, Scott took the lead to facilitate the day's first session on Healing with Hypnosis. Scott is a certified hypnotherapist and a drama teacher – he sure knows how to capture (and hold!) teenagers' attention. The youth were led through a series of hypnosis exercises, some as a group and others

with volunteers, with the rest of the group observing. The most powerful exercise played out like a guided meditation. Having moved to the front half of the MEC, the youth were now seated in a U-shaped formation. Everyone was invited to close their eyes, to listen to Scott's prompts, and to follow his instructions. He guided them through a series of visualizations and reflections, the scene unfolding as a walk in the bush. The youth were invited to step into a teepee and treat it like their mind: tidying it up and purifying it. They continued to walk, noticing different natural elements in their mind's eye, picking up Grandmothers along the way. Observing the youth, it was obvious that



some were taking the exercise more seriously than others, but for those who did, you could see a sense of calm and peace wash over their face. Meditation – or in this case, Healing Hypnosis – is a well-documented strategy to support mental health, helping calm the nervous system, reduce stress, and promote a deeper sense of emotional balance and self-awareness. It's great that Sagamok's youth had an opportunity to give this a try in a safe and supportive environment, and add to their toolbox of self-care and wellness skills

Chi-miigwech to Dakota House, Scott Ward, and Pooky G for bringing their expertise and mentorship to Sagamok; to FCSS and CWD staff for their hard work to support this opportunity; and to those Sagamok youth who devoted their weekend to learning and self-improvement.



*Submitted by Julianne Trudeau,
Parent Infant Advisor with FCSS*



TRADITIONAL MEDICINE BAG WORKSHOP

As part of the Healthy Babies Healthy Children program, Natasha and I, Parent and Infant Advisors, recently hosted a special community program for families with children ages 0–6, centered around creating handcrafted Traditional Medicine Bags. We were honored to have facilitator Linda Toulouse join us to share her teachings and guidance.

Linda spoke about the cultural significance and importance of carrying sacred medicines in medicine bags, explaining how they offer protection, connection, and spiritual grounding. She shared teachings in a way that was meaningful and accessible for families, helping participants understand not only how to create a medicine bag, but why these sacred items are carried.

Participants ranged from young parents to grandparents, all coming together to lovingly create a special medicine bag for their little one. The room was filled with conversation, laughter, and shared stories as families selected materials and carefully crafted their bags.

The gathering was a beautiful example of community engagement. Many community members expressed how pleased they were to simply be together visiting, reconnecting, and strengthening relationships across generations. The program provided not only a hands-on cultural activity, but also a welcoming space for families to build connections and celebrate shared traditions.

Overall, the workshop was a meaningful and heartwarming experience that brought families together in culture, learning, and community spirit.

For more information on programs available to families with children 0-6, contact one of Sagamok's Parent Infant Advisors:

Julianne Trudeau

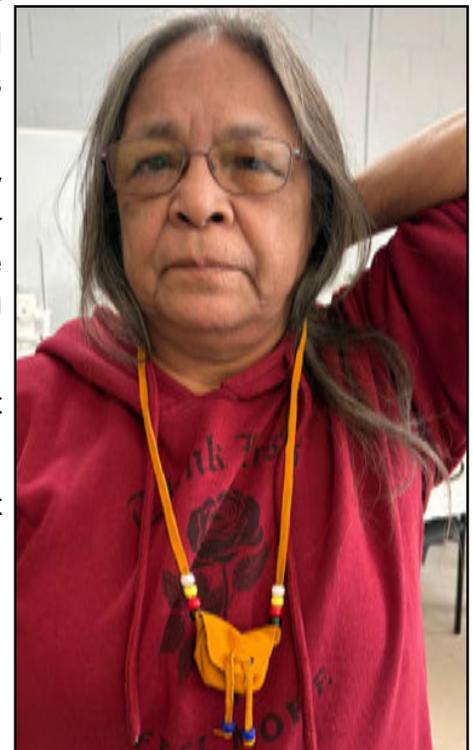
trudeau_julianne@sagamok.ca

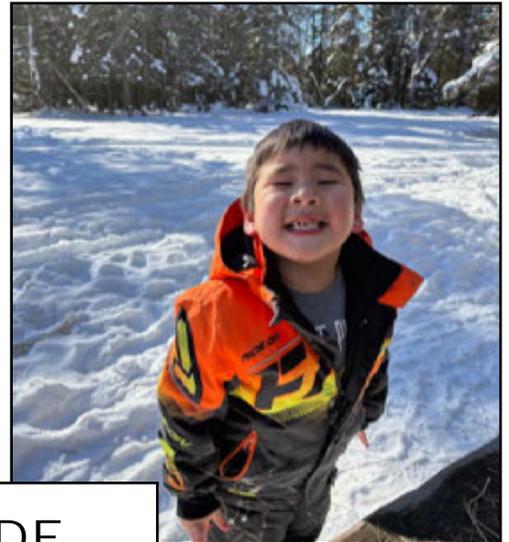
705-863-0659

Natasha Southwind

bourgeois_natasha@sagamok.ca

705-863-0556





FAMILY SLEIGH RIDE



SNOW PLOWS HAVE RIGHT OF WAY

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

CAMP MCDUGALL SPONSORSHIPS

Sagamok Family & Community Support Services will be sponsoring children ages 7-13 to attend Camp McDougall this summer!

Questions:
Darian Jones | 705-862-0759



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



SAFER COMMUNITIES INITIATIVE

On February 11 & 18, community members gathered in the Lifelong Learning Centre for a community-based discussion regarding safety in Sagamok. Hosted by retired APS officer and Sagamok's current Police & By-Law Coordinator, Barry Petahtegoose, the meetings focused on the shared concerns of residents and their perspectives on safety in Sagamok. A session was also held at EHS on February 18 to capture the youth voice. A third community session is scheduled for March 25 from 6:00 to 8:00pm at the Lifelong Learning Centre; anyone who could not attend in February is encouraged to join.



The meetings explored the broader narrative of safety within Sagamok but spent much of the time gathering explicit, direct feedback from individuals to inform the Community Justice Department's goal of expanding safety initiatives. Outside of policing, residents emphasized many considerations, including how infrastructure, relationships, and shared responsibility to one another come together to form the foundations of a safe community.

Residents spoke to the power of collective responsibility. They noted a desire to revive neighbourhood watch initiatives. Finding ways to strengthen community involvement in safety efforts included ideas such as having "leaders" on a street or having a neighbour they can directly report to. Residents noted that informal watch networks already exist in Sagamok. Through relationships and word-of-mouth, much of the community is already engaging in some form of a neighbourhood watch. Many residents are diligent with keeping an eye on their streets and surrounding neighbours, notifying each other through social media or by phone if they see/hear something suspicious. The challenge, they say, is creating and maintaining clear structures that support and strengthen this natural, protective spirit.

One of the most important and consistently discussed ideas in the meeting was the development and implementation of a residency code. Petahtegoose clarified in the session that the residency code is intended to help clarify who lives in the community and establish robust processes to help prevent crime. All while protecting housing availability for community members. Although residents were happy to hear about the development of these systems, some noted the importance of tradition and values. Specifically, residents raised thoughtful questions with respect to the free flow of movement on the land. Some were worried about how future policies may intersect with traditional Anishinaabe values and cultural principles of openness and movement.

Petahtegoose acknowledged these tensions and noted that the code is still evolving and will ultimately be shaped by the discussions that were taking place at these very sessions. He emphasized the importance of nuance in these codes and went on to note the value of including residents in developing community-centred programs. The goal is to create an environment where safety as policy is not imposed externally on Sagamok but rather developed through community voices and decision-making.



Throughout the meeting, participants emphasized the many types of community safety that extend beyond standard law enforcement. Most notably, many members pointed out the key safety concerns regarding lighting, walkways and infrastructure improvements to help prevent accidents and increase visibility. Some brought up concerns about roaming dogs and how this impacts the free movement of elders, while others discussed the role of surveillance cameras as deterrents rather than enforcement tools alone.

During the session, some statistics from APS and changing patterns were highlighted. Interpersonal and family disputes remain the most common, while drug-related offences and impaired driving have shifted down. Most importantly, many members stressed the importance of communication between law enforcement and residents. Several attendees voiced frustration about limited follow-up and communication between police incidents, expressing a desire for clearer and more consistent communication.

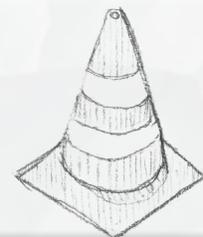
Many of the conversations focused on providing support for Sagamok's vulnerable community members. Things such as addiction, health challenges, and housing insecurity. Members emphasized the importance of empathy in care taking roles. They want their community workers to do the jobs they are paid for, but to also have genuine empathy for those less fortunate in the community. Their work should reflect an earnest desire to take care of those who need it. Outreach programs that provide food, hygiene items and basic support were suggested, alongside ideas like safe spaces for showers and wellness services and expanded wellness checks.



Another focus, particularly in the second session, was child/youth safety. Grandmothers voiced concerns about seeing young people on ATVs without helmets and the increase in scooter-related accidents. Petahtegoose shared that a scooter safety campaign was run last summer, and his department will continue to develop seasonal campaigns like this to help educate children and youth around safety issues that relate to them.

The sessions concluded by highlighting a few key ideas: participation, culturally grounded leadership and unity. Community members believe that true safety comes from relationships of trust in local governance and collective care rather than enforcement alone. Petahtegoose wrote down every thought, concern, and idea presented during the sessions; the Community Justice Department is committed to working with Sagamok service providers and external partners to address the community's safety concerns.

If you'd like to participate in Sagamok's Safer Community session, please join us on March 25 from 6:00 to 8:00pm at the Lifelong Learning Centre.





MPP BILL ROSENBERG VISITS SAGAMOK ANNOUNCES FUNDING FROM THE MINISTRY OF INFRASTRUCTURE - HEALTH & SAFETY WATER STREAM

February 26, 2026 - Member of Provincial Parliament for Algoma-Manitoulin, Bill Rosenberg, was in Sagamok to announce over \$1.8M in provincial funding from the Municipal Housing Infrastructure Program – Health and Safety Water Stream. This is an application-based program; Sagamok was successfully selected.

“The Health and Safety Water Stream will help municipalities and First Nations build, expand or rehabilitate aging water, wastewater, stormwater, flood and erosion infrastructure. These projects will help preserve the current housing supply and protect communities during extreme weather events” (ontario.ca).

MPP Rosenberg and his EA, Robin Horwath, joined Councillors Nelson Toulouse, Arnelda Bennett, and Veronica Nashkawa, as well as Advisor Ryan McLeod and Planning & Infrastructure’s Sonya Cloutier, Tammy Tremblay, and Kayla Abitong in the Council Chambers. Nelson opened up the

gathering in a good way, offering a smudge to everyone gathered in the circle. He then spoke about Sagamok – its people, its traditions, and its aspirations for the future – and thanked MPP Rosenberg for making the trip to the community for this special announcement.

MPP Rosenberg briefly introduced himself, noting that he is a third-generation resident of Thessalon, ON, where his family owned and operated a sawmill for 3 generations and where he served as Mayor for 7 years. He congratulated Sagamok on receiving \$1,874,740 from the Ministry of Infrastructure through the Municipal Housing Infrastructure Program-Health and Safety Water Stream. MPP Rosenberg spoke optimistically about the region’s future, citing that substantial provincial funding has been flowing to Algoma-Manitoulin over the past year, and he expects that to continue.

Following the presentation, MPP Rosenberg accepted an invitation to tour the community



with several staff members and Councillors. Upon their return, he commented on the beauty and development in the community, including the new school, Biidaaban Kinoomagegamik, and the extraordinary view seen from the New Community Hall. Nelson and others shared more about Sagamok, including stories from Fall Harvest, with Rosenberg over lunch. The MPP says he was not able to accept every community invitation last summer, but his goal is to visit those he missed during the upcoming season. We look forward to another visit from our Provincial representative soon.



About the Funding

Information provided by Kayla Abitong, Water and Sanitation Manager, Planning & Infrastructure Department

Sagamok is undertaking a repair and rehabilitation project on its elevated drinking water storage tower, constructed in 1999 and now over 25 years old. Some initial repairs identified have been addressed through previous funding; however, recent condition assessments have identified a full scope of additional work required to ensure compliance with safety regulations, operational reliability, and long-term serviceability.

1. Electrical and SCADA System Repairs

We will upgrade the SCADA system by adding new software and hardware, along with fiber-

optic communication between the tower and the wellhouses. Electrical work includes upgrading the pumphouse's power distribution, adding variable frequency drives for pumps, and replacing old control switches. New well depth sensors will also be added and linked to the SCADA system for improved monitoring.

2. Safety Repairs and Upgrades

To improve safety, we will repair cracks in the concrete near the overflow pipe and replace the security fencing around the tower. Additional repairs include repainting doors and frames. A new emergency backup generator and automatic transfer switch will be installed. Other safety improvements include replacing valves, adding flow meters and pressure indicators, and installing a frost-free roof vent. We will also add a water mixing system, update the lighting, and install a new chemical dosing system. Further updates include fall protection for ladders, new equipment such as a rescue mast, and safer access to the tank.

3. Tank Exterior and Coating

The tank will be pressure-washed and recoated with a protective three-layer coating system (zinc, epoxy, and urethane). The external monorail and some internal areas will be repaired with epoxy. The tank's walls and cone will also be recoated to protect them from damage and extend their life.



MENDING BROKEN HEARTS GRANDMAS & AUNTIES GROUP BRING BRENNAN IRELAND TO SAGAMOK FOR GRIEF AND LOSS WORKSHOP

Mending Broken Hearts, presented by guest speaker, Brennan Ireland, was a recent program hosted by Sagamok's Grandmas and Aunties; supported by Weecheetowin Support Services and the Child & Family Advocacy Unit. Held at the Multi-Educational Centre (MEC) on February 27, from 9am to 4pm, everyone was welcome to attend, and encouraged to listen, take part in the discussion, and enjoy a wholesome lunch and a variety of snacks throughout the day.

A sacred fire burned warmly outside the MEC doors, greeting and inviting attendees to come in and join together in restorative healing. Chi miigwech to Fire Keepers, Conner and Buddy Southwind, for providing this essential tradition. Organizer, Patricia Toulouse, greeted attendees as they arrived, supported by Marie Toulouse, who assisted with the sign-in procedures at the door. A basket of pre-made semaa (tobacco) ties was available for guests to take from and place in the sacred skoode when ready. Banners with 'Gookmisag Miinwaa Zigosag Eshpaa'endamojik – Grandmas & Aunties Highly Concerned' enveloped the large group of guests, with Support for a Healthy Community insignia reinforced by the welcoming and healing nature of the day's theme. Patricia confirmed, "Brennan was

present last year as well, and he did such a great job, everyone spoke so highly of the experience, that we wanted to invite him back to the community again."

Brennan displayed a Possibility Thinking chart, a Timeline and Personal Letter, and a Loss Trauma Graph, hoping to engage guests with proactively brainstorming ideas and solutions for acknowledging their traumatic experiences. By breaking down the sensory components, subconscious thoughts, patterns, habits, attitudes and expectations of self, we can effectively overcome and heal from past traumatic experiences.



- The Possibility Thinking chart offered positive options for reframing things in a group/supported setting. It included kind and loving reminders to participants as a pathway to healing: love, unity, support, medicine, unconditional love, and forgiveness.
- The Timeline and Personal Letter demonstrated Brennan's own steps along a 29-year path, during which he encountered setbacks (for example, losing a dear friend), as well as how he sought positive practices, healing, and mentorship as strategies to mend his broken heart. His healing strategy included composing a letter to his friend, used as a reflection tool to record his feelings, which eased the grip of some of the stored hurt and released the burden of carrying the loss and its grief. This was an example of restorative

healing that guests could choose to utilize in their own personal healing journey.

- The Loss and Trauma graph recorded events over time, serving as an acknowledgement of what Brennan had endured, and building upon bringing oneself to the present day. This graph offers another method of healing by demonstrating the strength, courage, and resilience born through these lived experiences, and allowing oneself space, grace, and awareness of their accomplished perseverance.

Brennan also shared an intergenerational trauma video where individuals with lived experience shared their stories of residential schools. In the video, they spoke about Hope, Healing, Unity, and the Ability to Forgive the Unforgivable as four possible methods for Indigenous peoples to heal and move forward from trauma, PTSD, complex anxiety, and more. Healing from togetherness and maintaining sacred traditions such as sharing circles, medicines, skoode (sacred fire), semaa (tobacco), and intentions are all effective in the healing process.

The video topic was a heavy one, with some guests experiencing deep-rooted sorrow and pain evident in the sharing of tears and voiced recollections of personal experiences. A traumatic era of being removed from their families, friends, and communities, while simultaneously being stripped of their language, culture, and Anishinaabe ways. Their spirits were broken repeatedly, and unthinkable suffering was endured by so many. Brennan's presentation helped shed light on these tough topics and bring

about healing through discussion. We want to “acknowledge those who suffered in an attempt to keep our ways alive; the language and the culture. They endured so much and it is right to honour them,” he shared.

One guest was moved to ask, “Are we allowed to share our stories here? I have not completely shared my story, at the age of 81!” She cried openly as she spoke, wiping tears with tissues extended to her, and the room listened, emotional right alongside her. Brennan gave his undivided attention as she shared her Spanish Residential School story. Mental Health Workers onsite offered a gentle hand on her shoulder, words



of encouragement, and support to anyone in need. Volunteers assisted in keeping the space a comfortable, healing atmosphere, offering medicines and smudge periodically as they respectfully wound their way through the hall. Cultural Worker, Wayne Southwind was also present, smudging and fanning the eagle wing over and around the emotional guests. Meant to strengthen the healing process, cleanse them, and lessen the emotional pain they were suffering from by recalling their past traumatic experiences, Wayne continued to sweep over and around them – covering their heads, hearts, spirits, and bodies with healing medicine as they recounted their stories aloud to the group. He offered a prayer while using his shaker to acknowledge what they still carry. The two women who offered their stories shared the sentiment that ‘we need to stay strong, be brave, remember the brave souls who went through boarding/residential schools,

the suffering they endured, and those who didn't return.' Smudging continued, and guests were invited to attend the sacred fire outside when they felt ready and then break for a lunch of corn or chicken noodle soup, sandwiches, fruit, and homemade pies – much needed comforts to restore the spirit.

The program continued after lunch with a sharing circle for anyone interested in continuing their healing process in this traditional way, surrounded and supported by a community of Grandmas & Aunties, friends, Wellness, and Cultural Workers. Chi miigwech to lead organizer, Patricia Toulouse, and the Grandmas & Aunties group, for bringing forth these methods of healing, providing a safe space for openly sharing and seeking guidance to cleanse and release the multitude of emotions from past traumatic experiences, and for the knowledge shared through this program presented by Brennan Ireland and Mending Broken Hearts. Chi miigwech to all those who supported the program through their participation, their roles, and their attendance.



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



Do you have a
child in grade 7
to 12?

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

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



TINY HOMES - FINAL DELIVERY

February 25, 2026 – Sagamok received the final two of six Tiny Homes donated to the community through the Work2Give program. Recall that the first homes were delivered in March of 2025, followed in July by a donation of custom dog kennels, picnic tables, and planters. Everything has been built by men at the Collins Bay Institution under the guidance of the Work2Give Project Lead, Robert Rittwage, who visited Sagamok again this February to deliver the latest batch.

During his visit last summer, Robert connected us with two Work2Give participants who worked on the dog kennel project through a video call. Though a call with participants was not possible this time around, Robert offered both information and meaningful reflection to the Sagamok staff who gathered at the Millennium Centre for the delivery. “The men in the program want to truly and honestly give back to community after taking so much from them,” shared Robert. “This work is true, authentic reconciliation.”

Robert emphasized that the men participating in Work2Give understand the opportunity they’re being given. The program has become a “community within a community,” with participants not only looking forward to learning new skills and contributing to projects as part of their healing journey, but also remaining connected to fellow participants and mentors after they’ve completed their sentence. Robert currently has two former participants volunteering with the program now that they have returned home.

The tiny home deployment strategy is currently in the final analysis phase with Management and Leadership. Miigwech to Pam Sago-Toulouse from Community Justice, who kickstarted Sagamok’s relationship with Work2Give, as well as to Housing, Planning & Infrastructure, and Community Wellness Departments, who have continued involvement with this initiative. We look forward to seeing the project’s next steps unfold.



2026 BIIDAABAN CLASSIC HOCKEY TOURNAMENT!

Fans filled the bleachers and overhead viewing area at the Massey Community Arena on February 11, travelling from far and wide to cheer on the student hockey players, bench staff, timekeepers, and referees. All participating schools - Biidaaban, Shawanosowe, Sacred Heart, Lakeview, and Pontiac - were given equal representation (ice-time) at the day-long hockey tournament, expertly arranged by Mr. Kevin Lester, Biidaaban's Physical Wellness Instructor. The tournament started at 8am and wrapped up by 5pm. It is necessary to acknowledge some of the behind-the-scenes planning and organizing that goes into these education-based tournaments, including:

- collaboration between all the schools, involving a constant flow of communication;
- available staff equipped with adequate knowledge and skill to coach on the bench and ensure student safety and wellbeing;
- construction of a schedule to include all teams having an opportunity to play each other, and calculating which teams will compete in the Final Game;
- financial contributions to cover costs, including arena rental;
- acquiring volunteers, referees, timekeepers, equipment/supplies, and practice times; and
- team transportation!

Dedicated parents delivered student players to the Massey Arena starting at 7am on the morning of the Biidaaban Classic! Shawanosowe, Pontiac, and Lakeview schools travelling the furthest to compete, also had a very early morning start! Mr. Maracle proudly acknowledged that many helpers were on hand early to get the tournament rolling, including his Grade 8 class. They unloaded pop, water, and supplies, bringing it all upstairs for their Canteen and Raffle Table. He shared, "They did very well with sales towards the Grade 8 fundraiser!" The students offered pancakes, sausages, and other breakfast fare in the morning, followed up by chilli and scone for lunch, and pop, chips & snacks for in between. Students were responsible for calculating needed quantities, acquiring the supplies in advance, managing a float/change for sales, replenishing supplies as sales continued, and being available at their designated posts to serve patrons.

The games were a lot of fun to watch! All teams playing respectfully and competitively. The brightly coloured hockey jerseys, emblazoned with each unique school logo, brought a sense of identity and community to the tournament. Each uniform was vibrant on the ice as skaters soared around, swooping in to grab up the puck, and netting goals. After each game, both teams gathered on the ice for a group photo, and Mr. Lester announced the most sportsmanlike player, congratulating the winner with a McDonald's gift card. The Final Game came down to Lakeview (M'Chigeeng) versus Sacred Heart (Espanola).

Once tournament games finished up, spectators and students moved to the upstairs room overlooking the ice; much warmer and more comfortable than the rink area. This also served as a comfy space to hangout during the day if your team wasn't playing and gave a bird's eye view of the hockey action. Mr. Lester called attention to the awards celebration, citing that the winners' names and their school will

be engraved on the grand prize trophy. While the trophy remains in the display cabinet at Biidaaban, the winning school received a significantly sized 2026 Champs banner, with the second-place team receiving a 2026 Runner Up banner. Most Valuable Player (MVP) trophies were awarded to each team as follows: Shawanosowe Bobcats player, Leo, was named Tournament MVP, Lakeview MVP is Bray, Sacred Heart MVP is Chase, and Biidaaban MVP is Avery. All First and Second Place team members were presented with tournament medals. A memorial trophy honouring Rennison Ruth, was awarded to the Outstanding Team Player of the Annual Biidaaban Classic. This year's recipient was Gavin Eshkakogan! Congratulations, Gavin! and to his Mama, Brooke Eshkakogan, who cheered loud and proud "I'm his Mama!" as she hurried up [sporting a hoodie with the caption 'Hockey is Good Medicine'] for a photo opportunity. The trophy was presented by Myna Toulouse – the late Rennison's Nohomis (grandmother) and Jennifer Ruth – Rennison's mother, Myna's daughter).



For the dedication and efforts of all education staff from participating teams involved to make this annual sporting event take place, chi miigwech! Miigwech to Biidaaban Eagles' bench staff: Kayla Morell, Scott Restoule, Brooke Eshkakogan, and Carson Abitong! A special miigwech also goes out to members of the Espanola Paper Kings, who volunteered their services for the entire day as referees for the games. We couldn't do it without you!

And to the students and fans who bring the spirit to the game, miigwech to all of you too! Miigwech to everyone in attendance who supported the Grade 8 Fundraising Canteen and Raffle Table throughout the day! Mr. Maracle and Miss Jeanette, thank you for supporting the Grade 8 students. Miigwech, and kudos to the Grade 8s for their efforts flipping pancakes, prepping food, refilling fridges with beverage options, maintaining sales, and offering timekeeping services throughout the day to ensure the tournament went smoothly with fans and players adequately fed, watered, and entertained! Miigwech again to Mr. Lester for his passion and devotion to this annual event, to the Student Support staff, Miss Becky, and the Cultural Workers who also lent their support and cheers from the stands. See you again next year!

Opportunities, Events, and Programs



Traditional Healing

with Richard Assinewai

Traditional 1-on-1 Counselling Sessions
& Daily Sweatlodge Ceremonies

MARCH 31, APRIL 1-2
Saswin, 51 Kokoko Miikan

Info & Reservations: **Wayne Southwind | 705-863-2942**

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

Women's Ziizbaakdoke Giizis

APRIL FULL MOON

WEDNESDAY, APRIL 1
6pm at Saswin

Light Refreshments Provided!

Bernadette | 705-863-0378

MAAMWESYING
NORTH SHORE COMMUNITY HEALTH SERVICES INC.

HIRING — Multiple Positions
Sagamok Anishnawbek

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Safer Community

CRIME PREVENTION ENGAGEMENT SESSION

WEDNESDAY, MARCH 25 | 6-8PM
Lifelong Learning Centre - Room B

Barry Petahtegoose | 705-863-0620

What Is a Union?

Learn from Millwright, Electrical, Carpenter, and Operating Engineer Union Representatives!

WEDNESDAY, MARCH 25
1:00PM – 3:00PM
Lifelong Learning Centre

Scott Rankin | Millwright - Local 1425
Rick Kerr | Operating Engineers Training Institute of Ontario - Local 793
Yvan Gervais | International Brotherhood of Electrical Workers - Local 1687
Rheal Gelinis | Carpenters Unions - Local Union

For more information, please contact **Kristy Bennett**:
705-865-2421 X 928
LLLLC_intake@sagamok.ca

FREE TAX CLINICS

MARCH 24 | APRIL 28
9am-4pm | 9am-4pm

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

NIIGAANIIN www.SagamokAnishnawbek.com

Opportunities, Events, and Programs



WE NEED YOUR INPUT!

TRUST POLICY DISTRIBUTION ENGAGEMENT

MARCH 23 | 6-9PM

Online Session

For more information, please leave a message for
Special Projects Support @ 705-865-2421



Women's Retreat ¹⁹⁺

MARCH 26 - 29

Sault Ste. Marie | Delta

Limited to 25 participants!

To register, contact Marilyn Jones
jones_marilyn@sagamok.ca



RIBBON SHIRT MAKING

Facilitated by Misty Bob

SATURDAY, MARCH 28

10:00AM - 2:00PM

Lifelong Learning Centre

Natasha Southwind | 705-863-0554



SMUDGE KIT MAKING

Facilitated by Elder Linda Toulouse

SUNDAY, MARCH 22

10:00AM - 3:00PM

Lifelong Learning Centre

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



Youth Advisory Committee



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

Sagamok YWHO Team | 705-865-2171 x 156

Mothers' Grief MONTHLY PROGRAM



**Community Wellness
Department Building**

March 5

April 16

May 7

June 4

July 9

August 13

September 10

October 8

November 5

December 10

Marilyn Jones
jones_marilyn@sagamok.ca

BEADED LANYARDS

Make Your Own Beaded Lanyard!

TUESDAY, MARCH 31

10:00AM - 2:00PM

Lifelong Learning Centre

Natasha Southwind | 705-863-0554





CONTACT:

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