



SAGAMOK ANISHNAWBEK

NEWS

Ziizbaakdoke Giizis

Maple Sugar Moon | April 2026





INFORMATION STATION

The MEC will be open daily as a place where you can get the latest updates on Sagamok's State of Emergency and flood-related resources.

MEC OPEN DAILY: 10AM - 2PM



April 22, 2026

RISE IN OVERDOSES AND REACTIONS

Public Health Sudbury & Districts is warning of a rise in drug poisonings (overdoses) and unexpected reactions to substances in the Sudbury and Manitoulin districts.

www.phsd.ca

SIGN UP FOR SAGAMOK'S EMERGENCY ALERT SYSTEM

TODAY

Scan the QR code to sign up in seconds!



A quick, free, and easy way to stay informed.

To learn more, contact Doreen Abitong at 705-863-3391.

For Sagamok Members and Staff.



Free Essential Travel

APRIL & MAY

Mondays - Fridays

9:00AM - 4:00PM

Massey or Espanola Grocery Stores

Call 705-863-2531 to book a ride.



New DIRECT Line to the Lifelong Learning Centre

705-501-8950

Or Email:

LLLC_intake@sagamok.ca



Bimaadiziwin Radio:

THE SAGAMOK HOUR

with Host Bradley Trudeau

**MAY 3
11AM - 12PM**

94.1 CKNR ELLIOT LAKE



**Biidaaban
Kinoomaagegamik**

PD DAY

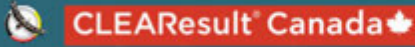
BIIDAABAN WILL BE CLOSED

MONDAY, APRIL 27, 2026



LIMITED TIME OFFER

If you are a private homeowner and heat with furnace oil, you might be eligible for a **FREE heat pump with A/C!** Contact Housing to check if you are eligible.



Hayley Southwind
705-863-2852 | southwind_hayley@sagamok.ca



The parking lot in front of the Lifelong Learning Centre is reserved for **elders and accessible parking only.**

All employees and community members are to park at the MEC.

CLOTHING BANK


Closed Until Further Notice

Multi-Educational Centre | 705-865-2421

AGGRESSIVE DOGS

Please be cautious in the Sagamok Rd/ Maple Ridge/Beaudryville area as dogs are **forming a pack** and **showing aggression.**

We are actively doing what we can to address the situation.

 Lindsey Cada | 705-863-0145



TRADES

FAIR



May 21

**Weaving the Path
to Your Future**

10AM - 3PM | MEC





Voluntary Vulnerable Persons Registry

The Voluntary Vulnerable Persons Registry (VVPR) is a voluntary, self-referral list only for residents of Sagamok Anishnawbek who may require support during emergency situations. Sagamok will uphold privacy and confidentiality in the administration of the VVPR.

The VVPR provides important information to Community Wellness and Emergency Management staff, volunteers, and first responders to help them respond appropriately to residents' needs in situations such as sustained power outages, severe storms, and more.

What Can I Expect Once I'm Registered?

Once added, individuals who are included in the Voluntary Vulnerable Persons Registry (VVPR) will receive helpful information or direct contact from Community Wellness and/or Emergency Services staff during emergency events where VVPR is activated.



Sign Up Now!





**KEEPING SAGAMOK SAFE
*IT'S ALL HANDS ON DECK FOR THIS YEAR'S
SPRING FLOODING SEASON***

The 2026 Flood Season is well underway in Sudbury District. Beginning with the first Spring Flood Advisory on March 20, we have seen the deep snowpack melt rapidly with rising temperatures, causing flooding and related damages across the region. Sagamok leadership (EOCG), staff, volunteers, and community partners are meeting daily to exchange the most up to date information required to keep our community safe.

We would like to take this opportunity to acknowledge the dedication and efforts of all those who are working tirelessly to keep Sagamok's roads open and accessible. A special shoutout goes to the Fire Department, LRE, Roads and Water teams who have set up sandbag walls as well as several Tiger Dams along Hwy 7300, Sagamok Road. A Tiger Dam is a portable, water-filled flood barrier that can be rapidly deployed to hold back the rising river to protect the roadways and other infrastructure from damage, and most critically, keep Sagamok Road open.

While flood season is far from over, we are incredibly proud of how our teams have worked to keep the roads open and our community accessible. Their work provides an additional layer of protection from rising waters, so residents continue to have vehicular access to the community.

We extend a huge *chi-miigwech* to everyone who is organizing, planning and working to keep Sagamok safe and accessible.





Interested in a New Career?

We're considering offering two diploma programs in partnership with Northern College and need to know if there's interest.

- **Social Service Worker Program** | 2-Year Diploma
- **Business Administration Program** | 2-Year Diploma

Fill out our 30-second survey!

 705-501-8950 X 920

 jones_claudette@sagamok.ca



In partnership with the Family and Community Support Services Department, Tracy Toulouse has led five adult parka-making workshops in Sagamok since March 10, with four held in the community and one off-reserve. With each session bringing together around 10 participants, Tracy provides a hands-on approach with her guidance. Gathered around several tables covered in mixed fabrics, students settled into a rhythm of cutting and sewing.



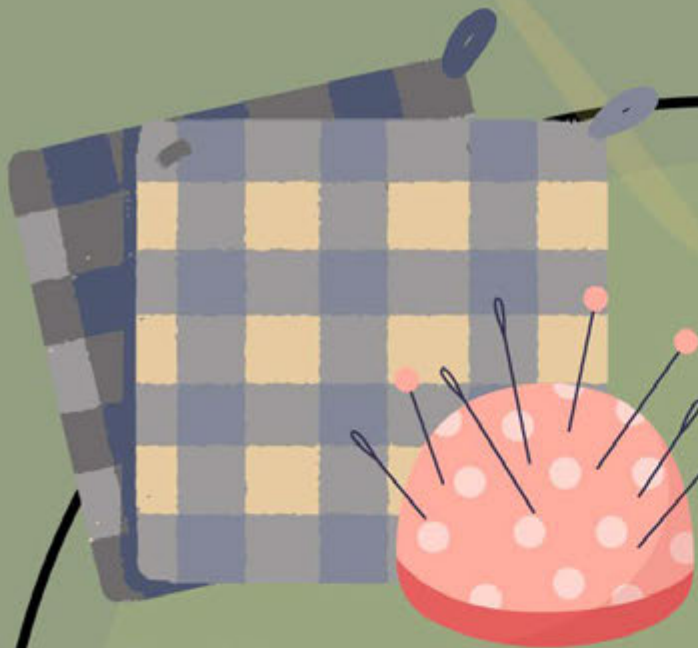
Originally made from animal skins, parkas served a utilitarian purpose, keeping the wearer warm in harsh conditions. With a heavily insulated interior and distinctive long silhouette, the garment has evolved a range of styles over the years. Today, parkas remain as expressive as ever, as students personalize and design their own pieces in the workshop.



The process begins with selecting materials, then creating patterns. Felt and other non-woven textiles were used throughout the sessions. After assembling the parkas, many were lined with fur around the hood. During the session, geometric triangle patterns were worked into many designs, reflecting a style of pattern commonly used to represent land, structure, or balance in various Indigenous art traditions. While some choose dark purples and greens others opted for brighter, more vivid palettes. Amongst the group, blue ranked as the most common choice.

Parka-making is a practical skill, but it also carries a deeper symbolic meaning for participants. Tracy notes that parkas have long provided warmth and protection from the elements. Beyond these uses, their creation has come to represent the preservation and restoration of cultural identity, embodying a sense of common heritage. Through the workshop, participants interact with traditions and reinterpret them for the present day, making the parka a living symbol of Indigenous identity.





Inspired by her grandmothers, Tracy has practiced parka-making for over 20 years. She began developing her creative skills in grade school and presented her first runway collection in Sagamok while still in high school. As a Sagamok member, she grounds her work in the community, ensuring her art expresses both personal creativity and Sagamok's Anishinaabe way.

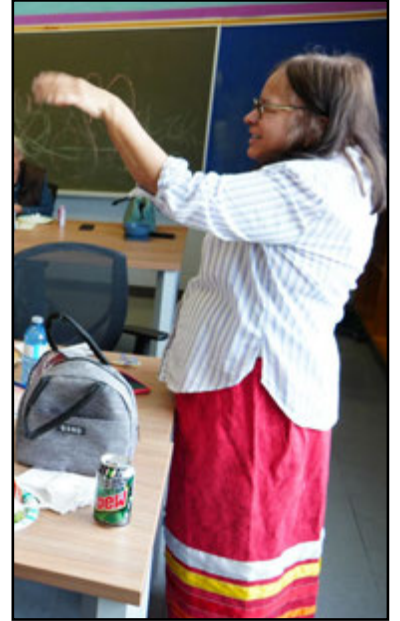
Through her emphasis on teaching, the workshops frame creation as a carrier of cultural meaning, connecting participants with ancestral knowledge and refining connections between history and today. As a practice that is shared and continually taught, parka-making becomes a living expression of culture, sustained through ongoing use.



With the materials provided, the barriers to getting started are low. The space is welcoming and gives people room to engage and learn at their own pace. Although some may need longer than others, each parka typically takes about three days to complete. Beyond skill development, the workshops highlight how creative practice supports personal and communal well-being.

Parka-making bridges generations, connecting participants to both their heritage and to each other. Throughout each session, participants strengthen their feeling of self and contribute to the community while sharing knowledge. The workshops become spaces where knowledge and connection are acquired alongside the ongoing continuity of culture.

WELCOMING MINOOKIMI!



On March 19, ahead of Minookimi (Spring), Sagamok Education's Student Mental Wellness Specialist, Raven Hammond, co-facilitated a Spring Renewal Wellness Teaching with Cultural Worker, Bernadette Southwind. Community members and staff attended a Welcoming Minookimi Lunch & Learn at the Lifelong Learning Centre from 12-3pm.

Attendees were warmly greeted by Bernadette and Raven. The learning session opened in a good way with an Anishinaabemowin prayer, a traditional smudge, and Miigwechiwendamowin for Mino-bimaadiziwin. Guests enjoyed trays of fresh fruits, vegetables, cold meats, cheeses, and homemade pies, offering a taste of biizigwong (another term for Spring, meaning everything is cueing up).

Since this was an opportunity to learn, Bernadette took great care to explain the purpose and meaning of everything she included in the session. For example, the smudge is performed to cleanse ourselves in preparation for ceremony, or, in this case, the Lunch & Learn, and the intentions/gratitude we put forth are carried up to Creator through the smoke from the smouldering sage and medicines. Raven explained that she and Bernadette wanted to invite the community to welcome Spring, because they both feel Spring itself promotes wellness and renewal; that is essentially what Spring is – Minookimi means 'spring up from the ground and/or late spring'.

Further into the session, the co-facilitators invited attendees to offer examples of what they associate with Spring. These were some of the responses:

- ★ Healing journey
- ★ Spiritual awakening
- ★ Renewal – seeing things differently
- ★ New life – budding of trees/start of new life
- ★ Things are growing or expanding.
- ★ New birth is witnessed (baby birds), which brings us back to our centre – the Creation Story – our first days on Earth.

- ★ Plants – start from seeds from Mother Earth, and just like us as humans, we started as a seed that was planted [from our father into our mother], and when we water and nourish ourselves, we grow!

Wellness springs forth when we look outside and notice winter loosening its grip – the birds are more active, tree branches crack together in the breeze, losing the residual layer of ice and snow, and if we indulge our senses and actively focus, the sights, sounds, and our emotions pick up on everything starting to grow and change.

Bernadette continued by sharing that Anishinaabe use the medicine wheel because it has healing properties. When we look to the Eastern doorway, we embark on a journey of self-healing and care. We fast in the Spring to renew and cleanse ourselves after the long winter, and to restore our bodies. Bernadette brought to everyone’s attention that every person in the room had knowledge to share. “We all bring something different to this session; we all hold knowledge. I don’t pretend to think I have all the answers, because when I look around the room, I know that all of us have lived experiences that are valuable for each other’s growth,” she said. “In the same way we open the windows or doors to let in the fresh air and the new light, we can allow new growth and release those things that are stagnant. Everything becomes alive, and we create things anew.”

Bernadette shared her personal story with the group, which demonstrated Spring renewal. “I understood that thinking things by myself (all on my own) wasn’t going to be enough; I needed guides. There were some things I needed to do to grow, and that started with me at the Eastern door and in the Springtime – a time of growth from the ground up and a period of renewal – Minookimi.” Bernadette explained the significance of Anishinaabek respect for nibi (water). “We honour nibi because we need nibi to live, and we came from nibi in our mother’s womb and in our father’s sperm. When the snow melts, there is a lot of water everywhere. We place tobacco in the water because our prayers and intentions will go in many directions. Even helpers in the waterways will give assistance to carry your prayers onward.”

Attendees were then invited to decorate a windchime in celebration of Spring. The creative freedom allowed an opportunity for self-reflection to flow and be supported by the fellowship found within the group setting. Bernadette offered gentle encouragement throughout, “The reason I chose the windchime activity to support this teaching is that the gentle breeze starts to blow once again, and the sound of the chimes is therapeutic too. Wellness springs forth.” Using paints, stickers, glitter, and bling -- a variety of inspirational craft supplies -- attendees created their own unique windchimes while openly sharing what they had learned and how they felt about the teaching provided.

While some commented that they knew parts of the teaching, they appreciated what was delivered and could now fill in the gaps with what they gleaned from today’s session. Many expressed this identical sentiment: they enjoyed working with their hands, grounding themselves, preparing for Spring, and taking time out to heal. They were excited for the new things that lay ahead with the change of the season and appreciated hearing the teaching to support them on their journey.

Bernadette closed the learning session with a prayer of gratitude. A helper shared the pitcher of nibi (water) with each person, who individually held out their cupped left hand (closest to the heart) to receive the life-giving liquid. The cupped hand held just enough water to offer refreshment. This aligns with Spring by supporting new beginnings and new life, and also avoiding unnecessary use of disposable cups, restoring Mother Earth’s health. Miigwech to Bernadette and Raven for offering this restorative Lunch & Learn, Welcoming Minookimi, as an opportunity for growth, renewal, and wellness to help prepare us in a good way for the new season upon us – Spring.

UNIONS MEET AND GREET



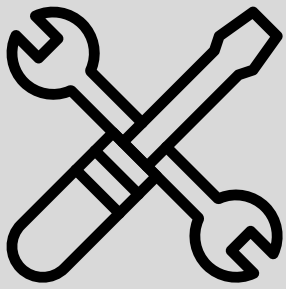
Sagamok members had the opportunity to connect directly with union representatives and industry professionals during a recent meet-and-greet held at the Lifelong Learning Centre on March 25. Though the turnout was modest, those who attended benefitted greatly from one-to-one, informative dialogue.

When discussing why the trades continue to grow in importance, representatives from several sectors, including carpentry, heavy equipment operation, and electrical, all offered valuable insight. A consistent message was present amongst all speakers: the demand for skilled workers is rising, and they are always looking to expand their labour force. With many new projects on the horizon within the Northeastern Ontario region, many sectors are eager to bring more young workers in.

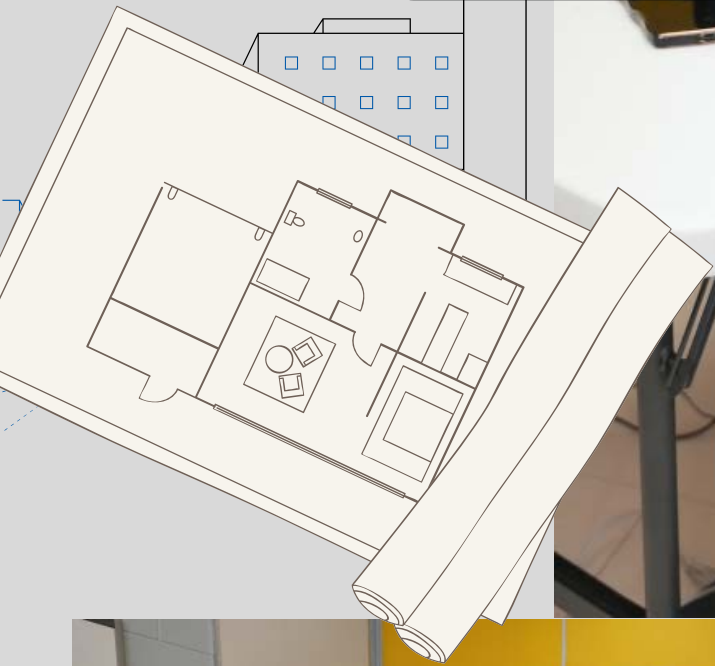
Yan Gervais, a market deployment representative with the International Brotherhood of Electrical Workers (IBEW) local 687, shared that this was his first time doing career outreach in Sagamok. Having worked in construction here in Sagamok, he noted how it felt meaningful to return in this capacity. Yan emphasized that the trades aren't going anywhere, making note of the stable and structured path forward that unions provide for youth looking to build their future careers. Across the board, representatives all mentioned the paradoxical nature of the demand for labour. While there is a strong need for workers, it remains difficult for new workers to gain experience. With a high volume of projects in constant circulation and a lack of apprenticeship opportunities, new workers often struggle to find direction.

Like Gervais, carpentry representatives Logan Kane and Rheal Gelinas focused less on wages and more on what shapes the day-to-day experience of the job. Health benefits and pensions came up right away, but they kept returning to training and safety as the primary benefit. Although not as flashy as wages, the way unions structure training makes a distinct difference. Classes remain small (usually around twelve people) allowing for the training to be focused on the individual, rather than a large class. Apprentices work closely with tradespeople and are offered experience with full-scale builds. With clear standards to meet, whether for a Red Seal certification or something equivalent, the representatives argue that unions raise the bar for everyone coming into the workforce. Additionally, unions smooth out a lot of the uncertainty that can be found when starting in the trades. With more consistent work opportunities, apprentices aren't left choosing between earning and learning since training and placements are paid.





Charlie Peters, a representative from the Heavy Equipment operator union, highlighted the importance of awareness beyond traditional hydro-related work. This includes opportunities in mining and large infrastructure projects. He also noted unions' role in not just building a workforce but creating a sense of community.



The representatives emphasized that unions are, at their core, a family: a labour force that shares the goal of supporting one another while contributing to meaningful projects. The Unions Meet and Greet provided a meaningful opportunity for Sagamok members to explore pathways for skill development, training, and employment. Conversations were also sparked about what it means to build a secure and stable career and how to contribute back to the Sagamok community. As demand for the trades continues to grow, events like these help ensure that opportunities and knowledge about local unions are accessible for Sagamonians, strengthening both the regional workforce and the community.



IMPACTS AND BENEFITS AGREEMENT WITH KGHM

CLAIMS AND NEGOTIATIONS UNIT PRESENTS THE NEW AGREEMENT TO COMMUNITY

March 25, 2026 – The Claims and Negotiations Unit (CNU) hosted two presentations about Sagamok’s Impacts & Benefits Agreement (IBA) with KGHM at 11:00 AM and 5:00 PM, respectively. CNU Director Michelle Toulouse delivered the presentations, providing Members of Sagamok with an opportunity to learn more about the IBA, which was signed on December 4, 2025.

Details of the IBA are confidential, but all registered Members of Sagamok are entitled to review the agreement in full. If interested, please contact the Claims and Negotiations Department to book a time to review the agreement in their office.

The following is a high-level summary of the topics Michelle covered in her presentations to the community on March 25, 2026.

What is an IBA?

An Impacts & Benefits Agreement (IBA) is a means to satisfy a company’s duty to consult with Indigenous communities while also achieving project certainty for the proponent. The most critical permit required for a mine to operate is called a Closure Plan. A significant portion of Sagamok’s negotiations with KGHM for this IBA was related to the Victoria Mine Closure Plan.

How did we get here?

- 2010: Discovery of an ore deposit at Victoria Mine, which is located approximately 60km from Sagamok
- 2011: Sagamok established a relationship with KGHM by signing a Memorandum of Understanding (MOU)
- 2014: Sagamok and KGHM signed an Advanced Exploration Agreement for Victoria Mine
- Oct 2014 – December 2025: Sagamok and KGHM worked to deliver on the commitments of the Advanced Exploration Agreement
- 2022: KGHM provided a draft Closure Plan
- Fall 2022 – Summer 2024: With support from consultants at Arcadis, Sagamok reviewed the Closure Plan and provided 90 technical comments. All comments were addressed. We thank Sagamok’s Lands, Resources, and Environment team for their significant contributions to this review.
- Nov 18, 2025: IBA presented to Sagamok Council
- Dec 4, 2025: Sagamok and KGHM signed the IBA
- 2029: Anticipated start of construction of the production shaft at Victoria Mine

About Victoria Mine:

At peak production, Victoria Mine is expected to produce 3,500 tonnes of ore and 2,000 tonnes of waste rock per day. That’s a lot of rock trucks needed for haulage! No tailings (mining waste material) will be stored on site. Waste rock will also be removed and deposited back underground. Legacy impacts from Victoria Mine’s historical operations are being addressed under the current IBA, which is a significant step.

For example, KGHM will undertake the clean-up and remediation of the old railroad that supported past mines at the site.

Other Agreements:

Michelle took the opportunity to speak briefly about the other agreements Sagamok currently has with partners in the region, including:

- Vale Totten Mine
 - Agreement includes sole source contract opportunities
 - This IBA initiated the creation of Z'gamok Enterprises Inc.--- now one of Vale's top 10 suppliers
 - Annual education scholarship
 - Environmental monitoring
- Interfor EACOM Timber Corp.
 - 5-year Resource Stewardship Agreement (2022)
- Glencore – Sudbury nickel operations MOU
 - Updating an MOU that was originally signed with Xstrata Nickel in 2011
 - Agreement in final draft; to be presented to Council in 2026
- BMI Group MOU
 - BMI Group purchased the Espanola Domtar mill and all associated assets as part of their work repurposing old industrial facilities in Northeast and Northwest Ontario.
 - In July 2025, members from Sagamok's Senior Management team and members of Council toured the BMI Group's Bioveld facility, an old newspaper facility in Thorold, Ontario where the BMI Group has started to incubate innovative businesses (for example, biofuel), demonstrating that shuttered industrial facilities can be repurposed meaningfully.
 - The MOU lays out the foundation for negotiating a more comprehensive agreement
 - MOU includes Sagamok's support for BMI Group's new, innovative operation of the mill
 - Includes benefits to Sagamok, including but not limited to economic and business activities; training, employment, and retention programs for Sagamok members; and BMI Group's support for Sagamok cultural and educational events.



Here are some of the thoughtful questions, along with responses, that were posed during the two presentations:

Q. What is the ceremonial aspect to our agreements? How do we receive approval to dig into the earth?

A. The process of how and when to have ceremony and/or ask permission to engage in certain types of work and activities has not been formally established. This requires community discussion and input from many departments and knowledge keepers. This may also be addressed through community conversations on updating the Consultation Process.

Z'Gamok Enterprises Inc has engaged in ceremony to help the team address issues and concerns with projects and to support decisions needed.

Sagamok Anishnawbek has engaged in ceremony and included traditional events at different locations that ZEI is working and where we have relationships. There have been Taasewaang feasts at Totten Mine, ceremonies at Stobie Mine, Totten Mine, Victoria Mine, Whitefish Quarry and the ZEI offices.

Q. What is being done with the additional monies other than the implementation funding?

There is currently no policy or law in place to determine how additional monies from agreements and own-source revenues will be allocated and/or distributed.

And here are some of the community recommendations that came out of these conversations:

- Include a youth at events like this to hear the stories and presentations so that they can retell the stories that are being told;
- Tie values and priorities into mino bimaadiziwin and not just focus on economics; and
- Include our community story tellers in our work;
- Present an implementation plan for community member-owned businesses to access business opportunities with the agreements; and
- Separate what is a Sagamok business that exists already from what can be created for members. Present and make this available to community.

In summary, the March 25 presentations provided Sagamok Members with a clear overview of the IBA with KGHM, its connection to the Victoria Mine Closure Plan, and the anticipated benefits for the community. Michelle Toulouse also highlighted Sagamok's ongoing partnerships with regional companies, emphasizing economic, environmental, and cultural opportunities. Members interested in reviewing the full IBA are encouraged to contact the Claims and Negotiations Department.



Bears are attracted to food and strong odors, especially unsecured garbage. To stay safe and help keep them away:

- Keep your yard clean
- Store garbage inside
- Use outdoor lighting
- Supervise children and pets when outside

More information:
www.SagamokAnishnawbek.com

SMUDGE KIT MAKING



EASTER TREAT DECORATING AT THE EEL



MARCH BREAK VIDEO GAMES & SLIME!





Ziigwan Gitigaan (SPRING GARDEN)

For Sagamok, self-sufficiency is an ongoing goal. With programs that help support that, we are continuing down a path of greater community independence. Gardening, collectively and individually, is one way to strengthen self-reliance. On March 31, the Lands, Resources and Environment Department hosted a Ziigwan Gitigaan (Spring Garden) event, facilitated by Chevaun Toulouse, Sagamok's Environment and Climate Change Coordinator. The event explored the concepts of food sovereignty and self-sufficiency by contributing garden materials and promoting a culture of self-sufficiency here in Sagamok.

With plenty to offer in both gifts and knowledge, the event had a steady rotation of participants. People were visibly eager to speak with Chevaun about their tools, seeds and gardening know-how. There was clear enthusiasm for gardening among those present, with many keen to stop by and explore.

Participants received hands-on knowledge about seeding, including what to do, when to do it, and common mistakes to avoid. Chevaun especially wanted to help the community learn more about winter sowing. To support this, everyone received informational pages that highlighted the topic.

Here's some of what was explored:

- **Winter sowing:** A low-maintenance method of starting hardy plants outdoors in winter using recycled containers as mini-greenhouses.
- Uses natural freeze-thaw cycles to trigger germination (cold stratification).
- Best for native perennials, hardy annuals, and cool-season vegetables.
- **Simple setup:** soil, seeds, plastic containers, and outdoor placement, no indoor equipment needed.
- Seeds are left outside through winter and sprout naturally in spring, producing strong, transplant-ready seedlings.
- **Timing:** Typically done between December and early spring, depending on plant type.
- **Benefits:** cost-effective, space-saving, and produces more resilient plants adapted to local conditions.

This year's Spring Garden event offered seeds as the primary take-home item, though a range of additional materials was available. This included birdhouses, planter boxes, and informational booklets. Chevaun also offered a variety of fun gardening tools for group events and families. Among the most notable were seed bombs, small clay balls designed to be launched from a slingshot! They help disperse seeds and support plant growth. Materials such as seed bombs are a fun and engaging way for new and returning planters to interact with the environment.



Adam White, one of Sagamok's Greenhouse Technicians, spoke about the importance of self-reliance in smaller communities and how gardening can shape that virtue. As a skill, gardening strengthens character, something beneficial to anyone but especially children and youth. White noted the ongoing efforts of the Greenhouse program to include youth in their gardening endeavours. Having students help maintain and grow their own gardens, allowing them to gain independence and develop their skill set.





March's Ziigwan Gitigaan event reflected Sagamok's ongoing effort to build a stronger, more self-reliant community. Through practical knowledge and hands-on experience, those who participated walked with the conviction and capability to grow and sustain their own food.



World Migratory Bird Day

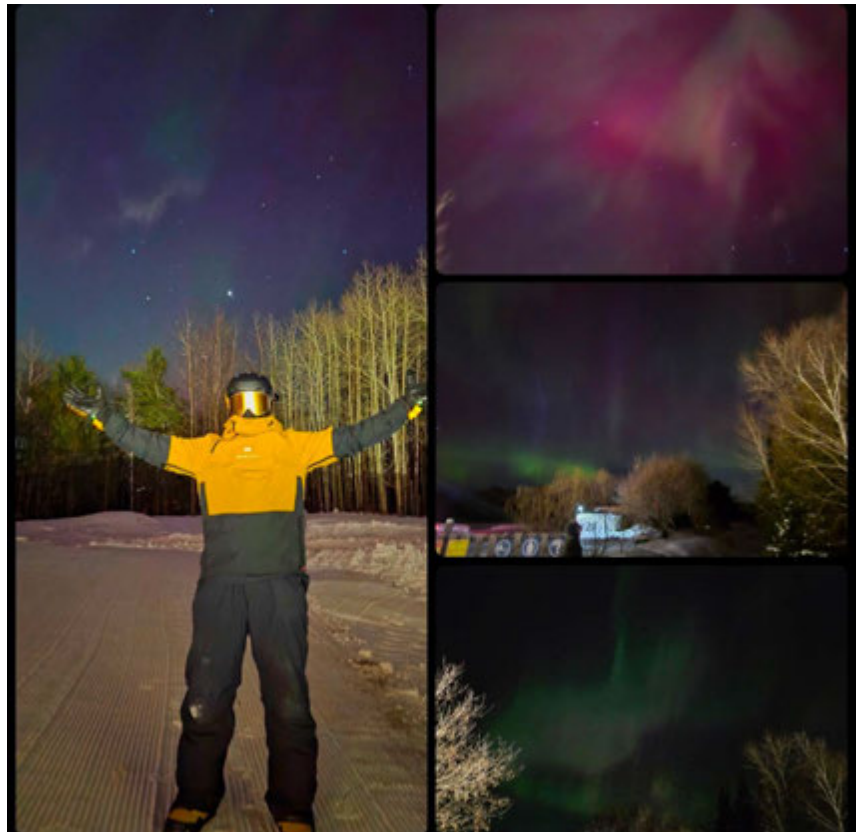
———— Saturday, May 9, 2026 ————

- **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.

SAGAMOK SNOWBOARDING CLUB!



From first-time falls to seeing the Northern lights, Sagamok's Winter 2026 Snowboarding Club was full of adventure! Organized by Sagamok's Physical Wellness Coordinator, Jordan Culmer, the snowboarding program kicked off in the first week of February. Two sessions were offered each week at Boogie Mountain in Espanola. About 10 people joined each session, ranging in age from just 6 years old all the way up to 50+. Jordan noted that it was special to see entire families signed up, "learning side by side." Parents, caregivers, and kids could cheer each other on (and sometimes find themselves taking a few graceful dismounts together too!).



A few of the participants had tried skiing before, but everyone in the group was brand new to snowboarding. Passes and rentals were included for everyone, so people could try it out without worrying about buying gear. This is significant, because we all know that sometimes – especially with kids – it takes a few tries to figure out if you truly enjoy a new activity. Being able to try it first, without the cost, made it easier for everyone to jump in, have fun, and discover a new sport with confidence.

Jordan has been snowboarding for about three years, but you wouldn't know it—he hits the slopes three to four times a week and calls it his main winter workout. As a Physical Wellness Coordinator, Jordan is setting a positive example of how to stay active and healthy during the long winter months through sport and time spent outside. His energy kept the group motivated, while instructors from Boogie Mountain helped everyone build skills and confidence.



One of the most unforgettable moments came on the very first night. As the group stood on the hill, they looked up to see the Northern Lights dancing across the sky in shades of purple and yellow. “Everyone loved it!” Jordan shared. Another highlight was the group’s trip to Horseshoe Valley from February 28 to March 1. It was a great opportunity for the Sagamok Snowboarders to put their weeks of practice to the test on a bigger hill! A total of 23 participants joined, including some new faces. The trip was organized in partnership with the Post Majority program, bringing together members from Off Reserve with support from Chelsea Toulouse and Mark Assinewe.

The overnight trip included one night and two full days on the slopes. “Some of the kids were on the hill until the last chair lift,” shared Jordan. It was a great celebration of everyone’s hard work. A few families shared that they’ve now decided to invest in their own snowboarding gear so they can keep going on their own (though we hope they return to the club next year, too!).

Miigwech to Jordan and the Family and Community Support Services Department for making the Sagamok Snowboarding Club possible this winter. We look forward to seeing new and returning faces on the slopes next year!

..:CYBER SMARTS:.

Welcome to Sagamok Cyber Smarts !

Each month, we'll bring you practical tips for protecting yourself and your family online, courtesy of Sagamok's I.T. Department.

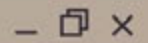
Here's how it works...
First, the attacker does their homework. They might gather information about you from social media or other public sources. Then, they make contact – maybe through an email, phone call, or even a message on social media – appearing trustworthy or even friendly. That's when the manipulation starts. By the time the victim realizes what's happening, it's often too late.

Today we're talking about something that can affect any one of us – social engineering attacks. Unlike viruses or ransomware, social engineering doesn't rely on code – it relies on people. It's a type of cybercrime that manipulates human emotions, trust, and curiosity to trick someone into giving away sensitive information or access. The scary part is it can seem so real, the victim is usually the last to realize that it has happened.

Here's the thing – victims often feel ashamed, which means many of these attacks go unreported. But it's important to know – anyone can fall for this. It's personal. It's calculated. And it's unfortunately, very effective. Believe it or not, this kind of scam has been around for centuries.

After the French Revolution, prisoners in France falsely claiming to be valets for French noblemen sent out letters that claimed they had hidden their master's vast treasure and would provide a map to help the recipient find it. In return for this "priceless" information, they would request a modest amount and hoped for a little preferential treatment.

Fast-forward to today, and these tricks have simply gone digital. Here are a few modern examples:



Scareware — that's when warnings pop up on your screen, urging you to "click here now" before it's too late. One of the more common types is using realistic-looking banners warning that your computer may be infected with a virus or some other kind of malware.

Honey traps — this is where someone pretends to form a romantic connection online, only to later ask for personal information or money.

Phishing, or **Voice Phishing**—uses a conversation over the phone to get financial or personal information from the target. They often hide their identity using spoofing, which changes their caller ID. As with other social engineering tactics, the attacker tries to gain the individual's trust or uses fear to get them to divulge valuable information.

So how do you protect yourself?

Here are a few key tips:

- Don't click on suspicious links — ever. If you get a strange email, type the website manually into your browser instead.
- Be cautious of people who want to build online-only relationships and won't meet or talk in person.
- And remember: if someone's trying to pressure you emotionally — if they're creating urgency, tugging at your heartstrings, or trying to earn your trust quickly — pause. Think. That could be a red flag.

Bottom line?

Anytime someone tries to get you to provide money or sensitive information and it's not clear why they are doing this, you are, likely, being targeted with a social engineering attack.

If you notice something suspicious, pause and call a trusted friend or family member before you act.

We hope you find this information helpful, and we look forward to bringing you more Sagamok Cyber Smarts in future Newsletters!



7 GRANDFATHER TEACHINGS SUPPER AT SASWIN WITH LEROY

A 7 Grandfather Teachings Supper & Learn, hosted at Saswin (Nest) on March 18, was led by Leroy Bennett. Leroy is the Manager of Sagamok's new Cultural Department and is supported by Cultural Workers, Bernadette and Wayne Southwind. This event aimed to strengthen our community bonds through shared cultural teachings, fostering a sense of unity and collective identity among community members.

The Supper & Learn program invited community members to an intimate evening of discovery and discussion about Niizhwaaswi Mishomis Kinoomaagewinawaan—the 7 Grandfather Teachings. Attendees arrived at 5 pm to gather around the big dining room table at Saswin. These ancestral stories serve as a vital link to our heritage, inspiring respect and reverence for the traditions passed down through generations.



Leroy began his teaching once everyone had an opportunity to share their name and grab a plate of supper. He said it was around the kitchen table that so many important and meaningful discussions used to take place. Still do! So that was the thought of hosting the Supper & Learn session, which included sharing stories, traditional teachings, and communal conversations. Both the teaching and the supper were wholesome, satisfying our appetites for knowledge and for food.

Being open to receiving the teachings and gaining the knowledge of our Grandfathers still lies at the core of each individual. Zoongide'ewn (Bravery/Courage), Dabasendizowin (Humility) and lastly Nibwaakaawan (Wisdom/Intelligence) were nearer to the top of the ladder and generally acquired in one's advanced years.

Leroy went on to share his thought that the correlation between many suffering from addictions is due to falling away from these teachings and becoming misguided and no longer in touch with our traditional Anishinaabe ways. Reconnect with your Anishinaabe roots – your true self – and discover who you were meant to be. When you overcome struggles, take time to reflect and heal, and use the teachings – they are our medicine! The more we can get back to learning from our ancestors, the more we will get 'back on track' and regain our Anishinaabe traditions, language, and culture. Our people will thrive once again!

Seven Grandfather Teachings



Love | Zaagidwin

To be at peace with yourself and able to express love to your family, friends, and community through your actions and words.



Honesty | Gwe'kwaadziwin

To walk through life with integrity is to know honesty.



Respect | Mnaadendimowin

Respect is an attitude. To honour and listen to ourselves, elders, parents and teachers is a sign of respect.



Humility | Dbaadeniziwin

Think of others before yourself. Humility is to live your life free from boasting and to have a modest sense of your own worth.



Bravery | Aakwa'ode'win

To have courage is to do what is right.



Wisdom | Nbwaakaawin

Wisdom is gained through experience and knowledge. To have wisdom is to know the difference between right and wrong.



Truth | Debwewin

To know truth is to know and understand all of the original laws as given by the Creator and to remain faithful to them.



SAGAMOK
ANISHNAWBEK

Lunch,
snacks
& refreshments
will be
available.

**YOUR COMMUNITY ONE-STOP
SERVICE CONNECTION**

Community I.D. & Support Services Clinic

JUNE 11 | 10AM-3PM

Multi-Educational Centre

Services available on-site are:

1. Sagamok Membership
2. Niigaaniin Services Ontario
3. Services Canada
4. Canada Revenue Agency
5. FN Child and Family Settlement Application Claim Helpers
6. Tax Return Services


For more information, go to
www.SagamokAnishnawbek.com

Breeding Bird Survey
Identify and survey **breeding birds** by sound.




Magnolia Warbler | Paruline à tête colorée
Photo: Derek Spencer

Canadian Lakes Loon Survey
Share your **Common Loon** observations this summer.



Common Loon | Faisan sur l'eau
Photo: Ashraf Waheed

Marsh Monitoring
Help monitor species in coastal and inland **wetlands**.




Common Gallinule | Gallinule d'Amérique
Photo: Rich Parkinson

Bineshiinyag Monitoring Opportunities

If you're interested in **bineshiinyag** (birds) and their conservation, Birds Canada currently has many **volunteer opportunities** available across the country!

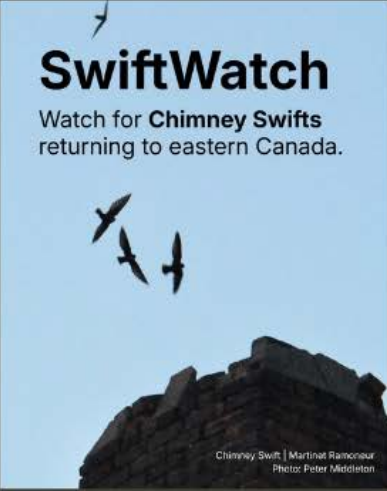
Learn more at www.SagamokAnishnawbek.com

Piping Plover Conservation
Protect **Piping Plovers** in Ontario and Atlantic Canada this spring and summer.



Piping Plover | Plover à siffleur
Photo: Marleigh Leaman

SwiftWatch
Watch for **Chimney Swifts** returning to eastern Canada.



Chimney Swift | Martinet Raincoeur
Photo: Peter Middleton



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

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

Mental Health Resources

We all experience struggles that we need help with, and may not receive the support we need within our families and social circles. **If you are in crisis or need help, reach out.**

CRISIS LINES

Suicide Crisis Hotline

Call or Text: 9-8-8
24/7 Support

HSN Crisis Intervention: Crisis Line

Call: 1-877-841-1101
Mon-Fri | 10AM - 10PM

Sudbury Warm Line (Pre-crisis Peer Assistance)

Call: 1-866-856-9276
6PM - Midnight

Kids Help Phone

Call: 1-800-668-6868
Text: 686868
Chat: kidshelpphone.ca
24/7 Support

Indian Residential School Survivors Society

Call: 1-800-721-0066
6PM - Midnight

National Residential School Crisis Line

Call: 1-866-925-4419
24/7 Support

LGBTQQ22SI Youth Crisis Hotline Trevor Project

Call: 1-866-488-7386
24/7 Support

Talk Suicide

Call or Text: 1-833-456-4566
24/7 Support

COMFORT LINES

Good 2 Talk (Post-Secondary Student) Helpline

Call: 1-866-925-5454
24/7 Support

Hope for Wellness (First Nation & Inuit) Helpline

Call: 1-855-242-3310
Mon-Fri | 10AM - 10PM

Talk 4 Healing (Aboriginal Women) Helpline

Call: 1-855-554-4325
6PM - Midnight

Seniors' Safety & Support Line

Call: 1-866-299-1011
24/7 Support

If you or someone you know is in immediate danger, **call 911 right away.**

SAGAMOK ANISHNAWBEK CHILD & FAMILY ADVOCACY 1ST ANNUAL
CHARITY

GOLF

Tournament



Stone Ridge Golf Course
Elliot Lake

Amateur Golfers Only

JUNE 19

Shotgun Start
@ **9:00AM**

4 PERSON SCRAMBLE

The first 30 teams to be paid for in full
will be guaranteed a spot. **\$600 Per**

Team Includes...

- Golf Cart
- Dinner
- Gift Bag

Featuring...

Elimination Draw
Hole-in-One Prizes
And Many More!

*Info &
Registration*



SAGAMOK ANISHNAWBEK
Child & Family Advocacy

www.SagamokAnishnawbek.com/CFAU-Golf-Tournament

Opportunities, Events, and Programs



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

Babysitting Course



SATURDAY, MAY 30
10AM – 4PM
Lifelong Learning Centre

Registration Required | Ages 10+

705-863-2657 | southwind_deanna@sagamok.ca

DID YOU PARTICIPATE IN THE Sagamok Food Bank BREAD MAKING KITS?



Submit your photos to Miranda before April 30th and be entered into a draw to win some great prizes!

abitong_miranda@sagamok.ca

Crochet Corner



Are you interested in learning a new hobby?

Let us know if you would be interested in **crochet classes** in the community!

Contact Deanna:
705-863-2657

MATCHING DAD/GRANDPA & ME RIBBON SHIRT MAKING

DINNER PROVIDED ALL AGES

THURSDAY, MAY 7
5:00PM – 8:00PM
Lifelong Learning Centre

Natasha | 705-863-0554
bourgeois_natasha@sagamok.ca

12+ VOLLEYBALL LEAGUE

TEAM AND INDIVIDUAL REGISTRATIONS AVAILABLE! NO EXPERIENCE NEEDED!

DEADLINE MAY 4TH **START MAY 7TH**

REGISTRATION AVAILABLE ONLINE

www.SagamokAnishnawbek.com



FAMILY SPRING DANCE

SATURDAY, MAY 2 | 6:00PM – 9:00PM
Multi-Educational Centre

Dance Prizes • Canteen • Spring Costume Contest
Music by Elijah Manitowabi

Gail Trudeau | 705-863-2531



Opportunities, Events, and Programs

**INFANT
MASSAGE CLASSES**

5 Week Program

Contact Natasha for more information
Natasha Bourgeois | 705-863-0554

**Junior
Animal Wellness Group**

MONDAYS Starting April 27
6:00PM - 7:00PM
Youth Centre

AGES 9-16

Darian Jones | 705-863-0759



The **ROBINSON HURON
TREATY TIMES**

Treaty Times Magazine is looking for stories from *our community*. Do you have an essay, poem, or photo to share? The deadline to submit is **May 15**.

Details and Submission Contact Info: www.SagamokAnishnawbek.com

Learn to Quilt

AGES 6-12

Is your child interested in learning a new hobby?

Let us know if you would be interested in **children's quilting classes!**

Contact Deanna:
705-863-2657



**YOUTH
BASKETBALL**

JOIN US FOR BASKETBALL **FRIDAYS**

6:00PM - 8:30PM

U15 **6:00PM**
U18 **7:15PM**



Woodland Wealth

Free Financial Planning and Investment Advice

WITH CAROL ANN BUDD

MAY 13-14 | 9AM-4PM
SAGAMOK CANADA POST

Learn more at www.SagamokAnishnawbek.com



HOME ALONE COURSE

SATURDAY, MAY 16
10:00AM - 1:00PM
Lifelong Learning Centre

Registration Required | Ages 9+
Deanna | 705-863-2657



Opportunities, Events, and Programs

MISSING & MURDERED INDIGENOUS WOMEN
Beaded Earrings Making



TUESDAY, MAY 5 | 10AM-2PM
 Lifelong Learning Centre

Registration Required - 15 Spaces
 Gail Trudeau | 705-863-2531

Mother-Daughter
 Ribbon Skirt Making



APRIL 30 – MAY 1
10:00AM – 2:00PM
 Lifelong Learning Centre

Register Now!
 Gail Trudeau | 705-863-2531

Join Us For
Mother's Day

BINGO

Sunday, May 10
 Multi-Educational Centre
 2:00pm

For more information, contact lottery@sagamokdc.ca

MOTHER'S DAY
GIFT MAKING



WEDNESDAY, MAY 6
6:00PM – 7:00PM
 Lifelong Learning Centre

Deanna | 705-863-2675
southwind_deanna@sagamok.ca

Mother's Day Tea

Everyone Welcome! Let's celebrate our Mothers,
 Grandmothers, & Aunties

FRIDAY | **12:00PM-1:00PM**
MAY 8 | Multi-Educational Centre

Join us for a delightful afternoon of tea, homemade soup, fresh sandwiches, and delicious desserts. Enjoy beautiful flowers for every mom, exciting door prizes, and celebrate all mothers!

sonnenburg_susan@sagamok.ca

YOUTH GYM NIGHTS



MON & WED @ 6PM
MULTI-ED CENTRE

MORE INFO
WWW.SAGAMOKANISHNAWBEK.COM

MURDER MYSTERY
DINNER

Once upon a killer



REVISED DATE

FRIDAY, MAY 1, 2026 | 5PM – 7PM
 SPACES ARE LIMITED

SUSAN SONNENBURG
SONNENBURG_SUSAN@SAGAMOK.CA | 705 863-2838

REGISTRATION REQUIRED

Sagamok Memorial
ROUND DANCE



SAVE THE DATE - DEC 5 @ 5PM

Stay tuned for more details including upcoming teachings and craft sessions!



Opportunities, Events, and Programs

Self-Defense Course

Facilitated by Northern Tsunami Studio
May 2, 2026

10:00AM - 11:00AM - AGES 8-12
1:00PM - 3:00PM - AGES 13+
MULTI-EDUCATIONAL CENTRE
Open to all community members

Meals Provided

Contact Natasha | 705-863-0554
bourgeois_natasha@sagamok.ca



Scrapbooking Club

MAY 4 & JUNE 1
5-7PM | Lifelong Learning Centre

Natasha Bourgeois
705-863-0554



Signs & Treatment of Ticks

with Patricia Toulouse

LUNCH & LEARN

MAY 7 | 12PM-1PM
CWD - Large Resource Room

sonnenburg_susan@sagamok.ca



VIDEO GAME PARTY!!

TOO MANY ACTIVITIES TO LIST!

MAY 3
1:00PM - 4:00PM
Multi-Educational Centre

For more information, contact
Darlan Jones | 705-862-0759
jones_darlan@sagamok.ca



Woodland Wealth

Welcoming Wealth

Free Zoom Workshop
Wednesday, April 29 | 6:30 - 8:00PM

www.SagamokAnishnawbek.com



TRADITIONAL PARENTING GATHERING

Caregivers, community members and knowledge sharers come together

EZHI-MNO-GSHKE'EWIZING
KOGNAAWSANG

MAY 21 & 22 | 10AM - 4PM
New Community Hall



Neighbourhood Watch

PRESENTATION

WEDNESDAY, MAY 6
6:00PM - 8:00PM
Lifelong Learning Centre

More Information:
petahtegoose_barry@sagamok.ca





SAGAMOK ANISHNAWBEK

NEWS 

CONTACT:

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