



Münke Güzis

Berry Moon | July 2026



TABLE OF CONTENTS

Notices, Events and Programs	3-5
Sagamok Signs MOU For Regional LTC.....	6-10
Sagamok Anishnawbek Shares Culture and History at Totten Mine.....	11
Early Learning Summer Transition Program.....	12
No More Stolen Relatives Artist Statement.....	13
Capacity Funding Agreement with Massey Solar Inc.	14-15
CFAU 1st Annual Charity Golf Tournament.....	16-21
Cap Beading & Beading Strawberry Earring Workshops.....	22
Every Drop Counts.....	23
CyberSmarts 4.....	24-25
New Homes In Maple Ridge.....	26-27
Bat Netting.....	28-29
NOSM Students.....	30-31
Vet Clinic Update.....	32
Meet Shelly Pascall.....	33
Biidaaban Celebrates Its Grade 8 Graduates.....	34-37
Elders Tai-Chi Lunch & Learn.....	38
Summer Safety Tips.....	39
Understanding Treaty Day Through Community.....	40-42
Babysitting Course.....	43
Traditional Medicine Lunch & Learn with Patricia Toulouse.....	44-45
Tie-Dye Night.....	46
E-Bike Rules.....	47



SCHEDULED POWER OUTAGE

SUNDAY, AUGUST 9 | 10:30AM – 4:30PM

Hydro One will be conducting a **planned power outage** that will affect Sagamok Anishnawbek for approximately **6 hours on August 9, 2026**.

www.SagamokAnishnawbek.com



WEATHER CANADA HEAT & AIR QUALITY ADVISORY

ORANGE WARNING - Air Quality

YELLOW WARNING - Heat

For updates, visit
www.SagamokAnishnawbek.com



GREENHOUSE UPDATE

Vegetable plant seedlings are available for pick up
Monday-Friday 7am-2pm

Check which seedlings are available on the website:

www.SagamokAnishnawbek.com

Community Safety Plan

Sagamok is developing a **Community Safety Plan** to improve safety, health, and well-being. A core group is planning community engagement sessions now—**coming soon. Your input matters.**

Barry Petahtegoose | petahtegoose_barry@sagamok.ca

COMMUNITY INFORMATION SESSION

Wills & Estates

TUESDAY, JULY 28 | 10:00AM – 2:00PM

Enji Wii Ji Gaabwitaadaying Agaamik (New Community Hall)

Learn About Wills, Estate Planning, POAs, and More!

More Information:
Membership Indian Registration & Estates Office | 705-865-2421

St. Raphael Parish

BINGO

SUNDAY, JULY 26 | 1PM
Multi-Educational Centre

\$200 JACKPOT

The canteen will be open!



FIRE BAN NOTICE

**EFFECTIVE IMMEDIATELY, A FIRE BAN HAS BEEN ISSUED
FOR SAGAMOK ANISHNAWBEK DUE TO THE EXTREME
HIGH FIRE HAZARD RATING ACROSS THE REGION.**

FOR EMERGENCIES, CALL 9-1-1



FOOD BANK
SUMMER SERVICES UPDATE

With the summer camp programs coming up, clients are asked to take the long hallway to the side door entrance when the hall doors are closed and signage is posted.

Miigwech for your cooperation!



ATTENTION: PARENTS AND GUARDIANS!

Second Semester, Final Report Cards and Grade 12 Graduate Diplomas can be picked up at the Lifelong Learning Centre

Contact: Josephine at 705-863-0612, or Kristy at 705-863-0980



GREENHOUSE UPDATE

Summer Hours of Operation
Monday – Friday | 7:00AM – 2:00PM

www.SagamokAnishnawbek.com



VIDEO GAME PARTY

Saturday, July 18
1:00PM – 4:00PM
Multi-Educational Centre

More Information:
Darlan Jones | 705-862-0759

WITS PROGRAMS FOUNDATION



RHT YOUTH WATER DECLARATION - CALL FOR APPLICATIONS

Anishnawbe
Finger Weaving

Nibi Inaakinogewin
Weaving Legal Traditions Fellowship

WHO: Ages 18-34
WHEN: August 26-29, 2026
WHERE: Sault Ste. Marie, ON

For full details, visit: www.SagamokAnishnawbek.com



Pollinator Week: Nenookaasiwag

Learn about Ontario *hummingbirds* and how to help support them!

Visit www.SagamokAnishnawbek.com!



Summer Volunteer Opportunities

GRADE 8 GRADUATES & GRADE 9-12 STUDENTS:

Complete your 40 volunteer hours this summer! Find opportunities nearby or create your own event with supervision.

If you see this logo, contact the event coordinator to register as a volunteer!

NEEDED



CATERING TENDER

Event: Biscotasing Camp
Date: August 11-13, 2026
Location: Biscotasing / Watershed

Meal:
All Meals

SPECIAL REQUIREMENTS:
2 Breakfasts
2 Lunches
2 Suppers

ADDITIONAL REQUIREMENTS:
☒ Dishes & Cutlery
☒ Condiments
☒ Beverages
☒ Accommodations & Equipment
☒ Safe Food Handling Certificate

DEADLINE: JUL 31 @ 4:00PM

Please submit your bid to Cora Peters at 705-865-2421 X 551 or peters_cora@sagamok.ca.

ESTIMATED ATTENDANCE
30



Traditional Healing
with Richard Assinewai

Traditional 1-on-1 Counselling Sessions

JULY 16 | YOUTH MENTORSHIP ONLY
JULY 17 | COMMUNITY MEMBERS

Saswin, 51 Kokoko Miikan

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

Sagamok Swimming Areas are UNSUPERVISED

SWIM AT OWN RISK

Please note:

Swimmer's itch has been encountered at some of the common swimming locations.



STRAWBERRY/BLUEBERRY RIBBON SKIRT MAKING

JULY 14, 16 & 17

10AM-3PM

Lifelong Learning Centre

20 Spaces Available

Lunch Provided

REGISTRATION
REQUIRED

To register, contact Gail
705-863-2531 or trudeau_gail@sagamok.ca

Transmission Line Projects Working Group

REGISTER BY JULY 16, 2026

More Information:
jithu_nikitha@sagamok.ca



YOUTH GOLFING

Weekly Golf Outings

Start Date: July 14, 2026

Ages 12-24

**Registration
Required**

- Driving Range
- Espanola Golf Course
- Stone Ridge Golf Course

Contact Carson to register
abitong_carson@sagamok.ca | 705-863-0714



RECYCLING DEPOT

Visit the **Recycling Depot** in the
MEC/LLC Parking Lot – **Open**
24/7 for a Limited Time

Help keep the Community clean!

705-863-2874

abitong_kayla@sagamok.ca



Free Financial Planning and Investment Advice

WITH CAROL ANN BUDD

AUG 24-25 | 9AM-4PM

SAGAMOK CANADA POST



www.SagamokAnishnawbek.com



JULY 24

10AM-3PM



Animal Wellness Open House

610 Sagamok Rd, Unit 2

Information Session, Vendor Sales, and More!

Lindsey Cada | Bylaw Officer

cada_lindsey@sagamok.ca | 705-863-0145

Animal Wellness Group Member Call-Out!

**Paws Together for a Better Tomorrow.
Join the Pack, Make a Difference.**

**610 Sagamok Road
Unit #2**

Lindsey Cada | 705-863-0145



Elders Forum

Day Trip To Sudbury

DISCUSSION ON 2026 ELDERS ANNUAL NIAGARA TRIP
QUICK STOP AT GATEWAY CASINO

REGISTRATION REQUIRED

BINGO
AT LUNCH

JULY 20, 2026

**Departure: 9AM | New Community Hall
Return: 5PM**

Darla Boston | 705-865-2421



Community Safety Plan Working Group YOUTH VOLUNTEERS WANTED



Sagamok is forming a **Community Safety Plan Working Group** and is seeking dedicated youth volunteers who care about creating a safer, healthier, and more connected neighborhood.

6 Sessions | 3 Blocks of 2 Days

Barry Petahtegoose | 705-863-0620



On Friday, June 26, 2026, Sagamok Anishnawbek, Whitefish River First Nation, the Town of Espanola, and Espanola Regional Hospital and Health Centre signed a Memorandum of Understanding (MOU) between the four partners as they begin to explore the possibility of building a long-term care (LTC) facility in the region.

About 40 attendees were led in ceremony by Whitefish River’s Art Jacko and Sagamok’s Wayne Southwind. They trekked along a narrow forest path and gathered in a clearing under the open sky. Art and Wayne had identified the site in advance, a small piece of the acreage donated by the Town of Espanola to support the project. Following the ceremony, the group took cover from the heat under a large tent setup for those gathered to hear remarks and witness the signing of the MOU.

Sagamok’s Delores Trudeau shared an opening prayer, which was followed by a formal welcome by Joseph Burke, CAO/Clerk for the Town of Espanola. Chief Rodney Nahwegahbow of Whitefish River First Nation, Chief Angus Toulouse of Sagamok Anishnawbek, Martin Lees, CEO of Espanola Regional Hospital and Health Centre, and Town of Espanola Mayor Douglas Gervais addressed the crowd with remarks in support of the partnership.

Read the full press release on the next three pages. Additional photos on page 10.

Hear this story come to life
on Biimaadiziwin Radio!

Listen to
The Sagamok Hour
show archive from
July 5!





espanola
regional hospital and health centre
hôpital régional et centre de santé
d'espanola

First-of-its-kind partnership to transform long-term care in Northern Ontario

New collaboration aims to bring care closer to home with a focus on culture and dignity

Espanola, ON — June 26, 2026 — Whitefish River First Nation, Sagamok Anishnawbek, the Town of Espanola, and Espanola Regional Hospital and Health Centre have announced a new partnership to explore the possibility of building a long-term care home that will serve the region and support people in aging closer to home.

"This project is about building a future where our people can age with dignity, surrounded by their culture, their families, and their community," said Chief Rodney Nahwegahbow of Whitefish River First Nation. "By working together as partners and respecting the sovereignty of First Nations, we are re-imagining long-term care in a way that will serve our communities for generations to come. We are ready to move this work forward and welcome provincial and federal partners to join us in making this vision a reality."

In Espanola alone, more than 130 people are currently waiting for just 32 long-term care beds, highlighting the urgent need for expanded capacity in the region. Across the Espanola-Manitoulin area, demand continues to outpace available spaces, forcing many families to seek care far from home.

"Our vision is to create a future where Elders can receive the care they need while remaining close to home to be connected to their families, community, and Anishinaabe traditions. This initiative demonstrates what can be achieved when we build partnerships where First Nations can lead the conversation about the services our communities need. We look forward to working with all partners to build the support and resources needed to make this project a success." said Chief Angus Toulouse, Chief of Sagamok Anishnawbek.

The partners have signed a Memorandum of Understanding that sets the foundation for the project. Espanola Regional Hospital and Health Centre would operate the home, with planning and development guided collaboratively by all partners. The Town of Espanola has committed land for the facility near the hospital site, demonstrating its commitment to advancing the project.

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espanola
regional hospital and health centre
hôpital régional et centre de santé
d'espanola

"The Town of Espanola is proud to contribute land and infrastructure to support this project as a sign of our commitment to working alongside our neighbours and the strong Anishinaabe Nations of this region to expand long-term care close to home. Together, in a spirit of respect, truth and reconciliation, we are helping build a future model for care that is collaborative, culturally safe, coordinated, and grounded in the values of each community." said Mayor Douglas Gervais, Town of Espanola.

"This partnership brings together health care expertise and community leadership to create a model of care that is both high-quality and culturally meaningful," said Martin Lees, CEO of the Espanola Regional Hospital and Health Centre. *"By planning together from the outset, we can ensure the home meets the needs of residents and families across the region, now and into the future."*

This project represents a strong, community-supported solution that is ready to move forward with the right investments. It also reflects a shared commitment to improving access to long-term care in the North while advancing truth and reconciliation through respectful partnership.

Partners will continue to work together to advance planning and engage with provincial and federal governments to secure the support needed to move the project into the next phase. Community members can expect ongoing updates and opportunities to provide input as the project progresses.

— 30 —

About Whitefish River First Nation

A growing Anishinaabe Nation of approximately 1,500 members, Whitefish River First Nation located on the scenic shores of Georgian Bay and the North Shore Channel, gatekeepers to Manitoulin Island, Ontario. Guided by its vision of working in harmony while preserving culture, traditions, and knowledge, WRFN is committed to improving community well-being through mutual cooperation, sustainable development, and cultural strength.

About the Town of Espanola

Located in the heart of Northern Ontario, the Town of Espanola is a vibrant and welcoming community situated along the scenic Spanish River. Home to approximately 6,000 residents, Espanola serves as a regional hub for commerce, healthcare, recreation, and cultural activities. The Town is committed to providing high-quality municipal services, fostering economic growth, supporting community well-being, and enhancing the quality of life for residents and visitors alike. With its rich history, natural beauty, and strong community spirit, Espanola continues to be a great place to live, work, invest, and explore.

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espanola
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hôpital régional et centre de santé
d'esperanza

About and Espanola Regional Hospital and Health Centre

Situated in the Town of Espanola and within the Robinson Huron Treaty Territory, the hospital is a 79-bed health campus and serves a population of approximately 14,000 within the catchment area that includes the Town of Espanola, Townships of Nairn & Hyman and Sables-Spanish River, Baldwin and Sagamok Anishnawbek and Whitefish River First Nation.

About Sagamok Anishnawbek

Sagamok Anishnawbek is located on the north shore of Lake Huron. The community is party to the Robinson-Huron Treaty, 1850. The Anishinaabemowin language is still alive in the community and serves as the means by which the community is connected to its lands, ancestors, history, culture, laws and its right to self-determination. The community members of Sagamok number over 3,400. A majority of the membership lives on the reserve, with the remainder living in urban locations.

About the Partnership

Together, these partners are working to strengthen services, build relationships, and improve access to care in the Espanola-Manitoulin region. This collaboration reflects a shared vision of community-driven, culturally safe care close to home, leveraging the Espanola Regional Hospital and Health Centre's proven expertise in integrated rural health.

Media Contacts:

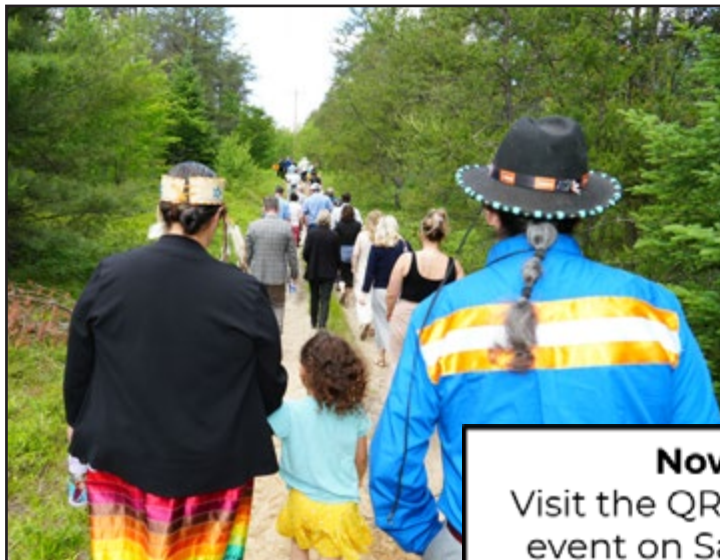
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jburke@espanola.ca

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Now on video!
Visit the QR Code to watch this
event on Sagamok's Youtube
Channel.



WATCH NOW



Sagamok Anishnawbek Shares Culture and History During Indigenous Education Sessions at Totten Mine

Submitted by: Nikki Toulouse, Claims and Negotiations Unit

SAGAMOK, ON — In recognition of National Indigenous History Month, Sagamok Anishnawbek hosted two Business Day Education Sessions at Totten Mine on June 4 and June 18, offering approximately 60 Totten Mine employees at each session an opportunity to learn about First Nations history, culture, and traditions.

The sessions featured presentations by Wayne Southwind and Allen Toulouse, who shared teachings on Sagamok Anishnawbek history, cultural practices, and the community's longstanding role in trade, diplomacy, and treaty relationships that helped shape resource development across the territory.

Wayne Southwind opened the first session with a teaching on smudging, explaining its cultural and spiritual importance within Anishnawbek tradition. He described the four sacred medicines—tobacco, sweetgrass, cedar, and sage—discussing their uses and significance. Participants were given the opportunity to observe and smell each medicine as part of the learning experience.

Following the teaching, Wayne invited attendees to take part in a smudging ceremony outside the building, welcoming all who wished to participate.

Allen Toulouse provided a visual presentation outlining the history of Sagamok Anishnawbek, including the community's settlement along the Spanish River and traditional travel routes across its territory. He also highlighted territorial boundaries, historical meeting points, and trading areas connected to the Robinson Huron Treaty.

Allen gave an overview of leadership within the Robinson Huron Treaty era and showcased traditional tools and weapons used historically, including a replica club, and bow, which participants were able to view and handle.

Both presenters concluded their sessions with a question-and-answer period, allowing employees to engage further and deepen their understanding of the topics discussed.

The sessions were followed by a catered lunch provided by Sagamok Anishnawbek and members of Vale's Indigenous Employee Advisory Council. The meal was served in the Totten Mine administration lunchroom and prepared by a Sagamok community member, over 100 employees enjoyed lunch.

Organizers say the event helped strengthen cultural awareness and foster meaningful dialogue between Indigenous presenters and mine employees during National Indigenous History Month.



**BIIDAABAN
KINOOMAAGEGAMIK**

1666 Toulouse Bay Road
P.O. Box 2217
Sagamok Anishnawbek, ON P0P 2L0
Tel.: 705 – 865 – 2387
Fax.: 705 – 865 – 3411

Early Learning Summer Transition Program

The Transition Program is a short three week program beginning Tuesday, July 21st that will allow students to experience a slow transition into a school setting. This program aims at helping those students develop skills to help them become confident and capable learners within a school setting. We are looking forward to helping prepare your child for the 2026/2027 academic school year.

Who

Any child enrolling into Early Learning (JK) at Biidaaban, September, 2026

What

Parents/Caregivers must complete the Biidaaban Registration package in order for their child to participate

When

Week 1: July 21,22,23 (9:00 AM-10:30 AM)

Week 2: July 28,29,30 (9:00 AM-12:00 PM)

Week 3: Aug 4,5,6 (9:00 AM-2:30 PM)

Transportation

Parents/Caregivers are expected to drop off child/student for 8:30 AM
Transportation will be provided to the day care at days end of each day

Please contact administration if you have any questions

**admin@biidaabanschool.ca
705-865-2387**

Deadline: Friday, July 17th 2026 (Registration Package must be received)

***STUDENTS MUST BE SENT WITH LUNCH EACH DAY**



*During Sagamok's MMIWG2S walk on May 5 we distributed 116 No More Stolen Relatives hoodies and t-shirts as well as 12 No More Stolen Relatives and MMIW Bead Work pieces. The following is a statement from **Salena Sutton**, the artist who designed them.*

Artist Statement: Meaning & Vision Behind the Design

This design was born from the artist's own healing journey, a journey shaped by family history, identity, and the quiet truths carried across generations. What began as a personal exploration soon revealed itself as something much larger. By looking at the experiences of friends, relatives, and community, the artist realized that these stories were not isolated. They were shared. They were connected. They were part of a wider pattern that touches families and communities everywhere.

The design reflects the understanding that healing is not an individual act. It is collective. It is relational. It is something we move through together. The artist wanted to bring all of these truths into one unified piece. A reminder that we are all relatives, all connected, all responsible for breaking cycles and creating new ones rooted in strength, safety, and love.

Each color and symbol carries its own weight and story:    

Red Handprint: Honours and brings awareness to Missing and Murdered Indigenous People, inclusive of all genders and ages (MMIP).

Orange Handprint: Represents the legacy of residential schools, the Sixties Scoop, and the Millennium Scoop.

Purple Handprint: Acknowledges intimate partner violence, family violence, addiction and overdose awareness.

Green Handprint: Symbolizes mental health awareness and the ongoing work of caring for our minds and spirits.

The handprints throughout the design represent both the children and our own inner child, the parts of us still seeking safety, voice, and healing. They remind us that the impacts of trauma ripple across generations, but so does the power to heal.

This piece asks important questions: What can we do together? How do we break these cycles? How do we support one another as relatives? It stands as a call to unity, to collective strength, and to the belief that healing becomes possible when we recognize that none of us walk this path alone.

The artist Salena Sutton is an Anishinaabe kwe, mother, and advocate who brought this vision to life in partnership and collaboration with Amanda Kust of Windy Acres. Together their work is rooted in community, identity, and the belief that healing grows stronger when it is shared.

Sagamok Anishnawbek Enters Capacity Funding Agreement with Massey Solar Inc. (Potentia Renewables) for Massey Solar Project Consultation

Introduction

Sagamok Anishnawbek has entered into a capacity funding agreement with Massey Solar Inc., an affiliate of Potentia Renewables Inc., to support consultation on the Massey Solar Project.

The Massey Solar Project is in the Township of Sables-Spanish Rivers, about 8 kilometres outside of Massey and 14 kilometres outside of Sagamok's reserve lands. It is within Sagamok Anishnawbek's Area of Interest for Heightened Consultation, and overlaps with the Wawaskagaming (Birch Lake) area, which holds important cultural, historic, and archaeological value.

This capacity funding agreement provides Sagamok with the resources needed to properly evaluate the project before taking a position.

Let's take this opportunity to unpack what capacity funding agreements really are in the context of major policy or project proposals, as well as how capacity funding relates to the government's duty to consult, and what the funds are spent on. Finally, we'll lay out what the community can expect to see next as this capacity funding agreement is implemented.

What is a Capacity Funding Agreement?

In this context, a Capacity Funding Agreement establishes that a proponent (a government, a business, or both) will provide financial resources to a First Nation to ensure the First Nation has the capacity to meaningfully participate in consultation and engagement activities related to a proposed policy or project.

Capacity Funding Agreements are grounded in the principle that meaningful consultation requires time, expertise and resources. First Nations should not have to reach into their own community's pockets to participate in consultation – especially because projects often require technical expertise, such as legal, environmental, archaeological, etc.

Massey Solar Inc., will provide Sagamok Anishnawbek with financial resources to ensure Sagamok can meaningfully participate in consultation about the proposed Massey Solar Project.

Capacity Funding and the Duty to Consult

While not enshrined in a single national law, Capacity Funding Agreements are the *status quo* in Canada. Capacity funding has become an expected part of consultation with First Nations, particularly for major resource, infrastructure, and energy projects.

Under section 35 of the Constitution, as well as several Supreme Court of Canada decisions, the Crown has a duty to consult First Nations when it considers policies and/or projects that may impact Aboriginal and treaty rights.

Although governments hold the legal duty to consult, project proponents (companies) often carry out much of the procedural consultation on the Crown's behalf. Governments and companies recognize that consultation cannot be meaningful if a First Nation lacks the resources to carry out the activities needed to evaluate a proposed policy or project. As a result, capacity funding is now standard practice in Canada.

The Massey Solar Project site is located within Sagamok's traditional territory and Area of Interest for Heightened Consultation. For this reason, the project proponent, Massey Solar Inc. is carrying out the Crown's duty to consult Sagamok. The established Capacity Funding Agreement ensures that Sagamok can meaningfully participate in the project's review process.



How is the funding used?

Capacity/consultation funding is used for activities such as obtaining legal advice, hiring technical experts to review documents and reports, and conducting community engagement.

As outlined in the signed Capacity Funding Agreement, Sagamok will use funds for consultation activities, including, but not limited to:

- Conducting field visits by First Nations monitors to ensure activities, including environmental and archeological, are being done in a good way;
- Professional review of technical documentation related to the project; and
- Hosting community meetings to hear from community members and Elders about the potential impacts of the project.
- Providing feedback to identify potential adverse impacts as well as proposed solutions to help mitigate them.

What happens next?

Sagamok Development Corporation (SDC) and the Claims and Negotiations Unit (CNU) are responsible for implementing the terms of Sagamok's Capacity Funding Agreement with Massey Solar Inc. This will include deploying local field monitors, reviewing technical reports alongside industry experts, and providing community members with opportunities to voice their opinion as Chief & Council work to take a position on the project.

We encourage you to keep an eye on the CNU web page, where Consultation Notices are posted frequently, and where there is a form to submit feedback. The date, time, and location for community information and engagement sessions will be provided when confirmed.

Golf Tournament



On June 19, the Child and Family Advocacy Unit, supported by the Post Majority team, held a charity golf tournament in Elliot Lake to raise money for foster children as part of Children in Care. The golf tournament was the first of its kind and this was the inaugural year for the event. The day began at 8am and wrapped up by 4pm, giving everyone a chance to play 18 holes. One hole even offered the chance to win a new car or \$40,000 to anyone who made a hole-in-one. There were plenty of laughs and even more flies, but most importantly, the event gave participants a chance to relax and have fun together.

The event began at the Stone Ridge Golf Course in Elliot Lake, with everyone finding their seats in the clubhouse. As people arrived, they waited for their teams to come together. The clubhouse had high ceilings and windows that let in bright morning light. Outside, Ryan Lake was calm, and the leaves on the trees moved gently in the breeze. Inside, the walls were decorated with photos of golf courses, and shelves held signed memorabilia. Many items showed the names of famous visitors, including a Pine Ridge 2010 World Cup hat signed by several pro golfers and even Steve Martin, the American comedian and actor. These displays highlighted the clubhouse's long history and strong reputation.

Staff wore powder-blue polos with the Sagamok logo to help everyone feel united for the day. Because there were so many blackflies and other bugs in the morning, some staff chose to wear their own work hoodies from past events. After helping with setup, carrying supplies, and registering teams, the event kicked off with a speech by Juanita Skruibis, Director of Family and Community Support Services. She thanked the CFAU, the Post Majority team, and all the staff who helped organize the day. Juanita also went over the rules and talked about the sponsors, then finished by reminding everyone to have fun. As the teams lined up and left in their golf carts, it almost looked like a group heading out on a mission in an action movie, with cars following each other in a convoy. By about 8:50am, everyone was out on the course.

With 19 teams, everyone played for a wide range of prizes. There were custom Sagamok leather bags filled with golf balls, gloves, and other accessories, as well as grills and basketballs. But the prize that caught everyone's eye was a brand-new car! At hole 15, staff watched closely—one at the tee and another at the hole—to see if anyone could get a hole-in-one. The potential prizes included: a 2026 Chevrolet Trax 1RS, and a Trip for 2 to Casa Da Campo in the Dominican Republic with 3 rounds of golf or take cash value of \$40,000—sponsored by Hydro One and by a company named Hole in One Canada.

The day began sunny and bright but later turned hazy and misty. The weather stayed warm enough for T-shirts, and as the day went on, the bugs seemed to bother everyone less. Around 3pm, teams started heading back to the clubhouse. Each group was different; some were families, some were friends, and some were mixed. Some groups joked and laughed together, while others took the game more seriously and gave it their all. No matter their style, everyone came back to the clubhouse smiling.

After enjoying a delicious chicken alfredo pasta dinner, everyone gathered in the middle of the clubhouse. They arranged their chairs around Juanita and her team, who began announcing the winners and their prizes.



1st place winners:

- L.J. Solomon
- Marissa Bob
- Jorden Piette
- Niki Toulouse



Prizes: Yeti Cup and Gift certificate.

The tournament ended with satisfaction and cheerful exhaustion. After a busy day moving from hole to hole, keeping score, and sharing meals, everyone was tired and happy. While the prizes were exciting, the best part of the day was spending time with family and friends. Even though winning the car would have been great, the real reward was being together. With the event being part of a larger goal of raising money for the Children in Care, to help raise money for our children who are in foster homes, the first annual golf tournament was a success. Thank you to the CFAU team, the Post Majority unit, all the staff who helped organize the event, and miigwech to all who participated.





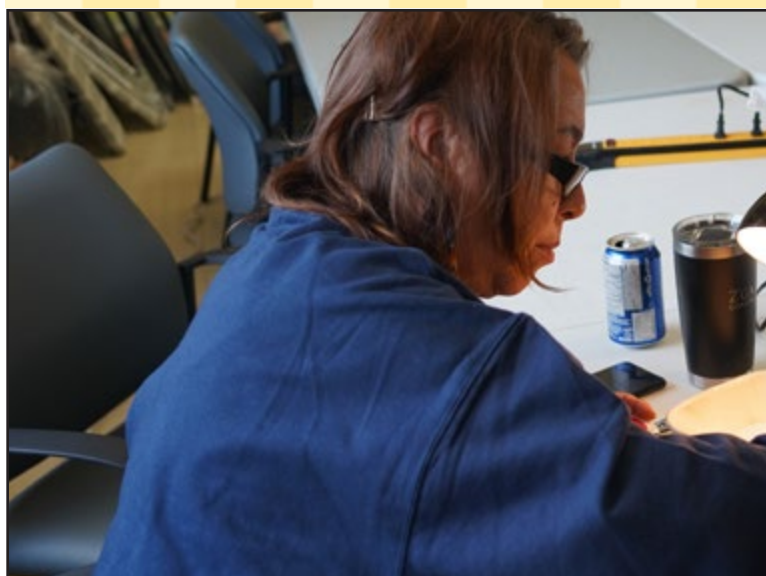






ADULT HAT OR CAP BEADING & Beaded Strawberry Earring Workshops

In June, community members had the chance to take part in two hands-on beading workshops at the Lifelong Learning Centre led by Gail Trudeau. From June 3 to 5, participants created their own beaded hats or graduation caps, while on June 22 and 23, attendees crafted colourful beaded strawberry earrings to celebrate ode'imín season. With lunch provided and 15 spaces available each day, registration was required in both workshops. Both ran from 10:00a.m. to 3:00p.m., giving participants the chance to flex their creative muscles in a supportive social setting.



EVERY DROP COUNTS!

Excessive water use strains our treatment plant. Conserving water helps keep our whole community running strong.

QUICK TIPS FOR SAVING WATER:

1

Fix leaks right away – even small drips can waste gallons of water per day.

2

Take shorter showers — aim for 5 minutes or install a low-flow showerhead.

3

Turn off the tap while brushing teeth, shaving, or scrubbing dishes.

4

Run full loads in the dishwasher and washing machine.



SAGAMOK ANISHNAWBEK
Planning & Infrastructure

In 2026, the world of technology will only continue to get more complex... and smarter, too! That's why we're preparing in 2026 with another segment of Sagamok Cyber Smarts.

Today's segment is called, Why Your New Smart Thermostat Could Be a Security Risk

Over the last five years, the Internet of Things has quietly moved into almost every aspect of modern life in Canadian households. Internet connected devices such as smart thermostats, washing machines, stoves, light bulbs, and security cameras have skyrocketed.

While the Internet of Things surely brings more and more convenience to our everyday lives, there's a catch: every connected device can be a doorway for cybercriminals.

Unlike computers, tablets, and smartphones, many smart devices don't have strong built-in security. Some still use default passwords, run outdated software, or send information without encryption. That makes them easy targets.

Hackers can scan home networks looking for weak devices. Once they find one, they can break in—not just to that device, but to your entire network. In some cases, hacked devices are even used in large cyberattacks. And these breaches don't just risk your data—they can affect healthcare systems, infrastructure, and even personal safety.

The good news? You can reduce the risk by following a few simple steps whenever you bring a new smart device, aka a new toy belonging to the Internet of Things, into your home.



First: change the default password right away. Use a strong, unique password for every device, and never reuse passwords.

Second: keep devices updated. Turn on automatic system updates if they're available, or check regularly for security updates.

Third: enable encryption. Choose smart devices that support encryption, and make sure it's turned on during setup.

Fourth: separate your network. Put smart devices on a different Wi-Fi network than your computers and phones. This helps protect your most sensitive data.

Fifth: buy from reputable brands. Well-known manufacturers are more likely to build in security and provide updates.

Sixth: limit data sharing and remote access. Review privacy settings, turn off features you don't need, and only enable remote access if it's properly secured.

And finally: dispose of devices safely. Before selling or throwing one away, reset it to factory settings to erase your personal information.

The Internet of Things offers convenience we couldn't imagine a decade ago—and with a little care, you can enjoy these benefits without putting your privacy or security at risk.

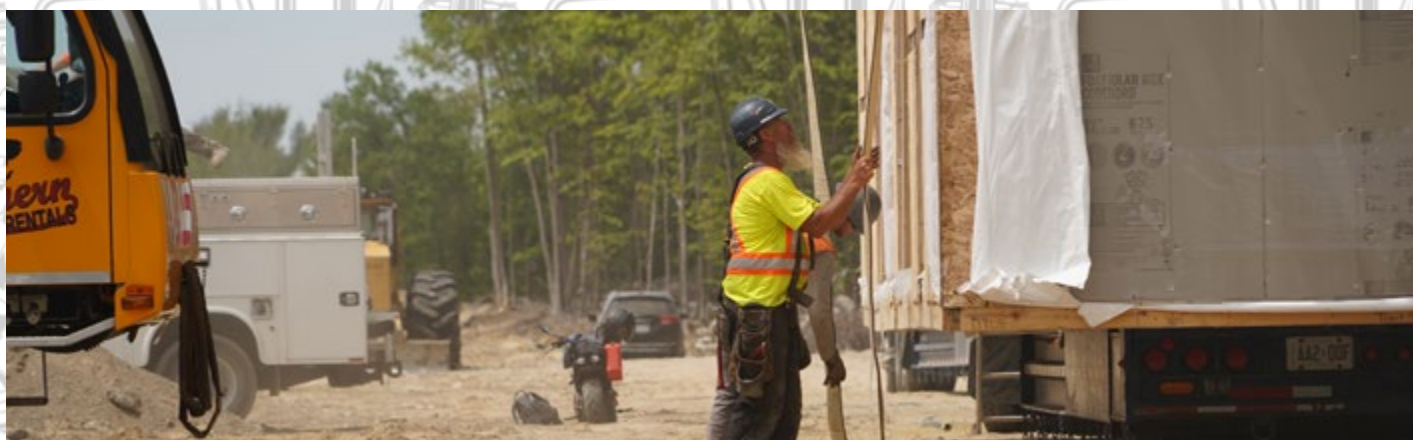
Miigwech to the IT and Communications Department for bringing us another useful segment of Sagamok Cyber Smarts!



NEW HOMES IN MAPLE RIDGE

On June 24 and July 8, Maple Ridge welcomed four new homes. Introducing two rental units (a one-bedroom and a two-bedroom) on the first day, while adding two rent-to-own homes on the second. William Caldwell, Director of Sagamok's Housing Department, notes this as an important milestone because it is the first of many prefabricated Royal Homes houses coming to Sagamok. In collaboration with the Planning and Infrastructure Department to install water and hydro, and Orbis Consulting to help manage the project, the Housing Department is excited to see many more homes built in Sagamok!

The Maple Ridge subdivision is a project focused on the long-term development of housing in the community. With 134 home lots surveyed, the project will continue to grow over the coming years, providing many great housing opportunities for Sagamok members. While the main goal is to build homes in Maple Ridge, the team also offers rent-to-own homes on members' land when possible. This year, they plan to provide 16 new homes, offering both rental and ownership options. William notes that if there is ever a chance to build more, his team will "absolutely jump on it." As of right now, they are halfway through this year's project, with six more homes planned for delivery in August.



To fully appreciate the work that goes into bringing these homes into Sagamok, it is important to look at the process behind their construction: Royal Homes manufactures the units in Wingham, Ontario, and then delivers them to Sagamok. The roofs are left unfinished until they arrive at their final destination, because the full height of the home is too tall to transport. Single-bedroom units arrive in blocks and are about 96% complete upon arrival. Once the prefabricated home arrives, the Sagamok team pours the basement and builds it to Royal Homes' specifications. After the home is lifted onto the foundation, the roof is completed. The team then installs siding, water, and septic systems. Two-bedroom units come in two pieces and are joined together on site. After installing the same features as the single units, they add a marriage wall to connect the two sections. Finally, they finish the flooring, install drywall, and paint the supporting wall.



With some background on how the houses are put together, it is easy to see how these projects take a lot of time because building, setup, funding, and general project management are complex – and it is important to get it right the first time. William wants everyone to know that the Housing Department is “working as hard as we can to provide adequate housing for all the members of Sagamok,” and that they “can’t build enough new homes fast enough.” The team understands that housing is a top concern for single members, new families, growing families, and those who want to return home. They take their work seriously and know it has a big impact.

To conclude, William also wants to note the great work being done by Chief and Council to make this project a top priority for the community. He highlights that they hear and feel the need on a “personal level for housing” and that they “are dedicated to making an impact and getting more homes built”. In his own words, recognizing the housing crisis across Canada, William knows that the housing shortage will not be fixed overnight. However, he and his team are working hard to provide quality homes for everyone here in Sagamok, aiming “to exceed our members’ expectations”. June 24 and July 8 mark the first of many new homes being built here in Sagamok, and Miigwech to William and his team for their continued contributions and hard work!

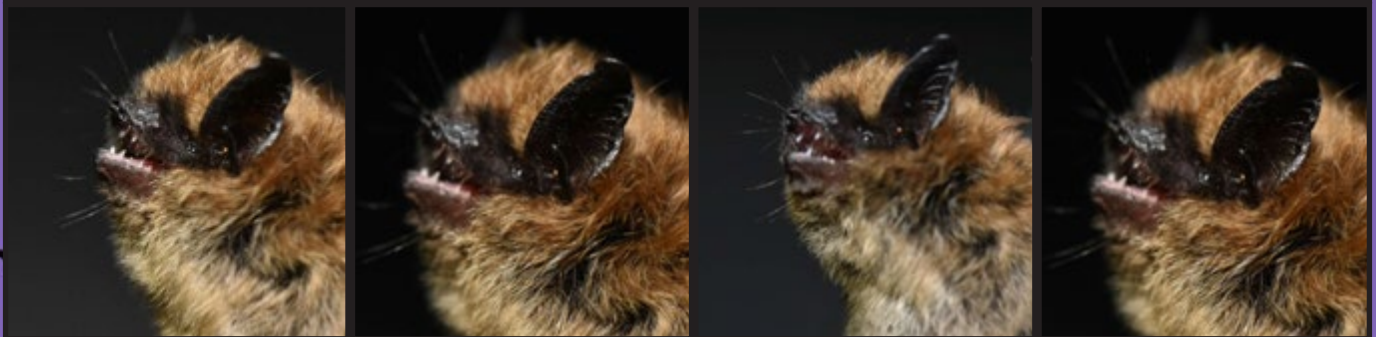


BAT NETTING IN SAGAMOK

From June 1 to 6, Chevaun Toulouse and her team from Sagamok's Lands, Resources, and Environment Department conducted a week-long bat-netting survey in Sagamok. After setting up nets and capturing bats, the team tagged and tracked them with the Motus wildlife system. After tagging, each bat emits a unique radio signal, allowing Chevaun and her team to detect the bats using Motus Towers (automated radio-telemetry stations) when within range. With this, their team can monitor and protect local apakwaanaajinh (bat) populations and their habitats.

On the first night, the team set up nets in the old field near Toulouse Grocery and Gas Bar. They started at 7:00 pm and finished at 4:00 am, managing to catch an Eastern Small-footed Myotis (*Myotis leibii*). One of North America's smallest bats, the Eastern Small-footed Myotis has soft, golden-brown to dark fur. A pale underside, dark ears, face and wings. Being the perfect size to fit in the palm of a hand, the bat typically ranges from 2.8 to 3.5 inches in total body length. After tagging, weighing, and measuring the bat, they released it with a transmitter. Because the temperature dropped, there was no more bat activity for the rest of the night.

Photos of bats from night one.



Chevaun pointed out that the Eastern small-footed bat is "listed as Endangered in Ontario," and that it "received this designation in June 2014 under the provincial Endangered Species Act (ESA)," which grants both the species and the specific habitat "strict legal protection from harm, harassment, and destruction." She said she will be tracking this bat for the rest of the month to find its roost sites and, hopefully, tag more bats.

On the second night, the team set up five nets at Fort LaCloche Beach, but they were unable to catch any bats. They worked from 7:00 pm to 4:00 am, just like the night before. Although they saw bats flying overhead, none were caught.

On the third night, things changed for the better. The team set up six nets at Janet and Ray Owls' house, after hearing from the community members that this spot was popular with bats. They caught 14 bats, including little brown myotis, big brown bats, and other small-footed bats. They also caught an American Woodcock, a Luna Moth, and a flying squirrel. Chevaun thanked Janet for allowing them to set up nets at her home, saying it was the best night of the week.

Chevaun and her team support bat conservation by installing Motus towers across Sagamok. These towers come in different sizes, from 20 to 30 feet tall on a 3x3-foot base, or as smaller mounts attached 7 to 35 feet from a roof or wall. They can be installed in many places. If you want to help Sagamok with its bat conservation work, contact Chevaun or her team to talk about adding more Motus towers with your support.

The success of the third night highlighted the value of community knowledge and participation. The data collected will support ongoing local bat conservation efforts, made possible by community members' involvement. Miigwech to Chevaun Toulouse, her team, and Janet and Ray Owl for their contributions!

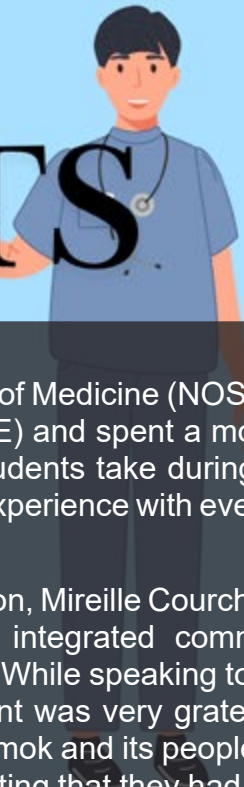
Photos of bats from night three.



Photos were taken by bat consultant Derek Morningstar



NOSM STUDENTS



From April 27 to May 22 students from the Northern Ontario School of Medicine (NOSM) participated in the Undergraduate Medical Education program (UME) and spent a month living here at Sagamok. The UME program is a step that medical students take during their training that allows them to gain cultural awareness and get firsthand experience with everyday people before becoming fully licensed physicians.

Every UME placement is different. This NOSM group – Maryah Robinson, Mireille Courchesne, James Lee, and Charley Truyens - completed what's called an integrated community experience, which, for them, meant spending one month in Sagamok. While speaking to each NOSM student, many of the same reflections came up. Every student was very grateful for the experience and noted the great generosity and hospitality of Sagamok and its people. The students reflected on their expectations as they came to Sagamok, noting that they had never been to a reserve, let alone ever lived on one. The experience for them was unfamiliar, as was their awareness of the services offered (particularly health services) and of daily life.

James Lee—a first-year medical student at NOSM—said he was “blown away” and loved his time here. He mentioned that his lack of awareness, and by extension, his lack of expectation, positively impacted his experience. That is to say, he was able to immerse himself in the environment without preconceptions about what to expect, allowing him to engage fully in the present opportunity.

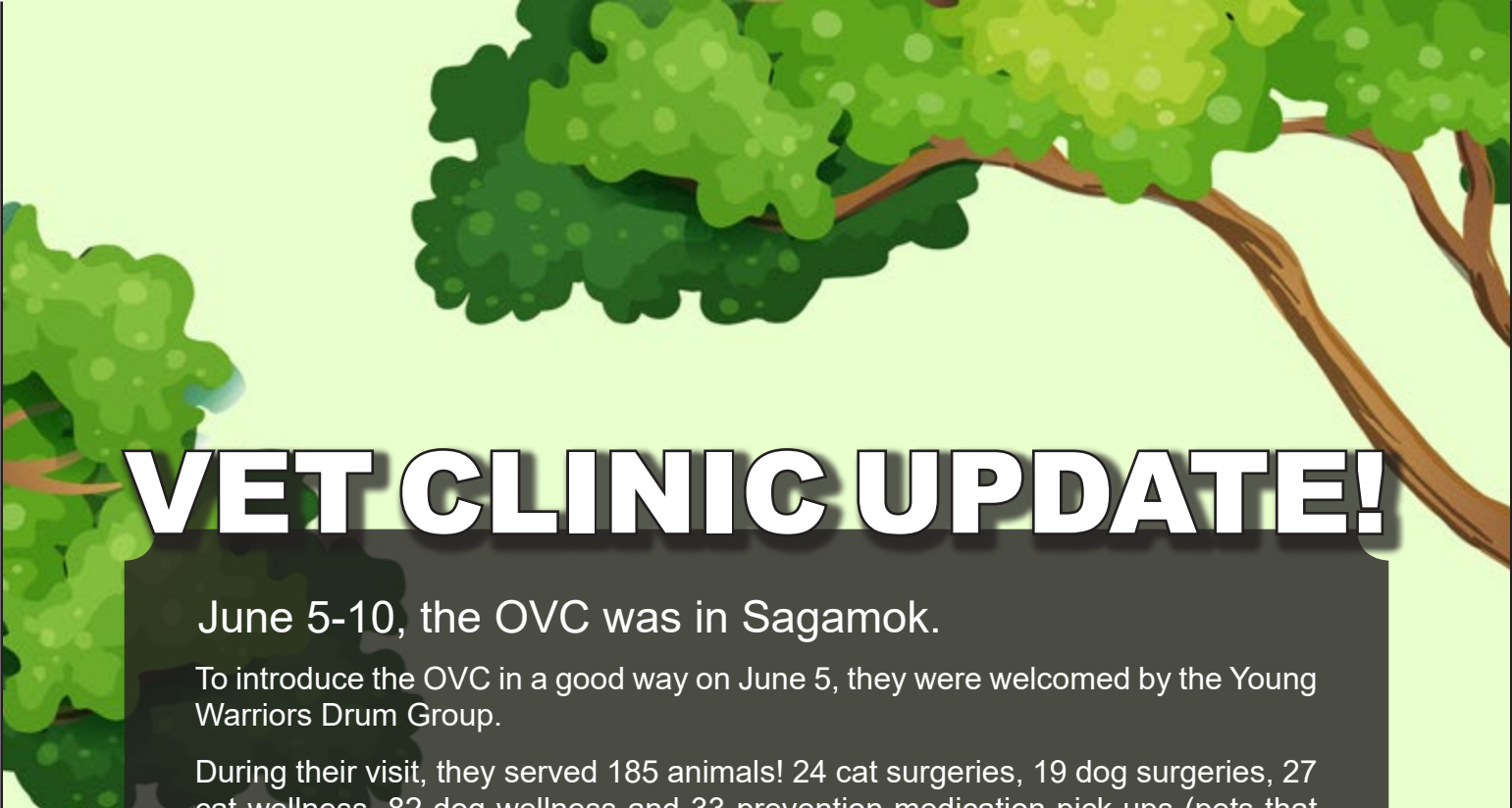


The students stayed at 523 Cedar St. here in Sagamok. Their workload was a mix of clinical and cultural. Primarily cultural, the students spent much of their time integrating into the community, getting a sense of life on the reserve, and learning about the traditions and values. As well, they sometimes spent time observing health services, such as the Community Wellness Department and Youth Wellness Program. All the students noted that they wished they had more time to experience everything that went on. Speaking amongst themselves, they all underscored that they wished exams took place at a different time so that they could attend more community events and programs.

The women of the group mentioned that one of their favourite pastimes while staying here in Sagamok was going on walks. Spending time out in nature and enjoying the scenic views earned them the group name: “those girls who are always walking,” joked Mireille. Many community members also wished the NOSM students had “more time to go to events,” the students noted. During their time here, they felt that most events took place in the evening/nighttime, a time that often clashed with their online classes and schoolwork.

Across the group, there was a shared recognition and appreciation for both Sagamok and the opportunity provided by the NOSM UME program. They all expressed that if anyone is interested in medicine, they should jump at the opportunity to participate in a program like this. Although this experience focuses less on the clinical aspects of medicine, the opportunity to engage with a community like Sagamok and to integrate its lessons into their future medical practice is invaluable. Whether through medical practices or cultural participation, the NOSM students wanted to express their deepest gratitude to the community for its welcoming nature! With this program complete, they can now walk into their future with a stronger understanding of daily Anishinaabe life and start practicing medicine with knowledge reinforced by culturally informed experiences.





VET CLINIC UPDATE!

June 5-10, the OVC was in Sagamok.

To introduce the OVC in a good way on June 5, they were welcomed by the Young Warriors Drum Group.

During their visit, they served 185 animals! 24 cat surgeries, 19 dog surgeries, 27 cat wellness, 82 dog wellness and 33 prevention medication pick-ups (pets that didn't need vaccines but have been seen in the last year).

The Animal Education Club also travelled to Sagamok and offered educational pamphlets for community members. The Jr Animal Wellness Group met with the Animal Education Club to learn about Animal Wellness; they assisted with a mock vet visit for a dog that was unwell with the OVC teaching dog, Smokey. They were also educated on dog safety and how to be safe around dogs in the community.

Sagamok By-Law collaborated with Lands and Resources Historian Allen Toulouse for the OVC cultural day, during which the vets and By-Law officer travelled to the Fort for a hike and a history lesson. During the hike, they were able to see and receive a brief lesson on water snakes!

On the afternoon of the cultural day, Sagamok By-Law collaborated with the Cultural Department, and Bernadette Southwind sat with the OVC to make red willow dream catchers. They concluded their day with a sharing circle and a smudge.

Submitted by:

Lindsey Cada-Tremblay
By-Law Enforcement Officer
COMMUNITY JUSTICE



Meet Shelly!

Sagamok's NEW Koognaasewin Community Engagement & Implementation Coordinator

Aani Sagamok!

My name is Shelly Pascall, and I am excited to be joining Sagamok Anishinawbek as the Koognaasewin Community Engagement and Implementation Coordinator.

Originally from Sault Ste. Marie, I have lived there with my family for many years. I have a husband and two university-aged children who are currently off building lives of their own. Outside of work, I enjoy spending time outdoors—especially at camp, where you'll often find me fishing, swimming, or relaxing in the sauna.

My education and career have focused on social work, child welfare, and community engagement. Most recently, I had the privilege of being part of the five-year Koognaasewin Project through North Shore Tribal Council, where I worked alongside First Nations leadership, Elders, community members, and many dedicated partners to help lay the foundation for Koognaasewin.

I am truly excited to begin this next chapter with Sagamok Anishinawbek. It is an honour to be part of the journey toward implementing the Koognaasewin Law in the community. I look forward to working alongside Chief and Council, leadership, staff, Elders, youth, families, and community members as we continue moving this important work forward together.

Koognaasewin—"raising children"—is about much more than supporting children. It is about strengthening families, supporting one another, and creating a healthy, caring community where everyone has a role to play. By working together to promote mino-bimaadiziwin—living a good life—we can help build a stronger future for today's children and for the generations yet to come. I feel both honoured and humbled to be in this role and look forward to meeting many of you in the coming months. Whether you have questions about Koognaasewin, would like to learn more, or simply want to introduce yourself, I would be happy to connect.

You can reach me at [**pascall_shelly@sagamok.ca**](mailto:pascall_shelly@sagamok.ca)

Miigwech,

Shelly Pascall



On June 25, from 5:00pm to 8:00pm, Biidaaban held its annual Grade 8 graduation ceremony for this year's students. Receiving academic awards in celebration of their achievements, students were greeted by many wonderful speeches from Chief Angus Toulouse, Principal Scott Restoule, and Artist Tracy Toulouse, who encouraged and guided them as they begin this next chapter of their lives. The evening was a great success in celebrating and recognizing the Grade 8 graduating class.

Scheduled for 5:00pm, the graduation started in spirit around 4:30pm as crowds began to form early in the gym. The entrance hall sat quiet as those in the gym shuffled around, and those outside hadn't made it in yet. The school was filled with an energy of excitement and anticipation, as the weather stood in stark contrast, cold and rainy. Cars arrived in constant waves, lighting up the parking lot as headlights reflected the misty weather; the atmosphere inside shifted. With a thin breeze running through the halls as the entrance doors repeatedly opened and closed, the school started to fill with chatter. Filled with laughter and small conversation, Biidaaban quickly became packed with parents and teachers sharing a moment of reflection about the coming event.

Starting at the hallway door and entering the gymnasium, the graduates stood side by side in pairs. Each pair lined up front-to-back, and the students marched towards the stage. Each student dressed in their own unique formal attire. Some students wore standard formal suits and dresses, while others chose to express themselves through modern fashion, including long tailored coats and different statement pieces—highlighting the uniqueness and creativity of each student.

The audience was sitting in a diamond pattern across the floor, each table making room for the other, making it as easy as possible to view the front of the gym. This is where the graduating class sat; in rows, along the front. On the right-hand side stood a podium where presenters would step up to speak. Sporting a predominantly white ribbon shirt, with bright coloured ribbons stitched on the back, Scott Restoule stood at the front of the crowd and began his remarks. Starting with the evening itinerary, he quickly moved into a congratulatory speech about the students.

After this, the evening moved into students receiving their awards:





Anishnaabemowin

Presented by Amanda Hardisty

Recipient: Ryder Toulouse

Performance Award

Presented by Kevin Maracle

Recipient: Parker Abitong

Athletic Award

Presented by Kevin Lester

Recipients: Easton Eshkakogan, Kihanna Toulouse

Certificate Awards

Presented by Kevin Maracle

Art - Adriano Maiangowi

Music - Hailey Lavalee

Literacy

Presented by Stephanie Sonnenburg

Recipient - Kihanna Toulouse

Math

Presented by Stephanie Sonnenburg

Recipient - Easton Eshkakogan

On the Land

Presented by Michael Abitong

Recipient - Easton Eshkakogan

Citizenship Award

Presented by Scott Restoule

Recipient - Parker Abitong

Spirit Award

Presented by Janet Steinke

Recipient - Zendaya Southwind-Nakogee

Elder in The Classroom Award

Presented by Patrick Wemigwans

Female: Charlotte Wright

Male: Ryder Toulouse

What followed was a beautiful speech from Gimaa. Noting events like the COVID pandemic, he acknowledged the issues the class endured as a group during their time in the school system. He commended the graduates for their resilience and closed his speech with a firm but compassionate message: consider your future. This was a reminder to the young students that their future will come much faster than any of them are expecting. To avoid leaving on a heavy note, Gimaa followed up by congratulating the class on all their achievements and wishing them continued success!

With a complementary perspective, Tracy Toulouse then spoke at the mic, providing a great sense of balance to Chief Angus. Starting with her journey here at Sagamok, having been raised in the same environment and school system, Tracy remarked that, like her, any of these students can achieve their dreams. Hying the crowd up by specifically requesting that everyone stand and cheer for the graduating class, the room felt as if it were almost collapsing under the weight of all the celebration.

As the night came to an end, students returned to the tables where their families sat, and everyone took their last photos and shared their last hugs and congratulations. With this chapter closing for this year's Grade 8 class, a whole new set of doors opens for them. Celebrating with rewards and recognition, the students can carry themselves forward with the mental fortitude provided by the support of their community, family, and friends. (And of course the hard-working teachers!) Congratulations to Biidaaban's graduating class of 2026, and best of luck in high school and beyond!





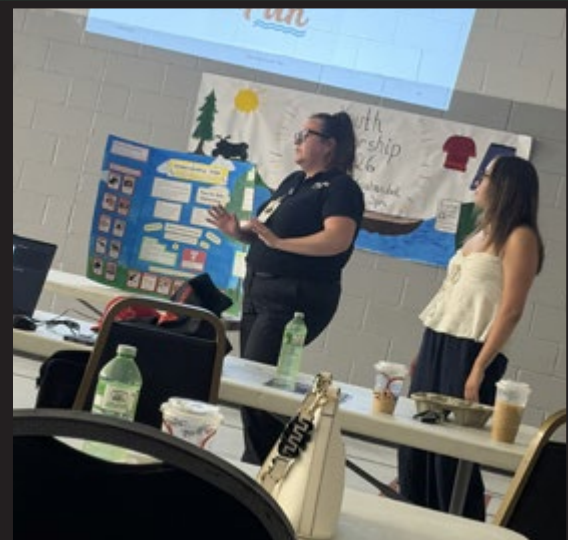
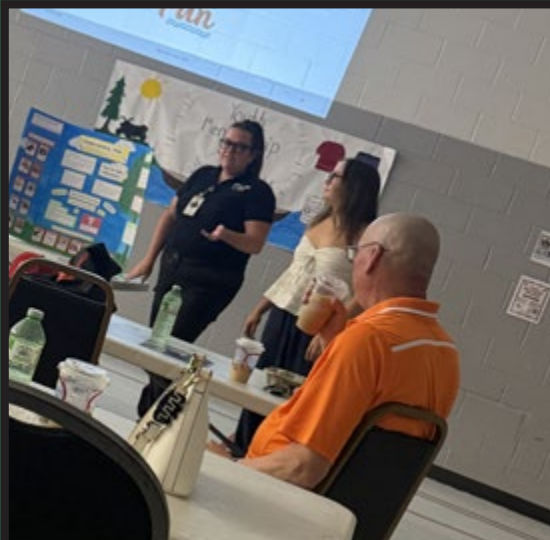
Elders Lunch & Learn

TAI CHI(JUNE 24)



SUMMER SAFETY TIPS

The Children's Wellness team, together with Community Safety and By-law Coordinator Barry Petahtegoose, By-law Officer Lindsey Tremblay, and Assistant Tallulah Toulouse, recently held a Summer Safety Program for the community. About 20 community members joined the session where they learned about important safety topics for the season, including e-bike safety, general summer safety tips, and boating safety. The program also shared information about boating licences to help participants stay safe and informed while enjoying the summer.



Understanding Treaty Day Through Community

Shared by Bradley Trudeau on The Sagamok Hour

Friday, June 19th was a cool, breezy, and damp day in Sagamok. A mix of sun and clouds gave way to periods of rain throughout the day, but the weather did little to slow down one of the community's most important annual gatherings. Sagamok Anishnawbek's Treaty Day. The event officially began at 10:00 AM, and by 10:30, community members were steadily arriving as vendors put the finishing touches on their booths inside and outside the Multi-Educational Centre.

Soon, the sound of microphone feedback echoed through the building before Gail Trudeau welcomed attendees and introduced the Young Warriors, who opened the day with a welcoming song. Following the performance, Gimaa Angus Toulouse addressed the community, providing an update on the ongoing Robinson-Huron Treaty annuity negotiations.

"It's been taking forever to have the new annuity negotiated with the federal and provincial governments. [Discussions] are happening on a fairly regular basis. Every month we're sitting down with them but it's really a slow process and I would hope to say come this time next year that there is much progress and that we would be anticipating a new annuity far removed from the four dollars that we get," Gimaa shared.

He continued, "It's really about the federal provincial government recognizing the benefits and the economic gain they have accrued based on our territory, the resource development of our territory. And that's really what we're wanting to get a fair share of. And what does that mean? Well, that's what we're negotiating. We're saying it's everything, including mining, including the water development...the airwaves, water, fishing, hunting, all of the revenues that they generate from our territory.

" [The] Robinson Huron Treaty is, I would say, the only treaty along with Robinson Superior Treaty that has a provision in it that talks about the sharing of the wealth of the territory, through a resource revenue sharing arrangement...but something that our ancestors had provided for us back in 1850, ensuring that we would get a fair share of the territory. So that's still the work in progress. And like I said, hopefully next year there is a bit of a different message other than we're still negotiating... hope you have a wonderful day. It will be busy! It's nice and cool outside. Miigwech," concluded Gimaa.

For many community members, Treaty Day is often associated with the annual four-dollar annuity payment. That payment has remained unchanged since 1875. However, on July 26, 2024, the Supreme Court of Canada confirmed that the Crown's failure to increase the annuity over more than 150 years constituted a breach of treaty obligations. Negotiations continue between Robinson-Huron Treaty First Nations and federal and provincial governments to determine what a fair annuity should look like today.



Listening to Chief Angus speak left me wondering: What does Treaty Day truly mean? And how many of us fully understand its significance? With camera and microphone in hand, I set out across the grounds looking for answers.

My first stop was the Claims and Negotiations Unit, where community members were testing their skills at a golf chipping challenge and mini golf course. There, I met Michelle Toulouse, who offered her perspective on Treaty Day.

"It exemplifies, our relationship with the Crown and honours the signing of the Robinson Huron Treaty of 1850. So, you know, it's not just about four bucks. It's about the Crown adhering to their obligation and for us to honor that relationship. And I think it's really important that we all participate in some way...It has significance and not as much of a monetary benefit because four bucks gets you two cans of pop here."

Leaving the booth, I followed the sounds of laughter and cheering coming from the far side of the MEC. The Sagamok Fire Department had set up a dunk tank, giving community members the chance to send firefighters and even an Anishinabek Police Services officer into the water. Doreen Abitong, Sagamok's Fire Chief, Fire Department's Vehicle PA system:



"3 balls for 4 bucks. To dunk a fire fighter. We're hoping to get a APS constable onboard as well so come out," she exclaimed!

Within moments, an APS officer volunteered for the hot seat. Community members lined up for their chance, and although several came close, it was one of the Elders who finally landed the winning throw. The crowd erupted in laughter as the officer splashed into the tank, emerging moments later with a smile. It was a reminder that Treaty Day isn't only about history, it's also about community, connection, and coming together.

After the excitement, I sat down with Doreen Abitong and asked what Treaty Day means to her.

"[It's important to be] educating our younger generation on the meaning of treaty. Say like for myself, I haven't been really educated. We get 4 bucks, right? [Let's] start getting our children involved because, you know, these are our future generations coming and moving forward...I recall my kids wondering what the treaty was. I think it was Miss Marianne Trudeau who told my son...My kids thought I was ripping them off!" Doreen shared.

Doreen's thoughts about education and awareness were echoed by others throughout the day. Barry Petahtegoose, Community Safety and By-law Coordinator with the Sagamok Justice Department, spoke about the importance of passing treaty knowledge to future generations.

Hear this story come to life
on Biimaadiziwin Radio!

Listen to
The Sagamok Hour
show archive from
July 5!



"I think it's important for young people to learn about the Robinson Huron Treaty because it's something that is generational for each and every one of us to learn and to practice," Barry shared. "If we don't practice our treaty rights that were given to us in 1850, then we may eventually lose those rights and lose what was rightfully given to us. So I think it's really important for people to understand what our treaty is about. It's not just about getting money every year from the government. even though they owe us that money. It's also about going out on the land and practicing our treaty rights of hunting and fishing and gathering. Those things are important. I think that's what young people need to understand and need to practice. And I think it's important for us older people, myself, to teach that to our young people, to go and practice what our treaty rights says we can do."

Michelle Toulouse shared a similar message:

"I would say the younger generation should exercise the rights that were guaranteed through the treaty...they should get out on the land and really understand...because if we don't continually occupy and use the land, then in a way, our rights are diminished and the Crown sees it that we're not using, we're not exercising. And not everybody's a hunter or gatherer, so even just going for hikes in the bush, going on the canoe, or, just getting into the territory is really important to exercise those rights or negotiate through treaty making."

As the day went on, learned more about how Treaty Day is about much more than collecting four dollars. It's about recognizing a nation-to-nation relationship, understanding the promises made by our ancestors, and ensuring those promises continue to be honoured today.

It's about teaching our youth why those rights matter, encouraging them to spend time on the land, and helping them understand the history that continues to shape our future.



The rain may have come and gone throughout the day, but so did stories, laughter, and great conversations. If there was one thing I learned while walking around Treaty Day, it's that the meaning of treaty lives not only in courtrooms and negotiations, but within the people who continue to practice, protect, and pass that knowledge on.

Babysitting

COURSE



Sagamok youth had the opportunity to earn a certification and expand their practical knowledge by participating in a babysitting course hosted by Deanna Southwind and the Children's Wellness Program on May 30 at the Lifelong Learning Center.

Ranging in age from 9 to 15 years old, students volunteered their Saturday to learn how to be a safe and effective babysitter. Using plastic dolls, students went through the basics of babysitting and got experience in feeding, bathing and changing diapers and clothes. Not only does it help the development of the students' sense of responsibility, but it also prepares them for their roles as young adults, providing an early knowledge base for those who want to take on part-time babysitting work, or to those who want to help around their own house.



Beyond this, students learned First Aid and CPR; transferable skills needed at any time in life. With lots of laughs and fun, those who participated had a well-rounded day that covered a variety of practical and educational skills. At the end of the course, the students received certificates from Safety First in Sudbury. This certification recognizes that the students have learned and practiced their new babysitting skills.

The course provides participants with skills they can use right away at home, or in the future as they now carry knowledge of first-aid, CPR and babysitting with them. Deanna noted that the students "had fun throughout the day," and that there was a high volume of "interacting amongst each other" during the course. Keeping the course both fun and engaging is a great way to help the younger generation learn lots of practical skills at a young age. Miigwech to Deanna Southwind for hosting, and all those who participated.

Traditional Medicine

Lunch & Learn with Patricia Toulouse

On June 4, in the Large Resource Room at the Community Wellness Department, community members and staff joined Patricia Toulouse for a conversation about traditional medicine.

With a whiteboard in the center of the room and about 20 in attendance, Patricia explored the relationship between traditional and modern medicine. She opened the Lunch & Learn with a drawing showing four squares:

Patricia started by saying that her intent isn't to sow distrust in modern Western medicine, but rather to bridge the connection between traditional medicine and modern medicine. Moving through each season, she discussed how the plants and foods available at different times of the year offer different types of support for physical or spiritual needs. "Every season holds its own medicine and purpose," shared Patricia. To receive the rewards of having a relationship with creation, one must "pay attention [and] be ready".

Namely, Patricia noted the creation cycle through the seasons and their symbology:

Spring: Where things begin—this season holds transformation and resilience.

Summer: Abundance provided by creation that teaches us about generosity.

Autumn: Harvesting and preparation teach gratitude.

Winter: Creates a space for silent reflection and rest.

WINTER	AUTUMN
SUMMER	SPRING



Patricia underscored her previous work, mentioning that many people “don’t know about plants and how they relate to Indigenous medicine,” highlighting how something as common as a strawberry is used for improving circulation, oxygen levels, softening arteries and as an antioxidant. She reiterated that her goal is not to replace modern medicine, but to work with it in tandem.



The presentation was filled with considerations to not just the practical nature of food, but its spiritual meaning; exploring how everything revolves around the grandfather (the sun), how everything is made in the mother (the earth) and how nature itself is different expressions of a family connection that we have with “creation”.

After finishing the discussion of nature and creation, Patricia brought the presentation full circle by returning to the relationship between food and spirituality. She explained that whole foods are traditionally not only valued for their nutritional value, but also their spiritual significance. By being conscious of the spiritual aspect of your medicine, you allow yourself to live in greater harmony with the natural world. Attendees were encouraged to drink homemade tea prepared by Patricia and to move forward by seeing the broader connections among the seasons, personal health, and nature.



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



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

Tie-Dye Night

On Monday, June 29, families gathered at the Multi-Education Centre for Tie-Dye Night. Twenty-one community members joined in, making their own tie-dyed beach towels and T-shirts and enjoying a friendly, creative evening.

Everyone shared lots of laughs throughout the evening. Hosted by Deanna Southwind, one parent thanked the organizer for offering family programs and noted how much these events mean to the community.



i what is an e-bike?

A **Surron** (e-bike) is a vehicle that has:

- To be an e-bike, the vehicle must have functional pedals, a max 500W motor, a top speed of 32 km/h, and a max weight of 120 kg.
- They are treated as motor vehicles (restricted-use motorcycles), requiring registration, insurance, and a license to operate on public roads, otherwise they are limited to private property.
- To be street legal, a Sur-Ron must be registered and plated as a Limited Speed Motorcycle (moped/motorcycle), requiring a Class M license.
- A power-assisted bicycle, also called an electric bicycle or e-bike, is a bicycle with an electric motor.

i rules & regulations

To operate an e-bike under the terms you must:

- Be at least 16 years old
- Wear an approved bicycle or motorcycle helmet

You are not permitted to:

- Ride on municipal roads, sidewalks, bike paths, bike trails or bike lanes where e-bikes are prohibited

Similar to bicycles, **all Highway Traffic Act rules of the road apply** when riding e-bikes. Penalties will also apply to violations of the pilot regulation (fine of \$250 to \$2,500).



Sagamok Justice Program

705-865-1884

610 Sagamok Rd, Unit #2

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<https://www.ontario.ca/page/riding-e-bike>



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NEWS 

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