



Manoomini Giizis

Rice Moon | August 2026





September 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
16 Instructional Days						

October 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
20 Instructional Days						

November 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
20 Instructional Days						

December 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
14 Instructional Days						

January 2027						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
20 Instructional Days						

February 2027						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						
18 Instructional Days						

March 2027						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	29	30	31			
16 Instructional Days						

April 2027						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
21 Instructional Days						

May 2027						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
10	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
20 Instructional Days						

June 2027						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
21 Instructional Days						

July 2027						
S	M	T	W	T	F	S
SUMMER HOLIDAYS NO SCHOOL						
186 Total Instructional Days						
8 Professional Development Days (Teachers Only)						
194 Pensionable Days						

August 2027						
S	M	T	W	T	F	S
SUMMER HOLIDAYS NO SCHOOL						

PD Days (8)	Holidays
September 1 st	September 7 th (Labour Day)
September 2 nd	September 30 th (TRC)
September 3 rd	October 12 th (Thanksgiving)
October 26 th	December 21 st -January 1 st (Christmas Break)
November 20 th	February 15 th (Family Day)
February 1 st	March 15 th -19 th (March Break)
April 23 rd	March 26 th (Good Friday)
June 11 th	March 29 th (Easter Monday)
	May 24 th (Victoria Day)
September 8 th First Day	June 30 th Last Day
APPD C&C (May 19 th , 2026)	*PD days are considered working days for staff

Biidaaban's Daily Schedule						
Block	Monday	Tuesday	Wednesday	Thursday	Friday	Daily Total
	8:35-8:50 AM Arrival & Breakfast					
1	8:50-10:50 AM					120 Minutes
	Break 10:50-11:30 AM					
2	11:30-1:30 PM					120 Minutes
	Break 1:30-2:10 PM					
3	2:10-3:10 PM					60 Minutes
						300 Instructional Minutes



SAGAMOK ANISHNAWBEK
EDUCATION

SAGAMOK ANISHNAWBEK NEWS

MANOOMINI GIIZIS | RICE MOON | AUGUST 2026

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July 31, 2026

The late afternoon air was fragrant with chamomile, milkweed, and lilies. Friends and family members filed into the Biidaaban gymnasium, registering, and picking up a copy of the 2026 Graduation Ceremonies designer booklet, which highlighted the Secondary and Post-Secondary graduation agenda and achievements. Decorated in rich navy and gold tones, with contrasting fresh green imagery of braided sweetgrass, and proudly boasting the Sagamok Migizi logo, the booklet contained the names of each graduate, their educational achievement, program distinction, designated special awards and bursaries, and acknowledgement to contributing Sponsors and Staff. Tables and chairs were arranged the day before the event by a hard-working group of Guidance & Career Coaches (who admitted that preparation for the Graduation event had begun 6 months earlier),

administration/support staff, and a crew of summer students. Chi miigwech to everyone! With tables draped in fancy white linens, the gold chairs included padded cushions to provide extra comfort for guests sitting for extended periods. Individual pots of fresh, live sage and sweetgrass and tea lights adorned the tables, keeping on theme with this year's event 'Weaving the Path to Your Future'. Grads and guests were encouraged to take home the medicines to plant in their own gardens to nurture and share.

Following a Meet & Greet hour, a chance for graduates to catch their breath and calm their nerves, Master of Ceremonies Orion Southwind requested grads to assemble in the hallway, arranging themselves alphabetically for the processional march. As each graduate was introduced by name, they entered the gym – surrounded by a standing ovation of applauding supporters – and walked the runway to the



centre stage. Rows of white chairs were arranged at the front, the place of distinction for graduates, and the stage featured décor in traditional medicine-wheel colours; four large black planters containing fresh red and yellow flowers interwoven with dark green ferns, bound in a white ribbon sash. An honour song was drummed/sung by Terrance McNichol, and an opening prayer was offered in Anishinaabemowin by Wayne Southwind.



Beginning with Secondary School, ISET, and Adult Education (Waawaasnoode), followed by College and University programs respectively, students were announced by name and achievement earned, and invited to walk the stage to receive their honorary diploma and handshake from the department designate. The Class of 2026 celebrates 37 Secondary School, 19 Indigenous Skills & Employment Training Program (ISET), 6 Waawaasnoode Adult Learning Centre (WALC), 28 College, and 15 University graduates from Sagamok Anishnawbek; a success to be proud of. The diversity of pursuits is something to admire: Police Officer, Nurse, Teacher, Administration, Justice, Political, Indigenous Specialization, Theatre/Arts, Natural Resources, Doctor, Social Worker, Trades Specialist, Engineer and beyond.

Marjorie Southwind, Sagamok Education's Anishinaabemowin Manager, offered opening remarks including the sentiment "the knowledge you have gained will guide you in the work you do and in the life you build for yourself." Keynote Speakers included College representative Jasmine Owl-Abitong and University representative Allison Owl. Jasmine's speech included words of appreciation: "I'd like to thank Sagamok Education for believing in our potential, providing support, and training opportunities for us to pursue our dreams." She went on to provide the analogy: "The theme 'Weaving the Path to Your Future' reminds me of the teachings of a three-

fold cord. Today those three strands represent our past, our present, our future. Just as each strand is important on its own, together they become stronger, united, and not easily broken. Education is far more than what happens in a classroom. It teaches us to think critically, solve problems, work together, and persevere when the answers aren't obvious. So today, don't simply celebrate reaching the finish line; celebrate becoming someone who is ready for whatever comes next. We are the future our ancestors prayed for."

Guidance & Career Coaches, having collected feedback from previous graduation ceremonies, listened to and honoured suggestions for improvement, and this year's Graduation brought everything together beautifully and successfully. A feast of prime rib and delectable accompaniments prepared by Jannifer Ruth Catering Services permeated the hallway as guests lined up at the buffet tables. The celebration concluded traditionally with a closing song and prayer.

Chi miigwech to the Guidance & Career Coach staff: Lorna Sinobert, Edie Fairburn, Josephine Toulouse, Lorrie Ann Linklater, and Tracey Stonepoint, and to Claudette Jones, Manager of Lifelong Learning Centre, Nicole Sangster, Kristy Southwind, Anna Bourcier, and all supporting staff from the Sagamok Education Department, who contributed time and effort towards making the 2026 Graduation Ceremony memorable. A special



thanks to the Communications Department for creative contributions towards printed materials and publicizing the event, Francoise Beaupre for operating the sound system, Kaylee Linklater for her Photography booth, Massey RONA for their generous contribution of stage planters and décor, Adam & Angela White, Greenhouse Technicians, who cared for the medicine plants table décor, and to our many generous sponsors for awards, bursaries, and scholarships! Miigwech to all of the family members, friends, community mentors, and beloved ancestors who helped the Sagamok Class of 2026 graduates define this step along their journey towards reaching their full potential.

Hear this story come to life
on Biimaadiziwin Radio!

Tune into CKNR 94.1 on
August 16 or listen to the
show archive at

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





CONGRATULATIONS

Nyssa Solomon

**NYSSA WILL BE PLAYING
HOCKEY FOR INDIANA TECH
IN THE UNITED STATES
WHILE ATTAINING HER
DEGREE IN PSYCHOLOGY!**

**YOUR FAMILY AND COMMUNITY
ARE PROUD OF YOU!**



CYBER SMARTS 5

In today's Sagamok Cyber Smarts, we are bringing you an urgent cyber security notice about the rise of Email Spoofing in 2026.

Email spoofing is a malicious technique where attackers forge the "From" address in an email to impersonate a trusted person or organization. Their goal is to trick recipients into revealing sensitive information, transferring funds, or installing malware. Email spoofing exploits the lack of built-in authentication in traditional email protocols, allowing attackers to manipulate colours, branding, and header information to deceive users. Basically, they pretend to be a legitimate organization and hope you will click on their link because it looks like it's from your bank.

How to Spot Spoofed Emails

Threat actors will try to make malicious emails look legitimate, so it is critically important to know how to spot a potentially dangerous one.

Verify the sender's email address to confirm it matches the official address of the organization or individual they claim to be. Know how the organizations and businesses you interact with

typically contact you and what type of information they may ask for. For example, a bank should never send links to online banking and ask you to login. You should always access your banking platform through its official app or website – Never click on a link to a bank website or other business website through your email.

Here are some clues to help you identify malicious emails:

- an unfamiliar or misspelled name or email address of the sender
- an invalid username or domain name in a sender's email address
- altered, blurry, or unprofessional company logos
- generic or odd greetings
- poor grammar or spelling
- urgent tone and direction to act quickly – For example, "Your account is overdrawn"
- unusual requests - For example, most companies do not ask for sensitive or personal information in an email or insist that you collect a package or pay an overdue invoice

Keep in mind that malicious emails may not always contain telltale poor grammar or spelling, particularly if they were created using generative artificial intelligence (AI) tools.

Always be suspicious of unsolicited emails requesting personal or confidential data. If you receive an

email requesting personal information, search for the organization's official website and contact them using the phone number provided. This way, you can confirm if the request is genuine.

How to protect against malicious emails

You can protect yourself and your organization from malicious emails by implementing the following best practices.

Handle suspicious emails with care

When in doubt, avoid opening suspicious emails and contact the sender by another means (for example, by phone) to confirm they contacted you.

Do not click on links, attachments or QR codes in emails

If you are being asked to log into an account for an unsolicited reason, do not click the link, do not open attached files and avoid scanning QR codes. Instead, visit the organization's website by manually entering the URL in your web browser or by searching for it in a search engine.

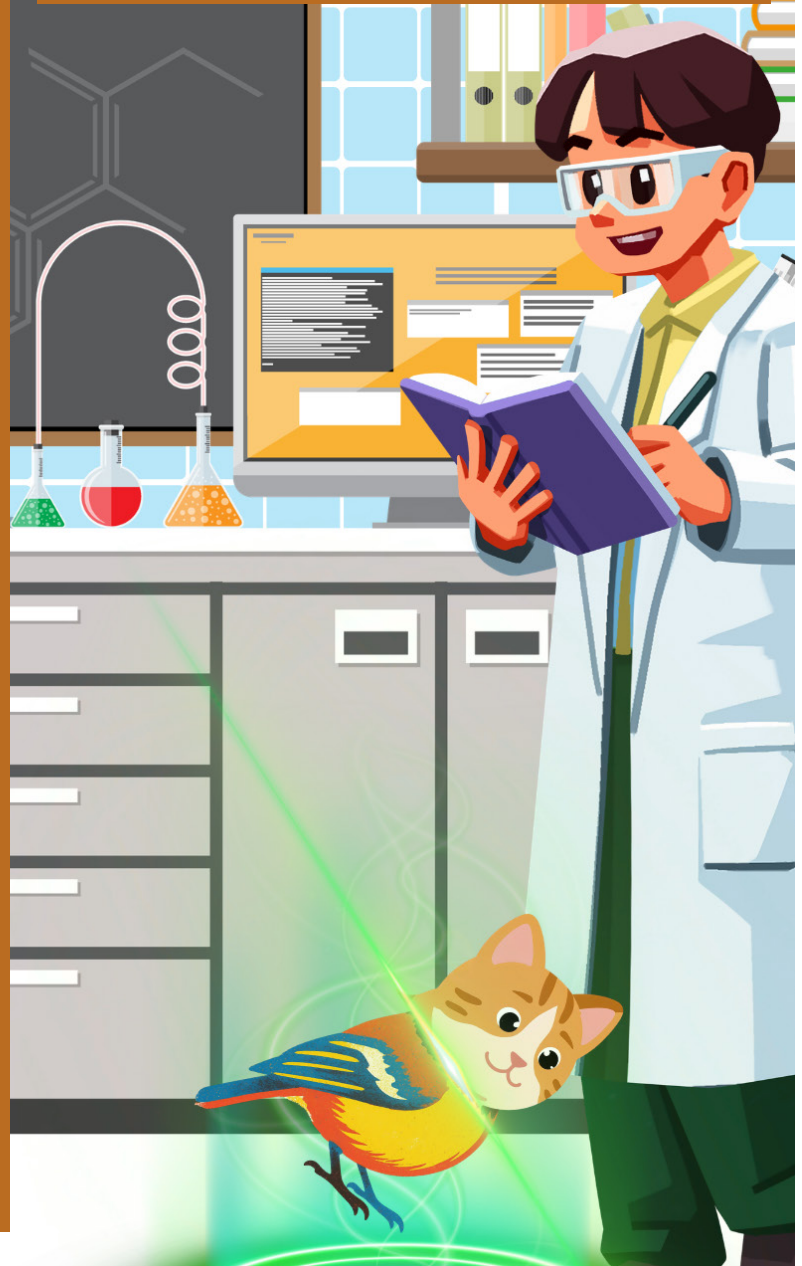
Use email filters to block malicious content and spam – Most popular anti-virus programs will include an email filter.

Delete items in your junk folder

The old saying, "an ounce of prevention is worth a pound of cure," applies to managing your emails, and if you follow these guidelines and are very cautious about handling emails from

unknown senders and businesses, this will increase your odds of staying safe in 2026.

Miigwech to Sagamok's IT and Communications Department for providing us with another valuable segment of Sagamok Cyber Smarts, helping to keep us safe online!





Signs of Safety: Sagamok Staff Attend 3-Day Training to Support the Work of Rematriating (and Reimagining) Child Wellbeing

Mamaweswen, The North Shore Tribal Council's (NSTC) Koognaasewin project officially ended on June 30, 2026, but the work continues as each First Nation now moves forward with its own Koognaasewin Child Wellbeing Law and System Design, building on the foundational work Sagamok has already been engaged in for several years.

For Sagamok, developing a child wellbeing system is about more than creating a new law or changing policies. It is about rethinking how decisions are made, who is involved, and how children, families, Elders, and community members can work together to support children. Sagamok is approaching Koognaasewin by turning **inward**—consulting Elders and community members with lived experiences, understanding community data and trends – and by reaching **outward** – learning from other Indigenous communities who have already done this work and drawing on research and best practices.

As one example of this reaching outward, Sagamok staff recently participated in three days of training with Andrew Turnell, co-creator of the Signs of Safety framework for child welfare. Turnell developed the approach in Western Australia with colleague Steve Edwards beginning in the late 1980s. He has since worked with child welfare organizations and First Nations communities in Canada, Australia, New Zealand, and other parts of the world.

Signs of Safety is based on a simple idea: **children belong to families and communities, and those natural connections should be at the centre of child welfare decisions.** It is designed to bring parents, grandparents, aunts and uncles, extended family, and others with natural connections to a child into the decision-making process. Professionals still play a role, but as Turnell explains, they have a responsibility to recognize the history and colonization of child welfare and to commit to supporting decision-making that takes place with families instead of about families.

Learning from our neighbours

Turnell shared examples from his work with Indigenous communities in Australia and British Columbia to show what this approach can look like in practice.

One example came from Tennant Creek, a remote community in Australia's Northern Territory. After a serious family conflict, children were temporarily taken into care. Instead of making decisions without the family, Aboriginal staff spent the day visiting relatives on both sides of the family. They asked relatives what they were worried about, but they also asked what was working well. They learned, for example, that the children's father would walk them several kilometres to school and stay nearby to make sure they got home safely. Their mother had also reached out to extended family for help during difficult periods. These strengths became part of the conversation about how to support the children.

The following day, family members gathered to develop their own plan. The child welfare workers provided structure and support, but the family was given responsibility for determining what should happen next. For Turnell, this is an important distinction. Child welfare does not have to mean professionals making every decision. Instead, professionals can use their authority to bring people together and create the conditions for families to develop solutions.

Making the approach our own

Turnell was also clear that Signs of Safety is not a "copy and paste" solution that any community, including Sagamok, should take at face value. The approach is that of an open hand — providing ideas, tools, and lived experiences from other communities that Sagamok can adapt to fit its own culture, community, laws, and priorities.

Sagamok has the opportunity to decide what its child wellbeing system should look like. That includes important questions about authority, confidentiality, the role of Elders and extended family, and how decisions will be made when a child is at serious risk.

These questions do not have simple answers.

One issue raised by Sagamok staff during the training was confidentiality. If a child or family is experiencing difficulties, how can the system appropriately involve grandparents, aunts, uncles, Elders, and others who may be able to help, while still respecting privacy?

Turnell believes this is an important conversation for Sagamok to have as the new system develops. He does not suggest that there is a ready-made answer. Instead, he encourages the community to work through these questions together.

Change takes time

One of the strongest messages from the training was that changing a system is a long-term process. Turnell cautioned against expecting a new approach to transform child welfare overnight. Laws and policies can change relatively quickly, but culture and practice take much longer. He described this work as generational.

Sagamok's work to develop its own child wellbeing system is still evolving. The recent training is one part of a much larger process. As Sagamok continues this journey, the goal is not to find a quick or perfect answer. It is to build, together, a system that reflects the community's values and puts children and families at the centre.

SAGAMOK'S ANNUAL POWWOW 2026

July 11, 2026 – On a day hot enough to make clouds demand sunscreen and fish sweat, this year's Powwow started with two things in abundance: heat and attendees. Cars were packed side by side, taking the length of all available parking spots, illustrating the dense attendance before entering the grounds. Cars moved slowly around the enclosed center like sharks, looking for a spot to park while being mindful of the participants who shared the car's path on foot. Around the outside of the path, concession stands formed a continuous ring, offering a variety of food, souvenirs, and information booths. Beginning at 12 pm, the active spirit grounds quickly filled with the constant hum of chatter. The grounds buzzed as dancers set up, vendors conversed, and friends reconnected.

The Powwow incorporated the well-known Anishinaabeg family drum group to host, the Chippewa Travelers. With assistance from Sagamok's own Young Warriors, along with Little Creek Singers (another Powwow group from Turtle Island), the event had a dominating sound. With drum playing impassioned enough to make your chest feel like it's part of the ensemble if you stood too close, the booming drums represented the Powwow's mission well: to show remembrance and appreciation to the ancestors in the spirit world.

Showing continuous gratitude, Allen Manitowabi, who hosted the Powwow, demonstrated appreciation to a multitude of donors and persistent praise to those involved in planning Sagamok's Annual Powwow. From Lawrence Solomon and Bruce Sandy—Sagamok's and Wikwemikong's eagle staff holders—to Gimaa Toulouse, everyone took the time to share kind words. However, no one could stand around for too long, as the wind picked up the scent of delightful food that constantly reminded everyone to visit a vendor. Like a dense blanket, the heat draped over every





participant; attendees took shelter in the shade under tents to avoid exposure.

As the day progressed, and The Little Creek Singers played the Grand Entry Flag Song, rings of dancers slowly poured out. From casual to fully adorned, the stunning regalia spoke to the audience like its own language. So much could be communicated from the evident effort put into each piece. Gimaa Toulouse gave thanks to both those who participated directly and all those who attended. This time was meant for celebration and to reconnect. Whether that be to your ancestors, your friends or family you haven't seen in a long time, this was the space to do it.

For some, the Powwow is a place to enjoy the weather, get food, and buy some souvenirs. For others, the Powwow is a place to reconnect with loved ones across Turtle Island and time. If the goal is to show appreciation to one's ancestors, it was clear from the look of satisfied exhaustion on everyone's face as the spirit grounds emptied that everyone had given their full effort in remembering those they love. From the work put into their regalia and dances to the interpersonal conversations held by the regular attendees, everything counted toward the larger goal of reconnecting. Miigwech to The Chippewa Travellers, The Little Creek Singers, The Young Warriors, Allen Manitowabi, Bernadette Southwind, and Wayne Southwind for helping everything come together, and miigwech to everyone who attended this year!





Photos below submitted by IT & Communications Summer Student:
Kiah Trudeau - Photographer & Reporter



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



Coffee with a Cop

On July 16, 2026, Sagamok's APS Officers, in partnership with the Gweyaksijigewin Teg Community Justice Program, hosted Coffee with a Cop at the Council Chambers.

The event provided a welcoming, informal opportunity for community members to connect with local officers, ask questions, and engage in meaningful conversation in a relaxed setting.

Attendees also enjoyed a selection of refreshments and delicious snacks generously provided by Mason's Coffee, helping create a warm and inviting atmosphere for everyone.



A Message from the Acting Fire Chief

The Sagamok Fire Department is pleased to announce that we are officially back in service and ready to respond to emergencies within our community.

Over the past year, our department has worked diligently to strengthen our emergency response capabilities.

Significant improvements have been made, including upgrading firefighting equipment, replacing and enhancing firefighter personal protective equipment (PPE), and ensuring all fire apparatus and equipment have been fully inspected, tested, and serviced to meet operational standards.

Our firefighters remain committed to continuous learning and professional development. Fire personnel continue to train toward achieving their NFPA Firefighter Level I & II certifications, ensuring they have the knowledge, skills, and confidence to provide safe and effective emergency response.

This milestone would not have been possible without the dedication of our volunteer firefighters, the continued support of Chief and Council, and the patience and encouragement of our community throughout this journey.

Your Sagamok Fire Department is committed to protecting lives, property, and our community through professionalism, teamwork, training, and service.

In the event of an emergency, please call 9-1-1.

For non-emergencies, community members can call: 705-865-2421 ext. 945

Thank you for your continued trust and support as we proudly return to serving the people of Sagamok Anishnawbek.

Submission by: Acting Fire Chief, Doreen Abitong



Family Street Dance

On July 7, families gathered at the Youth Fitness Center here in Sagamok to enjoy a variety of activities at the family street dance. From bouncy castles, cotton candy, and live music, there was plenty to do for those who attended. Starting at 5 pm and ending at 8 pm, the fun was limited in time but provided games like soccer, fishing, or axe throwing. With plenty to see and lots to do, the event provided a great backdrop for the community to come together and enjoy some games.



N Northern
COLLEGE



HIRING - Part Time Faculty
Social Service Worker Program at the LLC

Apply Now - Contact RayCraftC@Northern.ON.ca

CATERING TENDER

Event: Two-Day Safety Plan Working Group Meetings

Date: September 9 and 10, 2026

All Details Available Online

www.SagamokAnishnawbek.com/Sagamok-Posts

Aanii Sagamok Members

Stay at Ritchie Falls!

Relax • Reconnect • Enjoy
BOOK YOUR CABIN TODAY – OPEN YEAR-ROUND

To Make a Reservation, Contact:
249-500-2897 | ritchiefalls@sagamok.ca

Bimaadiziwin Radio:

**THE
SAGAMOK
HOUR**

with Host Bradley Trudeau

**SUNDAY, AUG 16
11AM – 12PM**

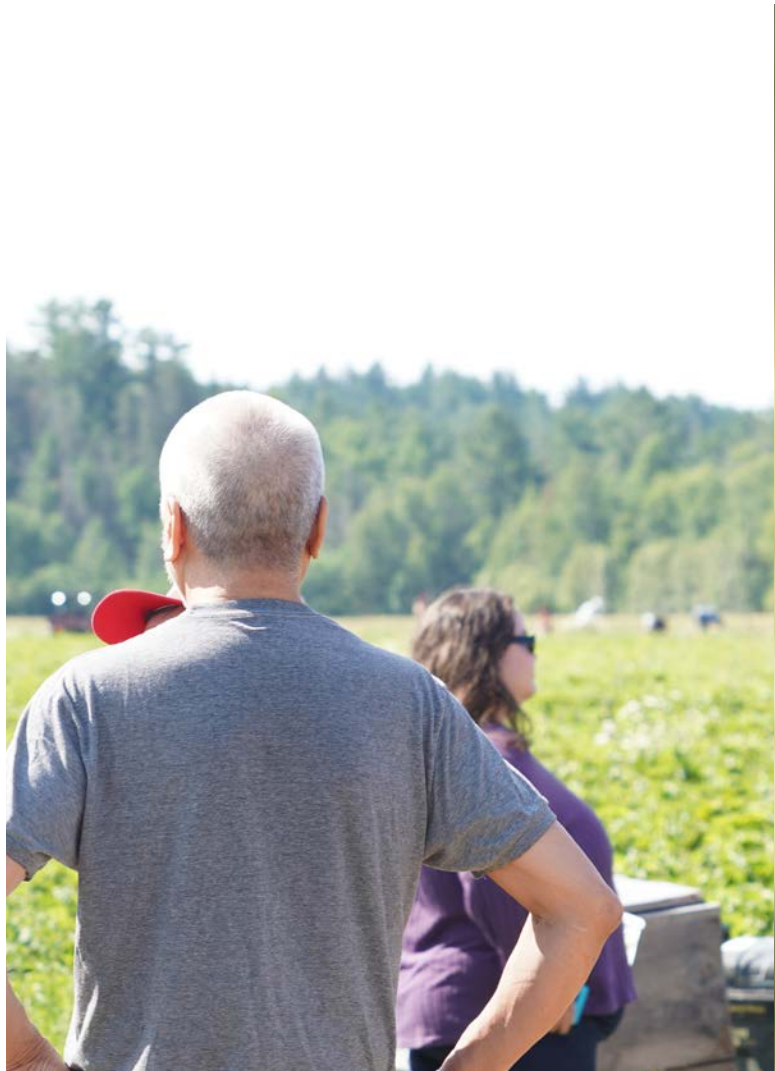
94.1 CKNR ELLIOT LAKE

STRAWBERRY PICKING WITH OUR ELDERS



On July 7, Elders were joined by Susan and the Community Support Services team for some strawberry picking at Emiry's Berry Patch. Each Elder was given their own basket to pick with and bring home. The Elders Noel Toulouse, Sandra Corbiere, Alyssa Bennett-Peltier, Frank Bob, and Nora Crawford had a wonderful time getting some fresh air and enjoying the sun! Miigwech to Susan and the team for setting it up.





SUMMER STUDENTS ON THE JOB

The following Summer Students were caught out on the job site and we would like to acknowledge their successful award of full-time work placements for the summer months, as well as their efforts towards the amazing work they are doing within the community, learning new skills, building their resume, as well as exploring their interests and personal development. While normally hard at work manicuring lawns, weed whacking overgrown areas to reclaim green space, trimming long grass along the roadside, painting buildings, cleaning up yards around the school and community buildings, the students were rewarded with a nice break from the heat, complete with cool treats and sugary sweets to refuel their energy, compliments of 'Mom' Tula.

Groundskeepers/General Maintenance Summer Students, under the care of Education Infrastructure Manager, Dan Owl and Planning & Infrastructure Manager, Sadie Southwind, pictured in the images here: Silas Jacobs, Gregory Wells, Nim Nahwegezhic, Lennox

Toulouse, and watering the hanging baskets throughout the community is Anderson Bennett, supported by P&I staff. Congratulations on your placements, boys, and miigwech for how clean and beautiful you are making the community through your work. Stay tuned for more coverage of Summer Student Placements as the season unfolds.



HAPPY RETIREMENT VIOLET TOULOUSE



On June 12, an amazing 47-year chapter came to a close for a celebrated member of Sagamok. Known for her role as the Lottery Coordinator, Violet Toulouse spent many years working here at Sagamok. When asked about her work here, she reminisced about the time she was able to help raise \$50,000 for the community. Used in recreation, education and family emergencies, she felt most grateful for her contributions to helping raise those funds. After spending many years working for the community, she has interacted with many people, and shared many memories with friends, family and co-workers—all in the name of supporting her community! In her retirement, she doesn't plan on slowing down, as she looks forward to continuing her many creative pursuits. From beaded hats, necklaces, and earrings, she is excited to continue her personal projects. On behalf of the community and all those she has helped along the way, we would like to say miigwech to Violet Toulouse and the 47 years she put into building a better, stronger community.



Low Water Consumption

One of Sagamok's larger wells will be temporarily inoperable due to **maintenance** from **August 17th to the 21st**.

All residents are asked to **limit water usage to essential needs only** until maintenance is complete.

Miigwetch for your cooperation!

Kayla Abitong | abitong_kayla@sagamok.ca

Devin Austin | austin_devin@sagamok.ca

STRAWBERRY JAM MAKING

On July 14, a Lunch-and-Learn was held at the Lifelong Learning Center (LLC) about making frozen strawberry jam. Participants came together to learn how to make their own delicious jam using simple, easy-to-follow steps! Like how to wash and prepare strawberries, mash them up, and mix in sugar and gelatin. The lunch-and-learn was a fun way to learn a useful skill. Making jam at home is a good way to use fresh strawberries and make something to enjoy later. Overall, the strawberry jam-making activity is a fun and simple learning experience!



Photos and Article by: Kiah Trudeau, Summer Student: Photographer & Reporter



**BE
BEAR
WISE**

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

QUILT MAKING

On July 7, The Community Engagement & Prevention Unit held a Baby Memory Quilt Making program. Facilitated by Julianne Trudeau and held at the Life Long Learning Center (LLC) between 10:00 am and 2:00 pm, the program allowed participants to stop by and make quilts from old materials! All materials were provided. Attendees just needed to bring clothing items. No sewing experience needed.



e-SCOOTER SAFETY & REGULATIONS

i what is an e-scooter?

An **electronic kick-scooter** (e-scooter) is a vehicle that has:

- Two wheels (one at the front and one at the back)
- A platform to stand on
- A handlebar for steering
- An electric motor that does not exceed 500 watts
- A maximum speed of 24 km/h on a level surface

E-scooters come in different styles, weights, and speed capabilities.

rules & regulations

To operate an e-scooter under the terms of the pilot you must:

- Be at least 16 years old
- Stand at all times while riding
- Wear a bicycle helmet if under 18 years old

You are not permitted to:

- Carry passengers
- Carry cargo
- Operate an e-scooter on controlled access highways (eg. 400-series, QEW, etc.)

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

Highway Traffic Act: ontario.ca/laws/statute/90h08



Sagamok Justice Program

705-865-1884
610 Sagamok Rd, Unit #2
www.SagamokAnishnawbek.com



ELDER'S FORUM VISITS NEW CFAU OFFICE IN SUDBURY

On July 20, Sagamok Elders visited the new Child and Family Advocacy Unit office in Sudbury. They travelled from Sagamok to Sudbury to enjoy a presentation from Shelly Pascal, the Koognaasewin Community Engagement & Implementation Coordinator. Working with Ainsley Kent, Director at Orbis Risk Consulting, and Juanita Skruibus, Family and Community Support Services Director, the team shared their vision for the CFAU and how they plan to engage with the community moving forward.



Sitting on top of the two-tiered Radisson Hotel on Elm Street, inside a 6-floor office building, the Sagamok CFAU building can present a challenge to navigate for the first time. In his opening remarks, Giima joked that he suspected the new building to be amazing, but was shocked to find out it was literally a maze (to try and get to), starting his speech with a hearty laugh from the elders in the room. Speaking briefly about the new office, the reason for the location immediately became evident. Chief and Council have made it a priority to ensure all Sagamok members have access to

necessary resources, no matter where they are. This new office is an important step towards realizing that goal, as many members of Sagamok call Sudbury home. It provides a space for residents to speak with staff in person without needing to travel directly to Sagamok every time. It also provides additional space to run programs, meetings, and events for the Sagamok team and its community members.

Upon entering the office, one could see a large table displaying finger food, from fruit to meat; there was a wide variety of healthy options for elders to choose from. The office had bright fluorescent boxes casting light evenly across the ceiling that highlighted the brand-new grey carpets. Looking out the windows, with the horizon of Sudbury meeting your gaze, it was hard not to see the beauty of the new office perched on such a high floor.



With coffee in rotation, being handed out to each elder, the attendees sat at their tables with their plates of food and waited for Shelly's presentation. Opening with a greeting, introducing herself and Ainsley, she started with a congratulatory message to the elders for Sagamok: the NSTC Koognaasewin project saw Sagamok as a leading force in engagement with this project during 2021-2026.

Shifting focus, Ainsley spoke about Bill C-92. The bill is the legislative framework that upholds Indigenous peoples' inherent right to self-governance, particularly in the realm of child and family services. This is where the heart of the presentation stayed. Elders raised concerns about things such as age cut offs under new laws, and particularly about vulnerable members "aging out" of services they need most. Juanita noted that Sagamok's Post Majority Support Program assists individuals until age 26, and the elders emphasized the importance of preventative measures for issues related to mental health, as things like addiction do not only affect youth.



Agreeing, Juanita highlighted that their goal is to never "miss the boat" when it comes to issues related to mental health, as they understand a lot of these issues are downstream effects of greater root causes. Giima stepped up to highlight the importance of urgency in addressing mental health and addiction. He noted the fickle nature of addiction, saying that sometimes when people are ready to get better, that window doesn't stay open for long—so it is important that we can connect them with treatment when they ask for it. The Koognaasewin initiative helps the community take back

control of child welfare and focuses on self-determination. Elders shared moving stories about addiction, grief, and the challenges they faced in finding support. These stories show why our services need to be rooted in Anishinaabe culture, so traditional caregiving values can be restored. Whether through daily routines or by following the Seven Grandfather Teachings, bringing Anishinaabe values into caregiving helps people reconnect with their Indigenous identity and strengthens unity in Sagamok.



Miigwech to Darla Boston, Juanita Skruibis, Gimaa Angus Toulouse, and all the Elders who attended and made their voices heard. Sharing such personal stories can be very difficult. However, these moments go a long way in strengthening the relationship between Family and Community Support Services, Sagamok Council and other Departments, and the broader Sagamok community.



**SAGAMOK
ANISHNAWBEK**

Sagamok Naandwedjige-Gamik
Community Wellness Department
4005 Espaniel St
Sagamok Anishnawbek, ON P0P 2L0
Phone: 705-865-2171
Fax: 705-865-3131

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

Meet With Our Youth Mentorship Coaches



Meet our 2026 Youth Mentorship Coaches!

Having positive role models matters, especially while growing up. Youth in Sagamok need the same support as anyone else; Kaylee Southwind and Ainsley Abitong-Sinobert are stepping into this role model position as this year's Youth Mentorship Coaches. Whether it's helping youth to build confidence, learn something new, or develop a skill set, they set strong examples. From sharing practical knowledge to just being a friendly familiar face, Kaylee and Ainsley connect Sagamok youth with relatable peers.

This month's newsletter invites readers to view introductions submitted by our Youth Mentorship coaches as they share their perspectives on their roles:

Kaylee Southwind

My name is Kaylee Southwind, and I am a Youth Mentorship Coach with the Youth Mentorship Program. My role is to support our youth by helping to build strong relationships, creating a safe and welcoming space, and helping them grow their confidence, leadership skills, and connection to themselves, their culture, and our community.

I was inspired to become a mentor because I am a strong believer in the importance of

supporting our youth. Our youth are our future, and it's important that they have positive role models, guidance, and opportunities to grow. In our community, mentorship and learning from one another have always played an important role in passing down knowledge, teachings, and values. I wanted to be someone who could encourage our youth, help them recognize their strengths, and remind them of the important place they hold within our community as future leaders.

The part I enjoy most is building relationships with the youth and seeing their growth throughout the program. It's been really rewarding to watch them become more confident, support each other, and step into leadership roles. I also enjoy creating opportunities for youth to connect with each other, their culture, and the teachings that guide us.

I hope youth leave the program knowing that they are valued, capable, and important members of our community. I hope they build confidence, strengthen their connections with their peers and culture, and recognize the gifts and strengths they all carry. Our youth have so much potential, and I really hope they continue to use their voices and leadership to create positive change.

My advice would be to always be proud of who you are, where you come from, and the teachings that have been passed down to you. Never be afraid to try new things, ask for help, or step into leadership opportunities. Your voice matters, and your community believes in you.

I would like the community to know that this program is about more than just activities. It's about building relationships, creating connections, and providing our youth with a space where they feel supported, valued, and encouraged. Investing in our youth means investing in the future of our communities. Watching them grow, build friendships, and discovering their strengths has been one of the most meaningful parts of this program.

Ainsley Abitong-Sinobert

My name is Ainsley Abitong, and I am one of the coaches in this year's Youth Mentorship Program. My role is to help lead, supervise, and most importantly, support all of our youth in a positive, safe, and encouraging environment.

I was inspired to apply as a mentor this summer because I heard so many great things about the program last year, and I wanted to be a part of helping it be just as successful again this year.

I honestly can't choose just one thing I've enjoyed the most. Every day I come to work, I look forward to spending time with the youth, getting to know each of them, and watching them grow throughout the program. Seeing how much they've changed from the beginning to the end has truly been a privilege.

I'm grateful that our community offers a program like this because it gives our youth an opportunity to develop leadership skills, learn more about our culture and the history of our community, and build confidence in themselves. They also get to experience what having a job is like, which helps prepare them for future employment and teaches them responsibility.

I hope the participants take away a little bit of everything from the activities and experiences throughout the program. I hope they leave feeling more confident in themselves, having learned something new about our community and culture, and proud that they stepped outside of their comfort zones to try new things. I also hope they leave with new friendships, stronger connections with the friends they already had, and memories that they will carry with them long after the program ends.

A piece of advice I would give to the youth in our community is to always take opportunities, even if they make you nervous. Growth often comes from stepping outside of your comfort zone. Approach every opportunity with an open mind, a positive attitude, and a willingness to learn—you never know where it might lead you.

I would like the community to know that this program is about much more than the activities we plan. Every activity is designed

to help participants grow as individuals, build confidence, strengthen leadership skills, and create meaningful connections with one another. Watching that growth has been one of the most rewarding parts of being a coach, and I'm grateful to have been a part of their journey.

Miigwech to Kaylee and Ainsley for their time and effort; Sagamok benefits greatly from having these role models in the community. As well, miigwech to Cheryl Toulouse, this year's Youth Mentorship Lead, for helping put the interview together and for her continued effort in ensuring the success of Sagamok's Youth Mentorship Program.



ZIIGWAN / NIIBIN 2026

Summer Newsletter

READ IT HERE:
www.SagamokAnishnawbek.com/Major-Projects



LITTLE NHL 2027 CALL OUT

Seeking volunteers
interested in administration,
communication, finance,
fundraising and equipment
management.

Email sagamoklittlenhl@gmail.com

Secondary Funding Forms Due

Secondary Funding Forms Due August 15

Complete them at Life Long Learning Centre
during **August 10–14**; evening sessions are
August 12 and 13 until 7:00 p.m.

Josephine | toulouse_josephine@sagamok.ca

Youth Mentorship Phragmite Clean-up



On July 28, the students of the Youth Mentorship program enjoyed beautiful weather and learned about interesting plant species here in Sagamok. Held at John's Bay and facilitated by Cheryl Toulouse, the Youth Mentorship Lead, students were taken out to a beach and wetlands to learn about Canada's most notorious invasive plant species: Phragmites.

Starting the day with a bit of confusion, the group initially arrived at West Point Beach. Eighteen youth attended and joined in for a day filled with lots of sun. On a day hot enough to melt the sand into glass, the youth spent their time exploring and wandering the beach; their conversations and laughs echoed along the shores. Some were put off by the heat, while others went into full exploration, finding objects like a rusty pair of hedge trimmers or a towel—creating fun out of trivial objects. However, the fun was short-lived, as attendees were shortly informed that they were at the wrong location. After setting up some tents and getting settled on the beach, Chevaun and Allen Toulouse stopped by to mention a location mishap, as everyone was supposed to start somewhere else: John's Bay. With only about a 10-minute drive in the other direction, the youth were unfazed by the detour and maintained their upbeat energy.

The youth were quickly transported to the new location in groups of three. Each group traveled with Allen in his truck, as the bus that brought them had already left. After travelling from West Point Beach to John's Bay, the attendees had a chance to learn about Phragmites. Allen touched on why it was important to remove these plants

and why they are problematic. For those uninitiated, Phragmites are a species of large reed grass that is found in wetlands. They form very dense patches and tend to overcrowd other plants, destroying ecosystems for native species. They are considered to be the worst invasive plant in Canada.

Phragmites were mapped in the community through collaboration between the Sagamok Lands Department and The Invasive Species Centre as early as January of this year. Standing close to 3,000 square meters in size, the Phragmites were initially found along the shore of John's Bay. They are being continuously removed as part of an ongoing effort. Phragmites can be removed through chemical treatments or mechanical tools. In the case of the youth, they watched and learned about the latter. Through consistent cutting of the Phragmites roots, using things like garden clippers or a brush saw, one can starve its underground root system with the hope of killing the plant.

The youth from the mentorship program were provided an experience that promoted education and fun! After learning about the plant species and watching the process of how they are removed, the students returned to West Point Beach to enjoy the remainder of the heat and to start swimming. Miigwech to Cheryl Toulouse for facilitating the swim, and Allen and Chevaun Toulouse for transportation and lots of interesting information!



BAT NIGHT

AUG 14 | 8:15PM

Powwow Grounds

Featuring a moth viewing station, acoustic monitor demo, and local bats!

Chevaun Toulouse | 705-863-0169

Building Futures Sagamok Career Connections

Curious about a career path?
Your next opportunity could be closer
than you think!

MEC | Aug 20 | 1-4 PM

Light snacks provided

toulouse_josephine@sagamok.ca

Elders Forum

Topic to Be Announced

**AUGUST 26
10:00AM – 3:00PM**

New Community Hall

www.SagamokAnishnawbek.com

**BINGO
AT LUNCH**

Wanted

Ribbon Skirt & Ribbon Shirt Facilitator(s)

Lead 20 youth in sewing ribbon skirts and shirts
while sharing basic sewing skills and cultural
teachings.

August 20-21 | 9:00 AM-4:00 PM

Supplies & Lunch provided

Kaylee Southwind | southwind_kaylee@sagamok.ca

MOVIE NIGHT

TUESDAY, AUGUST 25

5:00PM – 9:00PM

Multi-Educational Centre

More Information:

Maxwell Abitong | 705-863-3399

YOUTH FASTBALL

Are you age 12-17 and interested in fastball? We
have the perfect opportunity for both brand new
or minimally experienced players and players with
slo-pitch experience.

Registration Form Available Below -
Form Participants Will Be Contacted

www.SagamokRecreation.com

Back to School Healthy Snack Making

WEDNESDAY, AUGUST 26

6:00PM – 9:00PM

Multi-Educational Centre

More Information:

www.SagamokAnishnawbek.com

Looking for Red Seal Tradespeople

Calling all Red Seal tradespeople! Join the Youth
Mentorship Program's Entrepreneur Panel on

Tuesday, August 25 at 10:30 a.m.

Share your trade and inspire youth.

Kaylee Southwind | southwind_kaylee@sagamok.ca

Learn Tai Chi

Join us and learn Tai Chi! Great exercise for all ages.
Light refreshments will be served!

AUGUST 4TH & 18TH | 10 AM

CWD - Large Resource Room

Susan Sonnenburg | sonnenburg_susan@sagamok.ca

NIIGAANIIN

FREE TAX CLINIC

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

August 21 | 8:30AM-4:00PM

Niigaaniin Office | 575 Sagamok Road

Sarah Tracy | 705-865-1395 ext: 201

Upcoming Dates at the Lifelong Learning Centre...



Stay Tuned for More Details!



EL1 REGISTRATION

Forms for the Upcoming Year Available Now
at Biidaaban! Please Stop By to Pick One Up.

2026-2027 REGISTRATION FORMS

Trecina Cvar | 705-865-2387



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

————— 2026 ANNUAL SAGAMOK —————



FALL HARVEST

Dgwaagik Zgaknigeng — Save the Date!

OCTOBER 5–9, 2026

More Details Coming Soon!



SAGAMOK ANISHNAWBEK

NEWS

CONTACT:

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newsletter@sagamok.ca