



MAZINIGAN

December 2025

Mnidoo-Giisoons

Little Spirit Moon is the twelfth moon of Creation, a very spiritual time. At this time all Creation is being reminded of their journey set out by the Creator. During this time, the Little Spirit Moon journey to Turtle Island, as a healer and a seer in the hearts of all Creation. This is to ensure that the strength and power of the flourish with the identity and diversity to make the journey from this to the next visit.

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Mnidoogii-soons

Little Spirit Moon

**BUS RUN WILL NOT BE RUNNING DURING -
DEC 19, 2025 AT 12PM UNTIL JAN 5, 2026**



Chippewa Transit



NEW SCHEDULE

<u>Morning Run:</u>		<u>Afternoon Run:</u>	
Heading into London Pick-up/Drop-off		Heading Into London Pick-up/Drop-off	
Bear Creek Gas Bar	7:15am	Bear Creek Gas Bar	3:45pm
Chippewa Community Centre	7:30am	Chippewa Community Centre	4:00pm
Oneida Community Centre	7:45am	Oneida Community Centre	4:15pm
Fanshawe College	8:15am	Fanshawe College	4:45pm
White Oaks Mall	8:35am	White Oaks Mall	5:05pm
Westmount Mall	8:55am	Westmount Mall	5:25pm
Returning to Nation Drop-off Only		Returning to Nation Drop-off Only	
Oneida Community Centre	9:30am	Oneida Community Centre	6:00pm
Chippewa Community Centre	9:40am	Chippewa Community Centre	6:10pm
END OF RUN		END OF RUN	

Chippewa Transit follows all Middlesex County bus cancellations

TRANSIT INQUIRIES: 226-386-6545

TRANSPORTATION@COTTEN.COM

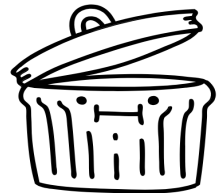
GOOD TO KNOW

Hard copies of Council Meeting Minutes can be picked up at the band office. Alternatively, members can also request to have Meeting Minutes mailed out to them. Please direct all inquiries to Justine Doxtator at jdoxtator@cottfn.com, or by calling 519-289-5555 ext 229.

Regular Council Meetings

Members wanting to meet with council are requested to contact Justine Doxtator - jdoxtator@cottfn.com to arrange a time slot on their agenda.

Green Lane Landfill Odor reports 519-652-0929



Chippewa Ice Time at Mt Brydes Arena



Beginning October 5th

Sundays 3pm to 6pm

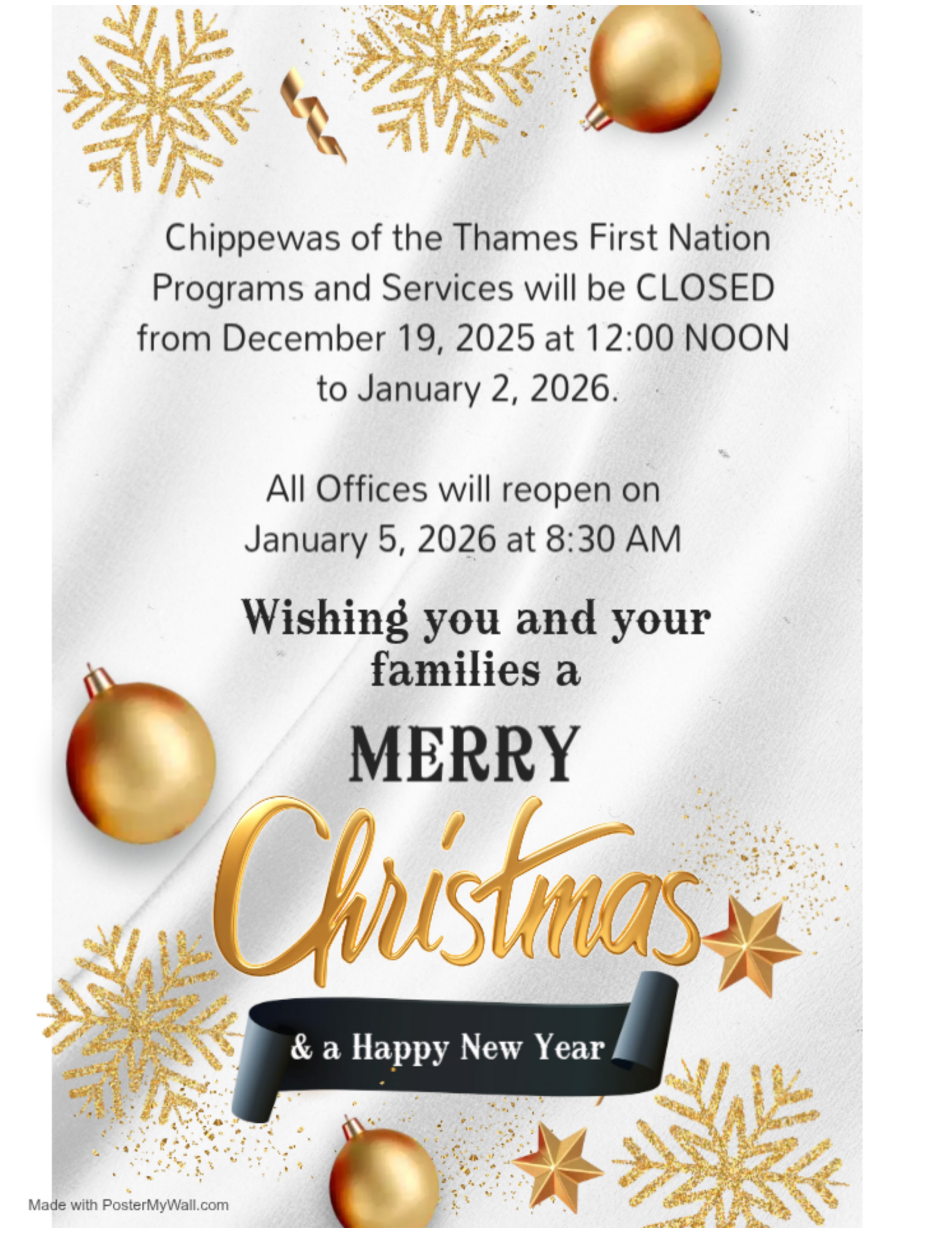
Pucks and Sticks for last hour
5-6pm

DECEMBER 2025 WORKSHOP ACTIVITY LISTING

DAY	EVENT	DEPARTMENT	CONTACT
1	AFR Food Pick Up	10-12pm & 1-4pm Ontario Works	afn@cottfn.com 519-289-5621 Ext. 251
2	Early On-Snow Man Craft	Chippewa Day Care 10-12pm	ahutton@cottfn.com 519-289-0584
2	Mshikiki Shikimdens	Health Centre 9am-1pm	kmulrooney@cottfn.com 519-289-5641
3	Early On-Activity Kit Pick Up	Chippewa Day Care	ahutton@cottfn.com 519-289-0584
3	Early On-Floor Hockey	Chippewa Community Centre 5-7pm	ahutton@cottfn.com 519-289-0584
4	Ways of Remembering Memor	Employment & Training Portable	5-7pm 519-878-0165
4	Full Moon Ceremony	Justice -Chippewa Arbor 5 to 8:00 p.	See Flyer
5	AFR Food Pick Up	10-12pm & 1-4pm Ontario Works	afn@cottfn.com 519-289-5621 Ext. 251
6	Children's Christmas Party	CYFW - Antler River School 10 am to	See Flyer
6	Winter Round Dance	Lambton College 5:30 p.m. Start	See Flyer
6	Children's Xmas Party	Antler River Elementary 10-2pm	See Flyer
6	Bboon Market	Chippewa Community Centre 10 am	kariley@cottfn.com
8	AFR Food Pick Up	10-12pm & 1-4pm Ontario Works	afn@cottfn.com 519-289-5621 Ext. 251
9	Meet-n-Greet Community Dieti	Health Centre 9:30-11:30 am	See Flyer
9	Early On-Ice Painting	Chippewa Day Care 10-12pm	ahutton@cottfn.com 519-289-0584
9	Community Safety Hybrid	Senior's Complex 5:30 pm	bkechego@cottfn.com
10	Baby Calendar	Pictures Submission Deadline	jkeep@cottfn.com
10	AFR Food Pick Up	10-12pm & 1-4pm Ontario Works	afn@cottfn.com 519-289-5621 Ext. 251
12	AFR Food Pick Up	10-12pm & 1-4pm Ontario Works	afn@cottfn.com 519-289-5621 Ext. 251
13	Early On-Sloan's Village	Near Bothwell, Ontario 10am	ahutton@cottfn.com 519-289-0584
13	Babysitting Certification	Community Centre 9-3pm	226-378-7374
15	Community Xmas Dinner	Antler River Elementary 4:30 pm	CYFW Service 226-378-4264
15	AFR Toy Bingo	Antler River Elementary 6pm	afn@cottfn.com 519-289-5621 Ext. 251
16	Early On-Christmas Tree Craft	Chippewa Day Care 10-12pm	ahutton@cottfn.com 519-289-0584
17	Housing Needs Survey Due	Housing	519-289-5555
18	Early On-Fleetway Indoor Play	London, Ontario 5:30 pm	ahutton@cottfn.com 519-289-0584
	Every Wed Homework Hangout	Health Centre 5-7pm	Dsmallboy@cottfn.com
	Every Wed Well Boriety Group		519-289-5641
	Every Thurs Cooking Classes and Meal Prep for ages 12-18 yrs Commu		226378-7374
	Ev Grief Recovery Group		519-878-0165

Eshkiniigijig Radio, listen through the following link: <http://www.eshkiradio.com/>

Have a Safe and Happy Holiday



Chippewas of the Thames First Nation
Programs and Services will be CLOSED
from December 19, 2025 at 12:00 NOON
to January 2, 2026.

All Offices will reopen on
January 5, 2026 at 8:30 AM

**Wishing you and your
families a**

MERRY

Christmas

& a Happy New Year



Dinner Presented by CYFWBS

Chippewas Annual Christmas Dinner And

Fundraiser For Anishinaabek food rights Program

CHRISTMAS BINGO!!

Where: Antler River
Elementary school

MONDAY, DECEMBER 15TH, 2025

DINNER START TIME: 4:30PM

BINGO START TIME: 6PM SHARP!!

Jackpot to be Announced

8\$ A STRIP AND 5\$ SPECIALS

For more information please contact:
Brittney Chrisjohn: 519-289-5621 ext: 251
or afr@cottfn.com
or cell # 226-378-4264

Lots of
prizes to
be won!!!!

Bingo: 12+
must be
playing



ARES Christmas Bazaar

Food, fundraising, Santa photos, door prizes and more!




**Antler River Elementary is looking for vendors for our
2025 Christmas Bazaar!**

When: Wednesday, December 10 from 12pm until 5:30pm

Please call the school office to book your table today!

519-289-1000



ANISHINAABE'AADZIWIN DEPARTMENT



BBOON
WINTER

Artists
MARKET

Saturday December 6, 2025
Chippewas Community Centre
10 am - 3 pm



Full Moon Ceremony

**December 4th, 2025 with Tracey White Eyes
at the Chippewa Arbor 5-8pm**

**Please bring your bundles and skirts and dress warm!
Meal and refreshments at Justice office- Catered by Rene!**



Justice Department
Chippewas of the Thames
First Nation

DEADLINE DEC. 10TH, 2025

PLEASE SUBMIT BABY
PHOTO, CHILD'S FULL NAME
AND PARENTS NAME

Chippewa Baby Calendar

ENJI MAAJTAAWAAD
EARLY YEARS

*Child must be born
December 2024 - November 2025*

THIS IS FOR
CHIPPEWA BAND
MEMBERS

PLEASE EMAIL OR MAIL IN
PHOTO TO:

JACQUELYN KEEP
JKEEP@COTTFN.COM

330 CHIPPEWA RD. MUNCEY,
ON, NOL 1Y0



Please take Chippewas of the Thames'

Housing Needs Assessment Survey



Survey closes Wednesday, December 17th!

We're Planning for Future Housing — And We Need Your Voice.

- *Chippewas of the Thames First Nation is completing a Housing Needs Assessment to understand the real housing needs in our community.*
- *Share your experiences and hopes for the future.*

Complete the survey by December 17th Enter to Win Cash Prizes!

- **Grand Prize: \$1,000**
- Plus 3 additional cash prize draws.**

***Your input directly shapes the future of housing for our
Nation.***

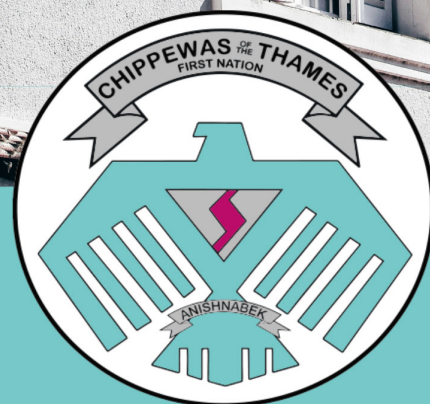
Your voice matters.

Participants will be entered into a draw to win \$1000 cash

CHI MIIGWETCH



<https://www.surveymonkey.ca/r/COTTFNHOUSING>



UPDATED AFR APPLICATION



Chippewas of the Thames First Nation Housing Needs Survey

Chippewas of the Thames First Nation is developing a Housing Strategy to address current and future housing need for our members. This strategy will help guide decisions about housing programs, services, and developments in our community for years to come.

To ensure the strategy reflects the real experiences, challenges, and priorities of members, we want to hear directly from you. This survey is an opportunity to share your housing situation, ideas, and concerns regardless of whether you're living in the community or elsewhere.

Responses to this survey will be kept confidential. Personal information will only be used for the prize draw only and will not be associated with your other responses.

Please complete this survey by **December 17th, 2025**

Prize draw: Complete the survey to be entered to win

- A. One prize of \$1,000
- B. One prize of \$500
- C. Two prizes \$250

1. Do you live in-community or out-of-community?

- ☐ In-community
- ☐ Out-of-community
 - ☐ City of London
 - ☐ City of St. Thomas
 - ☐ Greater Toronto Area
 - ☐ City of Detroit
 - ☐ Oneida First Nation
 - ☐ Munsee-Delaware Nation
 - ☐ Other: _____

2. If you live out-of-community, would you like to live in-community in the future?

- ☐ Yes – please explain: _____
- ☐ No – please explain: _____



Chippewas of the Thames First Nation Housing Needs Survey

3. If you live in-community, which of the following best describes your housing situation:

- ☐ Band-owned rental housing
 - ☐ Seniors / supportive housing
 - ☐ Living with friends or relatives
 - ☐ I own my home
 - ☐ Other (please describe):
-

4. How satisfied are you with your current housing situation?

- ☐ Very dissatisfied
- ☐ Somewhat dissatisfied
- ☐ Neutral
- ☐ Somewhat satisfied
- ☐ Very satisfied

5. Do any of the following apply to you?

- ☐ My house is too small (i.e., not enough bedrooms)
- ☐ My house is too big
- ☐ My house doesn't meet my family's accessibility needs
- ☐ I don't like where my house is located

6. How many people do you live with?

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 or more

7. Does everyone living in your house belong to the same family?

- ☐ Yes – one family ☐ No – two or more families



Chippewas of the Thames First Nation Housing Needs Survey

8. If you live with other people, please select which of the following you live with (select all that apply):

- ☐ Spouse or partner
- ☐ Another family relation
- ☐ Child or grandchild
- ☐ A friend or roommate
- ☐ Parent or grandparent
- ☐ Other: _____

9. How many bedrooms are there in your house?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6 or more

10. Have you experienced any of the following issues with your house?

- ☐ Mold / mildew / moisture issues
- ☐ Heating or cooling issues
- ☐ Weatherproofing around doors or windows
- ☐ Cracks in walls or ceilings
- ☐ Plumbing or electrical issues
- ☐ Other (please describe): _____

No, not an issue	Yes, current issue	Yes, resolved issue
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. How many bathrooms are there in your house?

- ☐ 1
- ☐ 2
- ☐ 3+



Chippewas of the Thames First Nation Housing Needs Survey

12. Approximately how much does your household pay for rent or mortgage each month?

- | | |
|---|---|
| <input type="checkbox"/> \$0 - \$250 | <input type="checkbox"/> \$1,000 - \$1,500 |
| <input type="checkbox"/> \$250 - \$500 | <input type="checkbox"/> \$1,500 to \$2,500 |
| <input type="checkbox"/> \$500 - \$750 | <input type="checkbox"/> More than \$2500 |
| <input type="checkbox"/> \$750 - \$1000 | <input type="checkbox"/> Unsure |

13. Approximately how much does your household pay for utilities each month?

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> \$0 - \$50 | <input type="checkbox"/> \$150-\$200 |
| <input type="checkbox"/> \$50 - \$100 | <input type="checkbox"/> \$200 - \$250 |
| <input type="checkbox"/> \$100-\$150 | <input type="checkbox"/> More than \$250 |
| | <input type="checkbox"/> Unsure |

When thinking about utilities, consider electricity, gas, water and septic services.

14. Which of the following best describes your approximate total annual household income?

- ☐ Less than \$10,000
- ☐ \$10,000 – \$19,999
- ☐ \$20,000 – \$39,999
- ☐ \$40,000 – \$54,999
- ☐ \$55,000 – \$69,999
- ☐ \$70,000 – \$84,999
- ☐ \$85,000 – \$99,999
- ☐ \$100,000 or more

Total annual household income includes the total income of all earners in the household.

Note: All responses will be kept confidential.

15. How many income earners are in your household?

- | | |
|----------------------------|------------------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| <input type="checkbox"/> 3 | <input type="checkbox"/> 4 or more |



Chippewas of the Thames First Nation Housing Needs Survey

16. **What forms of new housing are needed in COTTFN? (Select all that you would like to see)**

- ☐ Single family homes
- ☐ Duplexes
- ☐ Townhouses
- ☐ Tiny homes
- ☐ 3-storey apartments
- ☐ Multi-generational homes (housing for three or more generations)
- Other (please specify): _____

17. **What factors are important to consider when choosing locations to build new housing?**

- ☐ Proximity to family and friends
- ☐ Privacy
- ☐ Access to cultural sites (land, water, harvesting sites)
- ☐ Access to community facilities (community center, early years, elementary school, band office)
- ☐ Access to community infrastructure (water and sewer)
- ☐ Other (please specify): _____

18. **What should the proportion of parcel sizes be in our community? (total should equal 100%)**

Small lot (0.5 acres or less)	___ %
Medium lot (0.5 acres to 1 acre)	___ %
Large lot (1 acre or more)	___ %

19. **Do you plan to build a home in-community in the future?**

- ☐ Yes, within 1 – 2 years
- ☐ Yes, within 3 – 5 years
- ☐ Yes, but unsure of timeline
- ☐ No / not planning to build

20. **If yes, do you already have access to a parcel of land for housing?**

- ☐ Yes, certificate of possession
- ☐ Yes, family land
- ☐ No, I do not have a parcel

[illegible]

If you would like to be entered into a draw to win up to \$1,000, please provide your contact information on the following page.

Name:
Email address:
Phone number:



Ways of Remembering Memories

Sharing, caring
and honouring
together.

Dates: December 4th & 11th

Time: 5p.m- 7p.m

Location: Training & Employment
Portable

Transportation & Supper provided

Register with Cynthia @ 519-878-0165



Anishinaabemowin Word of the Day

A Anishinaabemowin word/phase will be posted each day of the week.

Virtual

Videos will be posted throughout the month.

Play & Connect:

*Registration is required. Lunch is provided.

Wegonesh: Snowman Craft

Aapiish: Enji-Maaajtaawaad Early Years

Aaniish pii: Tuesday December 2nd, 2025

Time: 10am - 12pm

Wegonesh: Ice Painting

Aapiish: Enji-Maaajtaawaad Early Years

Aaniish pii: Tuesday December 9th, 2025

Time: 10am - 12pm

Wegonesh: Christmas Tree Craft

Aapiish: Enji-Maaajtaawaad Early Years

Aaniish pii: Tuesday December 16th, 2025

Time: 10am - 12pm

Maamwi Gindaasdaa

Wegonesh: Book: Over and Under the Snow

Aapiish: Enji-Maaajtaawaad Early Years

Aaniish pii: Thursday December 4th, 2025

Time: 8am

Note: 15 Books will be available on a first come, first served basis only.



Come out and play! Join me for interactive sessions that promote learning through play, creativity, and social interaction. Whether it's arts and crafts, storytime, or outdoor games, there's something for everyone! Bring your little ones to explore, learn, and make new friends in a welcoming environment, and meet other families in the community.

Odaminodaa

*Registration is required. Supper provided.

Wegonesh: Floor Hockey

Aapiish: MDN Community Center

Aaniish pii: Wednesday December 3rd, 2025

Time: 5pm - 7pm

Activity Kits

Wegonesh: Gingerbread House

Aapiish: Enji Maaajtaawaad Early Years

Aaniish pii: Thursday December 11th, 2025

Time: 8am

Note: 15 Kits will be available on a first come, first served basis only.

Family Outings

*Registration is required. Limited Spots.

Wegonesh: Sloan's Village

Aapiish: 14933 Longwoods Rd, Bothwell

Aaniish pii: Saturday December 13th, 2025 at 10am

Wegonesh: Fleetway's Indoor Play Area

Aapiish: 720 Proudfoot Lane

Aaniish pii: Thursday December 18th, 2025 at 5:30pm

Anishinaabemowin with Russ

*Registration is required. Supper provided.

Wegonesh: Learning Anishinaabemowin

(Crafts, Activities, Songs & Stories)

Aapiish: Enji Maaajtaawaad Early Years

Aaniish pii: Wednesday December 10th, 17th, 2025

Time: 5pm - 6:30pm














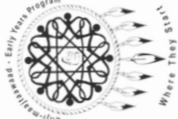
Our EarlyON programs are for families with children 0-6 years of age. Registration is required.

To register contact Amanda at:

Phone: 519-289-0584

email: a.hutton@scottfr.com



Niizhwaaso giizhghad	Ntam giizhghad	Niizo giizhghad	Niizho giizhghad	Niwoo giizhghad	Naano giizhghad	Ngodwaaso giizhghad
	1  Virtual Program Book: Brown Bear, Brown Bear	2  Play & Connect Snowman 10am - 12pm	3  Odaminoda MDNCC 5pm-7pm Floor Hockey	4  Maamwi Gindaasdaa Over and Under the Snow 8am	5 Virtual Program Book: Yummy Yucky	6
7 	8 Virtual Program Winter Words & Phases	9  Play & Connect Ice Painting 10am - 12pm	10  Anishinaabemowin with Russ 5pm - 6:30pm Who Stole the Cookie	11 Activity Kit: Gingerbread House 8am 	12 Virtual Program Book: All By Myslef	13 Family Outing Sloan's Village 10am
14	15 Virtual Program Song: 5 Little Snowmen	16  Play & Connect Christmas Tree 10am - 12pm	 Anishinaabemowin 17) with Russ 5pm - 6:30pm We're Going on a Bear Hunt	18 Family Outing Fleetway Indoor Play Area 5:30pm	19 Virtual Program Song: Santa Bizhaa Oodenang (Santa Coming to Town) 	20
21	22	23	24	25 	26	27
Closed for Winter Holidays						
28	29	30	31	Closed for Winter Holidays		
<div><div><p>EarlyON Child and Family Centre</p></div><div><p>Contact: Amanda Hutton Address: 330 Chippewa Rd., Muncey Tel: 519-289-0584 Email: ahutton@cottfn.com Facebook: Enji Maaajtaawaad Child & Family EarlyON</p><p>If you have any questions please don't hesitate to call, or email me. Miigwech!</p></div></div>						

CHILD, YOUTH & FAMILY WELL-BEING SERVICES PRESENTS:



JOIN US EVERY THURSDAY TO LEARN HOW TO COOK AND MEAL PREP DIFFERENT EASY MEALS. YOU WILL GET TO TAKE HOME YOUR COOKING AFTER EACH CLASS.

6:30 - 8:00

Ages 12-18

Location: Chippewa Community Centre

Please sign-up in advance with Becky. 226-378-7374. This helps ensure we have the right amount of supplies for everyone to create and take home.

Aambe! Nitaa mazinbiigedaa!
Let's make good art together

Mshikiki Shikimdens

Re-connecting and re-storing the lost art of Mbwochwewag (they are visiting) participants sew a Mshikiki mshkimdens. Various beading techniques are taught, and medicine teachings will be shared. Tobacco, Sweetgrass, Sage and Cedar will be available.

Anishinabek Nation Front-line health care workers, addictions, mental health, crisis teams, nurses, and leadership are invited to this creative and interactive session.

TOPICS COVERED:

Traditional beadwork, medicines and HIV education, protecting self, family and community!

LOCATION:

Health Center Boardroom

DATE: Dec 2nd - 9 - 1pm

REGISTRATION DEADLINE:

Facilitated by Anishinabek Nation HIV Coordinator,
Laura Liberty-Nahwegahbow kwe, Waabshishi ndoodem, Nipissing First Nation

REGISTRATION:

Name: Karley Mulrooney

Community: Chippewa of the Thames

Position: Crisis Response Worker

Email: kmulrooney4@cottfn.com

Work/cell number: 519 289 5641

SEND COMPLETED REGISTRATION TO:

Laura Liberty, HIV Coordinator | Email: laura.liberty@anishinabek.ca



Follow us!
Facebook Instagram YouTube Twitter
www.anishinabek.ca



Jordan's Principle

Jordan's Principle Staff will not be checking voicemails or emails during the holiday closure.

If you have a question about your request or need to submit a request, you can contact the Jordan's Principle National Call Centre which is available 24 hours a day, 7 days a week.

National Call Centre:
1-855-572-4453

We appreciate your ongoing patience and support. Wishing everyone a happy and safe holiday season!

Meet & Greet

The background of the flyer features a collage of food-related images and illustrations. In the top right, there is a cup of dark coffee with a green leafy branch illustration next to it. On the left side, there is a fried egg and a croissant. In the bottom right, there is a cup of green smoothie. On the right side, there is a cluster of raspberries. Green leafy branch illustrations are also scattered around the edges of the flyer.

Come spend your morning with a warm beverage and chatting with the new Community Dietitian!

Whether you have nutrition questions to ask or simply want to share your favourite holiday memories and recipes.

Coffee and light brunch snacks provided.

Pick out your own holiday mug and take it home with you (limited supply).

This is a drop in event.
No rsvp is required.
All ages are welcome.

ON TUESDAY DECEMBER 9TH, 2025

LOCATED AT THE HEALTH CENTRE

BETWEEN 9:30AM-11:30AM

Need a Family Doctor?

We can Help!



In January 2026, **Southwest Middlesex Health Centre** in Mount Brydges will begin accepting new patients.

If you or someone you know is looking for a Family Physician, contact us and we will get you on their list.

Call: Kimberly Fisher 519 289-5641

or

Email: kfisher@cottfn.com

We will need the following information:

Name, address, email, phone # and OHIP #

OR YOU CAN REGISTER ONLINE OR BY PHONE

How to register

- **Online:** Go to the [Health Care Connect registration page on the Ontario government's website](https://hcc3.hcc.moh.gov.on.ca/HCCWeb/faces/layoutHCCRegSplash.xhtml) (<https://hcc3.hcc.moh.gov.on.ca/HCCWeb/faces/layoutHCCRegSplash.xhtml>) and fill out the online form.
- **By phone:** Call Health811 at **811** for free, 24/7 access to health services and advice, and register for the program.



Deshkan Zibiing
Chippewas of the Thames
First Nation Treaties, Lands
and Environment

CONSULTATION UPDATES

November 22nd Open House

Miigwech to the ~ 60 citizens who participated at the Nov. 22nd Open House! We are going through your thoughtful questions and comments regarding projects from Hydro One, Atura Power and the City of London.

Longwood to Lakeshore Transmission Line

Hydro One is planning two new single-circuit 500 kilovolt transmission lines from Longwood Transformer Station located north of Melbourne to the Lakeshore Transformer Station west of Tilbury. The first of the two lines is expected to be operational by 2030. More information can be found here

-<https://www.hydroone.com/about/corporate-information/major-projects/longwood-to-lakeshore>

COTTfN is conducting a survey for COTTfN citizens (18+) as part of our review of the project. We want to better understand how you may be affected by the project. The survey is available here:

<https://survey.sogolytics.com/r/LxL>

Your name is only being collected to verify COTTfN membership and for entry into the prize draw - **two cash prizes of \$250! The survey closes on Dec.15th.**

Contact Consultation at consultation@cottfn.com or 519-289-5555 ext. 236 for more information or a paper copy.

We're Hiring!

TLE is looking for a Consultation Engagement Specialist. This position takes the lead in organizing community engagement and supports the Consultation team. We value a wide range of experiences and talents that you could bring to the role.

Community members are strongly encouraged to apply by Dec. 12!

Find the posting at cottfn.com/jobs

Chippewa Seniors Program

December Programs at the Antler River Seniors Complex



Quarter Bingo
5:00pm-7:00pm



Euchre
5:00pm-8:00pm



December 10th 2025

Door will open at 4:30, and potluck will start
Bingo will start at 5:00pm SHARP

Players must be 18+.

Space is limited to 50 players



December 3rd & 17th, 2025

Doors will open & Potluck will start
at 5:00pm.

Euchre will start at 5:30 SHARP

Must be 18+ to play

If you have any comments or concerns please contact

Courtney Hendrick at 519-289-5641 ext. 228

Antler River Seniors Program

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Soup & Sandwich Activity: Paper	3 Euchre 5-8pm	4 STAFF TRAINING NO LUNCH	5 STAFF TRAINING	6
7	8	9 No lunch	10 Quarter Bingo 5-7pm	11 No lunch	12 Seniors Christmas Party 5-8pm	13
14	15	16 No Lunch	17 Euchre 5-8pm	18 No Lunch	19	20
21 CHRISTMAS HOLIDAY	22 CHRISTMAS HOLIDAY	23 CHRISTMAS HOLIDAY	24 CHRISTMAS HOLIDAY	25 CHRISTMAS HOLIDAY	26 CHRISTMAS HOLIDAY	27 CHRISTMAS HOLIDAY
28 CHRISTMAS HOLIDAY	29 CHRISTMAS HOLIDAY	30 CHRISTMAS HOLIDAY	31 CHRISTMAS HOLIDAY			

EVENTS

Monthly Events

- Euchre 5:00-8:00pm
- Quarter bingo 5:00-7:00pm
- Congregate Dining 5-6pm

Monthly Events Cont'

Activities will follow lunch on Tuesday and Thursday from 1-3pm

Program Menu Notes

Lunch is served every Tuesday and Thursday
Congregate Dining happens on the 3rd Thursday of the month

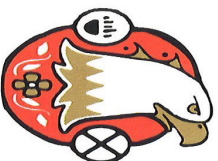
We believe in, and respect the rights of people who use drugs.

We offer evidence-based support that has a positive impact on both individual and community health.



What are some outcomes of harm reduction?

- Reduces overdose deaths and other early deaths among people who use substances.
- Reduces injection substance use in public places, and reduces the number of used needles in public.
- Reduces the sharing of needles and other substance use equipment.



Southwest Ontario
Aboriginal Health
Access Centre



Regional
HIV/AIDS
Connection



SUPPLIES AVAILABLE
FROM THE OUTREACH
WORKERS:



- Naloxone kits
- New syringes
- Cookers
- Ties
- Filters
- Safe inhalation kit
- Sterile water
- Hot railing kits
- Resources
- Sharps containers

Cultural Outreach Harm Reduction Team

Serving
Chippewas of the Thames
Munsee-Delaware
Oneida of the Thames



Chippewas of the Thames
Health Centre

322 Chippewa Rd
Muncey, ON, N0L 1Y0

Hours: 8:30am - 4:30pm
Monday to Friday
Toll Free: 1-833-289-0544
519-289-5641 Ext. 237

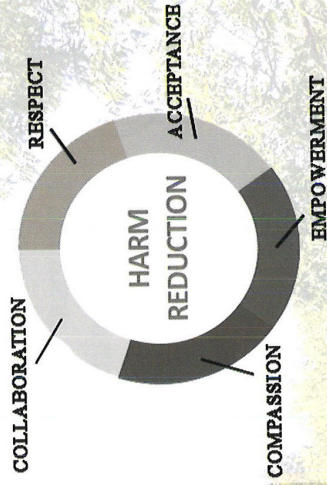
Confidential

Harm Reduction

Harm Reduction is an evidence-based, client-centred approach that seeks to reduce the health and social harms associated with addiction and substance use, without necessarily requiring people who use substances from abstaining or stopping.

What does the Cultural Outreach Harm Reduction Team do?

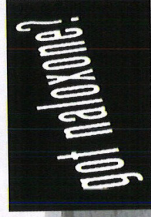
- Provide harm reduction materials/supplies to people who use drugs through consistent delivery, and pickup services.
- Handle and transport used syringes.
- Provide support, education, information, community resources for people who use drugs.
- Referrals to traditional healers, ceremonies, and medicines.
- Provide Naloxone training and kits.
- Deliver HIV/AIDS Basics presentations to a variety of audiences.



Harm Reduction Works!

Consistent with the Chippewas of the Thames Health Centre Operations, approach to services, our strategies are person-driven, flexible in design, ensure that people who use substances are treated with dignity and respect, and as full members of society.

We provide clean supplies and support with no 'readiness' requirements for people to accept treatment for any mental health or substances use issues.



Eagle and Pipe Logo

The eagle is the messenger to carry our prayers to the Creator. I Made the eagle emerging from them smoke of the sacred pipe. With its wings reaching outside the sacred circle, for the people that have forgotten or never had the opportunity to learn the teachings of the sacred pipe. The pipe is blue to represent the water, which symbolizes healing. The pipe is decorated with seven eagle feathers, representing the seven grandfather teachings. The eagle is also the common symbol among all the tribes.

Seven Grandfather Teachings:
Honesty, Truth, Humility, Love, Wisdom, Courage and Respect.

Justin Hendrick





Justice Department
Chippewas of the Thames
First Nation



PREPARING FOR WINTER STORM EMERGENCIES

SAFETY TIPS

- Avoid unnecessary travel.
- Wear layers of lightweight clothing, mittens and a hat.
- Wear waterproof, insulated boots to keep your feet warm and dry.
- Regularly check for frostbite – numbness or white areas on your face and body (ears, nose, cheeks, hands and feet in particular).
- Avoid overexertion when shoveling snow by taking frequent breaks.
- Bring pets inside and move livestock to sheltered areas with non-frozen drinking water.

Heavy snowfall and ice can make the roads treacherous. Road conditions and driving information is available through Traveller Information Services like 511 Ontario.

PREPARE NOW

Take the following steps so you and your household are prepared in the event of an emergency:

- build an emergency preparedness kit in case a power outage or winter conditions prevent you from being able to leave your home.
- winterize your home to retain heat
- get heating equipment and chimneys cleaned and inspected once a year
- trim branches hanging over your house or vehicle to reduce hazards when weighed down with snow and ice
- stock up on salt to prevent falls on your driveway or sidewalk
- test your smoke and carbon monoxide detectors to make sure they are in good working order



HAVE QUESTIONS? CONNECT NOW!

✉ gcloud@cottfn.com

☎ (519) 488-5057 Ext.407

COTTEN Governance and Justice
Portfolio

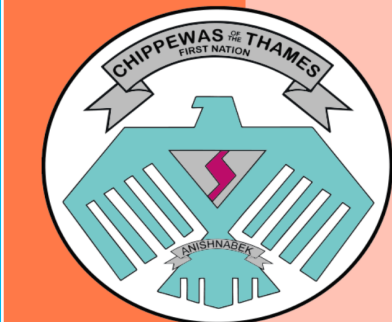
COMMUNITY SAFETY HYBRID MODEL ENGAGEMENT SESSION

Tuesday, December 9 5:30 pm
The ARC (20723 Muncey Rd)
Dinner provided Prizes

*Share your vision for community safety, and
your thoughts on the current policing
system*

Contacts:

Councillor Betsy Kechego (bkechego@cottfn.com) Sara
Mai Chitty (ramaichitty@gmail.com) Lesley Bikos
(lbikosresearch@gmail.com)





ACADEMIC UPGRADING CHIPPEWA SITE
In partnership with
Chippewas of the Thames First Nation
Employment & Training



What we offer:

- Literacy Basics Skills
- Essential Skills
- Canadian Education Credential (formerly G.E.D.)
- Academic & Career Entrance Program (ACE)
- Ontario Secondary School Diploma Support

How to Register:

- Fill out registration form (can be picked up at E&T office)
- Complete Assessments
- Create your training plan
- Start your individual program
 - Learning options
 - Scheduling options
 - Program length
- Re-evaluate training plan
- The academic upgrading instructor will assist with each step of registration and support you with your customized plan

Create your path to:

- Independence
- Post-Secondary
- Skilled Trades
- Entrepreneurship
- Employment

Program Length:

- It varies based on the amount of time you commit as a student
- The programs of study are geared to the individual student learning needs to prepare for your next step of employment, further training, or education.

For an adult learner, often the hardest aspect of returning to school is taking the first step. At the Chippewa site in partnership with COTTEN E&T, we welcome the opportunity to assist individuals work towards their goals.

Welcome John Leonard, our new ACE Program teacher!

"Hello, my name is John Leonard. I'm very excited to have found a role within the COTTEN community as an LBS/ACE teacher, working alongside the Employment & Training Department.

I was born and raised in London, Ontario, where I began peer tutoring in Grade 10, and I've been involved in coaching and leadership roles ever since. I also have a long history of playing and coaching basketball. I am truly honoured to have the opportunity to work with you, and I'm committed to supporting community members in achieving their educational and career goals. I feel very privileged to experience and learn from such a close and caring community. I look forward to meeting as many people as I can during my time here and learning from all of you." ~ John Leonard

Contact:

John Leonard
LBS/ACE Teacher
Fanshawe College – Chippewa Site
john.leonard@live.com

Hours of Operation:

Tuesday | 9:30am – 2:30pm
Wednesday | 9:30am – 2:30pm



December, 2025

All staff are available through the office phone line, their cell phones or emails. Please try to keep all office calls from 8:30am to 4:30pm from Monday to Friday.

1. Sherry Steuer, Ontario Disability Support Program (ODSP) Caseworker will be here in the office on the following dates;

- December 11th from 1:00-4:30pm
- January 8th from 1:00-4:30pm
- January 22nd from 8:30am to 4:30pm (Sherry will not be able from 12:00-1:00 for lunch)

If you need to contact Sherry outside of these dates, you can reach her by phone at 519-438-5111 Ext. 3193. If she does not answer, please leave her a message and she will get back to you as soon as she can.

2. Ontario Works has a Transitional Support Fund (TSF) to help with emergency housing repairs, appliance repairs, moving costs, heating and/or hydro costs. You do not have to be an Ontario Works client to qualify for TSF but you do have to reside within Chippewas of the Thames First Nation in order to be eligible for TSF. TSF is unable to help with major repairs or repairs to homes that are in an estate. Maintenance and repairs to homes in estates are the responsibility of the Administrator or Executor of the estate. For low-income clients, please contact Jana Kechego to make an application.
3. Ontario Electricity Support Program (OESP) may provide you with a credit if you're the customer of an electricity utility and your household size and income meet certain levels and all household members over the age of 18 years old have filed their taxes and sign off on the OESP consent form. You must apply for the OESP credit through the OESP application either online at ontarioelectricitysupport.ca or mail the application to Ontario Electricity Support Program, PO BOX 1540 STN B, Ottawa, ON K1P 0C7. The application for the OESP credit is included in this month's newsletter. If you have any questions, you can contact the office and speak with one of the workers.
4. **If you are experiencing a pest infestation in your home and need the assistance of an exterminator, please call the office to request the benefit for service. Please do not attend the office in person until treatment of your home has been fully completed by an exterminator.**

Office closures and when staff are out of the office for December, 2025:

- Closed for Christmas Holidays – December 22, 2025 to January 2, 2026. There will be a staff on call. Please make sure to call the office line at 519-289-5621 and all incoming calls will be transferred to the staff member. If there is no answer, please make sure to leave a message and someone will return your call as soon as they can.



Ontario Electricity Support Program Application Form

OESP Notice of Collection

The Ontario Energy Board (OEB) collects, uses and discloses personal information to determine consumer eligibility for and to administer the OESP. Personal information may be collected from, disclosed to, and used by the Ontario Ministry of Finance, the Canada Revenue Agency and your utility provider for the purposes of administering the OESP. Only information about the applicant's electricity account, and the amount of OESP for which the applicant's household may be eligible, will be disclosed to the utility provider. The utility provider will not be provided with other personal information about the applicant and members of the applicant's household, such as their SIN, income or dates of birth.

The OEB's authority to collect personal information is set out in Sections 4.14 and 79.2 of the *Ontario Energy Board Act, 1998*. The Ministry of Finance's authority to collect personal information is set out in Section 11 of the *Ministry of Revenue Act* and Section 147 of the *Taxation Act*.

For more information about the collection, use and disclosure of personal information for the OESP, please contact the Board Secretary at: Board Secretary, Ontario Energy Board. P.O. Box 2319, 2300 Yonge Street, Toronto ON M4P 1E4, Tel: 416-544-5191.

Before you begin, check to be sure that:

- ☐ You have a copy of your current electricity bill.
- ☐ You have the Social Insurance Numbers or Temporary Tax Numbers for all household members 18 and older.

Once your application is complete:

Mail the completed Ontario Electricity Support Program Application Form and Ontario Electricity Support Program Consent Form to the address below:

Ontario Electricity Support Program (OESP)

PO Box 1540 STN B

Ottawa, ON, K1P 0C7

Prefer to complete your application faster online?

Go to OntarioElectricitySupport.ca for instructions on how to complete the online application.

NOTE: Applying online helps to speed up the application review process.

If you answer NO to the question below, you will need to have your household income verified at a participating intake agency. Please contact us for assistance at 1-855-831-8151 in locating the intake agency nearest to you:

- Has everyone aged 18 and older in your household filed taxes at least once in the last 2 years?

Need help or have questions?



For more information or assistance completing your application, questions regarding your eligibility, or requests for additional copies of this application, please contact us:

- Toll-free, at **1-855-831-8151**. Available Monday to Friday, from 8:30 am to 5:00 pm, ET.
- Visit: www.OntarioElectricitySupport.ca
- Email us: help@OntarioElectricitySupport.ca

SECTION 1: PRIMARY UTILITY ACCOUNT HOLDER INFORMATION**1. Applicant's First Name:** _____**2. Applicant's Last Name:** _____

***Please note:** This information is used to verify your income with Canada Revenue Agency. Please ensure the name entered is spelled exactly as it appears on your most recent tax filing.

Utility Account Information: Please enter your information **exactly** the same as it appears on your **utility bill**. If your information is not entered as it appears on your utility bill, your application may be delayed until the information can be corrected.

3. Utility Provider: _____**4. Utility Account Number:** _____**Utility Account Holder's Full Name(s):** _____**Utility Account Holder's Service Address:** _____

***Please note:** The Service Address may be different from the Mailing Address. If you need assistance finding information on your utility bill, please contact the OESP Contact Centre at 1-855-831-8151.

5. Mailing Address: Please enter your current address and valid postal code. Note that mailing addresses must be in Ontario.

Address: _____

City/Town: _____ Province: ON Postal Code: _____**6. Contact Information:**

Phone Number: _____

Email Address: _____

How would you like us to reach you? ☐ Email ☐ Mail

***Please note:** Email is the quickest way for us to let you know about the status of your application and notify you of any action needed

SECTION 2: ADDITIONAL INFORMATION

1. **Is electric heat your primary heating source for your house?** ☐ Yes ☐ No
2. **Do you, or does anyone in your house, use one of the following pieces of medical equipment at home?**

Check those that apply.

- ☐ Kidney Dialysis Machine
- ☐ Mechanical Ventilator (invasive and non-invasive)
- ☐ Oxygen Concentrator

3. **Is any family member living in your house a member of one of the following communities?**

- ☐ First Nations ☐ Inuit ☐ Métis

4. **Do you or another account holder receive a CPP Permanent Disability pension?**

- ☐ Yes ☐ No

SECTION 3: PEOPLE IN YOUR HOUSE

Important! Please add the name and date of birth for yourself and all household members. All household members 18 and older must also provide their SIN. The names should be entered exactly as they appear on their tax filings. Only information about the applicant's electricity account, and the amount of OESP for which the applicant's household may be eligible, will be disclosed to the utility provider. The utility provider will not be provided with other personal information about the applicant and members of the applicant's household, such as their SIN, income or dates of birth. If you need more space to add household member information below, please attach a separate sheet to this form.



ONTARIO
ENERGY
BOARD

COMMISSION
DE L'ÉNERGIE
DE L'ONTARIO

ONTARIO ELECTRICITY
SUPPORT PROGRAM

PROGRAMME ONTARIEN D'AIDE
RELATIVE AUX FRAIS D'ÉLECTRICITÉ

First Name	Last Name	Date of Birth (MM/DD/YYYY)	Social Insurance Number or Temporary Tax Number (Required for 18+)
Account Holder 1.			
Additional Household Members 2.			
3.			
4.			
5.			
6.			
7.			

*If you or anyone in your household, aged 18 and older, has not filed taxes in the last 2 years, you will need to have your household income verified at a participating intake agency. For more information, please see page 2 of the Ontario Electricity Support Program Application Form.

*For privacy reasons, all information for household members under 18 will be deleted from the application after the eligibility decision is made.

SECTION 4: ASSISTED AUTOMATIC INCOME VERIFICATION

*For agency use only if assisting an applicant with an automated income verification application

Agency Name	Agent Name	Agent ID	Agent Signature

Once the application is complete, please mail the completed Ontario Electricity Support Program Application Form to the address below.

Ontario Electricity Support Program (OESP)

PO Box 1540 STN B

Ottawa, ON, K1P 0C7

APPLICANT MUST ATTEST TO THE FOLLOWING BY SIGNING BELOW:

I consent to the collection, use and disclosure of my personal information by the Ontario Energy Board (OEB) to determine my eligibility for the OESP and I have obtained the consent of the members of my household provide their personal information to the Ontario Energy Board.

The OEB may disclose personal information to and collect personal information from my utility provider in order to verify I am a customer. I understand that the OEB may contact me in the future to learn more about my experience with the OESP.

I give consent to the Ontario Energy Board (OEB) to communicate or share the information within my OESP application, on my behalf, with the Ministry of Finance. In addition, I give consent to the Ministry of Finance to communicate with the OEB.

I certify that the information I have provided on this application is true and correct and I have read, understand and agree to these conditions and requirements.

Signature of Applicant

Name of Applicant (Print)

Date

Ontario Electricity Support Program – Consent Form

Thank you for your interest in the Ontario Electricity Support Program (OESP). In order to process your application, we need you to print, sign and mail this form to the OESP Contact Centre. We will keep your application open for 90 days, so that you have time to send it to us. If you wait longer than 90 days, you may have to re-apply. Please read the section below and provide us with this consent form as soon as possible.

OESP Notice of Collection

The Ontario Energy Board (OEB) collects, uses and discloses personal information to determine consumer eligibility for and to administer the OESP. Personal information may be collected from, disclosed to, and used by the Ontario Ministry of Finance, the Canada Revenue Agency and your utility provider for the purposes of administering the OESP. Only information about the applicant's electricity account, and the amount of OESP for which the applicant's household may be eligible, will be disclosed to the utility provider. The utility provider will not be provided with other personal information about the applicant and members of the applicant's household, such as their SIN, income or dates of birth.

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Mail the completed Ontario Electricity Support Program Consent Form to the address below:

Ontario Electricity Support Program (OESP)

PO Box 1540 STN B

Ottawa, ON, K1P 0C7

1-855-831-8151

Consent

We, the undersigned, consent to the collection, use and disclosure, respectively, of our personal information by the Ontario Energy Board and the Ontario Ministry of Finance to determine our household's eligibility for and to administer the OESP, and for program evaluation, which may include the disclosure of personal information to and collection of personal information from our utility provider in order to verify our household has an account, and the disclosure of personal information by the Ontario Ministry of Finance to the Canada Revenue Agency (CRA).

We also consent to the disclosure by the CRA to the Ontario Ministry of Finance of income and expense information from our respective CRA income tax records on condition that the information will be relevant to and used solely for verifying the income of the individuals whose names and signatures are set out below and determining our household's eligibility for OESP assistance.

Each person's consent is valid for the taxation year in which it is signed and for each subsequent taxation year for which our household is eligible for OESP, unless a person's consent is withdrawn in writing by sending it to the OEB. We understand that any withdrawal of consent may affect our household's eligibility for the OESP.

Please enter your Utility Account Number exactly the same as it appears on your utility bill.

Important:

- Original signatures required
- Photocopied, faxed or emailed versions will not be accepted
- All household members 18 or older must sign

Applicant Consent:

_____	_____	_____
Name (Please print)	Signature	Date

Household Member Consent:

_____	_____	_____
Name (Please print)	Signature	Date

_____	_____	_____
Name (Please print)	Signature	Date

_____	_____	_____
Name (Please print)	Signature	Date

_____	_____	_____
Name (Please print)	Signature	Date

_____	_____	_____
Name (Please print)	Signature	Date

_____	_____	_____
Name (Please print)	Signature	Date

How to use Naloxone

Make sure area is safe

Check for sharps or tripping hazards

Try to get patients attention

Talk to them, check for breathing

Call 911

If unresponsive

Give naloxone

One spray into nostril

Perform CPR

Perform rescue breaths and/ or chest compressions

Is it working?

Check for improvement. If not, repeat and stay until EMS arrives

Naloxone training, medicines and safer use materials/gear available in office, or confidential delivery.

Call (519) 289-5641 extention 232, or (226) 386-3172

322 Chippewa Road. COTTFN Health Center



Cultural Harm
Reduction
Outreach

Accessible for Everyone

Chippewas Wellness Team
24/7 Line: 1-866-289-0201





Deshkan Ziibiing
Chippewas of the Thames
First Nation Ontario Works

328 Chippewa Road
Muncey, ON, N0L 1Y0
Tel: 519-289-5621
Fax: 519-289-3013

Anishinabek Food Rights (AFR) Program

The \$5.00 restocking fee will be due on the day of pick up.

ADDED EXTRA DAYS AND TIMES for December Pick-Up.

Monday, December 1st
Friday, December 5th
Monday, December 8th
Wednesday, December 10th
Friday, December 12th

Pick up times are from:
10:00am-12:00pm & 1:00pm-4:00pm

PLEASE NOTE

****** Seniors' delivery will be on Wednesday Dec 3rd, 2025. ******
****Please make sure that you sign up with an AFR staff member ****

To contact the AFR department please call 519-289-5621 EXT. 251

To contact Brittney Chrisjohn, please call her cell phone or text 226-378-4264 from Monday to Friday between the hours of 8:30am to 4:30pm or you can reach her by email at

afr@cottfn.com

You **must** register ahead of time to receive a food basket through the Anishinabek Food Rights (AFR) program. If your application is not in before the pickup dates, you will not receive a food basket until the next pickup day. If you apply on a later pick up day, please be aware that all items may not be available.

For those that have registered and do not have a ride to pick up food basket please, call, email or text letting us know someone is picking up on your behalf and we can release your food basket.

**Must be a Chippewa band member and only one food hamper per household.
It is only one per household due to limited funding available.**



HR Corner: Welcoming New Team Members

The HR department at Chippewa has seen some changes! Ken DeVries, HR Generalist (joined May 2025) and Tasha Harvey, HR Director (joined September 2025) are grateful to serve the Nation. On January 5, our HR department will relocate to the London office to better support our growing organization—we'll still be available and present in the Nation through regular visits, check-ins, and community events. You may have met us already; if not, we hope to see you in community soon as we celebrate the great work happening across Chippewa. Miigwech for welcoming us!

The Human Resources Team is happy to introduce several new (and newly permanent) employees joining Chippewas of the Thames First Nation. Some have transitioned from contract to permanent roles, and others have moved into new positions within the organization. Please join us in welcoming and celebrating:

- **Brittney Chrisjohn** – Anishinabek Food Rights (AFR) Coordinator
- **Christopher Saxby** – Community Health Nurse
- **Courtney M. Kechego** – Assistant Early Childhood Educator
- **Darcy Snake** – Rental Property Maintenance Worker
- **Emma Ritchie** – Community Health Nurse Supervisor
- **Felicia Huff** – Director of Community Development
- **Iohakentah Thomas** – Cultural Harm Reduction Outreach Worker
- **Karley Mulrooney** – Crisis Response Worker
- **Kassandra Sturgeon** – Executive Assistant (Child Youth Family Wellbeing)
- **Lauren Turner** – TLE Funding Coordinator & EFL Lead
- **Tasha Harvey** – Human Resources Director
- **Patti Day** – Anishinaabe'aadziwin Administration Assistant
- **Randell Deleary** – SOAHAC Janitor
- **Rebecca Hartley** – Dietician
- **Shadia Ali** – Communications Officer (Child Youth Family Wellbeing)
- **Victor Lopez** – Case Aide Worker

We're also growing! Many new positions are being added across the Nation. All job postings will be available on the COTTFN website. If you're interested in a specific opportunity—or want to discuss career paths in general—please reach out to the Human Resources Department.

Dear Deshkan Ziibiing Community Members:



Boozhoo!

My name is Chris Saxby. I'm one of the newest members of the Chippewas of the Thames Community Health Team. I'm a settler who's both a Registered Nurse (RN) and a Registered Social Worker (RSW), ready to help you improve your mental and physical wellness any way that I can.

In my last job at Biigajiisakaan – the mental health branch of Atlohsa Family Healing Services operating out of Parkwood Hospital in London – I learned much about the Indigenous worldview, including your history, culture, and approaches to wellness. While I'm still learning about your incredibly valuable medical and cultural practices, I'll continue doing my best to integrate the knowledge of your Traditional Healers with that of Western medicine.

In my nursing career, I've worked at several hospitals in Emergency Departments (EDs), Intensive Care Units (ICUs), and Medical Wards. I've also been the Director and Assistant Director of a couple Ontario Long-Term Care Homes. Given this, my nursing specialties would be emergency medicine and geriatric (elder) care.

As a Masters-trained Social Worker, I've run homes for people with Developmental Conditions, worked in the justice system, and engaged in Private Practice Counselling at many locations. In terms of mental health, my specialties would be trauma, addictions, and catastrophic injury. If you ever want to talk, I'm here to listen (without judgement!)

On the personal front, I'm not presently in a relationship, though I have a beautiful daughter named Madeline from a previous marriage. Maddie and I spend lots of time together playing with her dog (named Tuna) and watching scary movies – perhaps our favourite pastime. I love to travel (I've been to about 25 countries, mostly in Europe and Asia) and I lived in South Korea for a year. I can read and write Korean, so if you ever want to see how your name looks written in this beautiful language, let me know.

I think that's all the important stuff. As with all people, I'm more than you see on this page. Come talk to me at the Chippewas Community Health Centre if you want to know more or if you think I can help you in any way.

Megwetch!

Chris Saxby

RN, BScN, RSW, MSW, BA (Hons. Psych.)



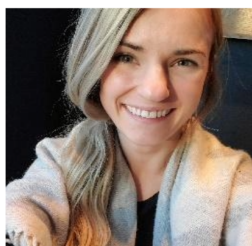
Deshkan Zibiing
Chippewas of the Thames
First Nation Health Centre



Canadian
Accreditation
Council



322 Chippewa Road
Muncey, ON, N0L 1Y0
Tel: 519-289-5641
Fax: 519-289-2378
info@cottfn.com



Hi everyone – My name is Rebecca and I'm excited to be joining the COTTFN Health Centre team as a community Registered Dietitian.

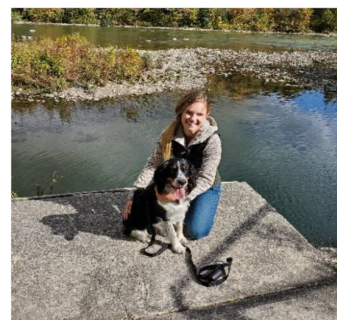
My path to becoming a dietitian was not a direct one. While pursuing my Honours Specialization in Anthropology, I learned about the sociocultural connections between food, health, and identity. Around that time my father was diagnosed with celiac disease. I became more invested in learning about the impact our food choices have on our wellbeing after watching how changing his diet transformed his health and quality of life. That experience ultimately guided me towards this career.

I believe that good food has the power to heal, to bring people together, and to tell stories about who we are. I am a self-proclaimed nutrition nerd and endlessly fascinated by the body mind connection. I'm interested to continue learning about neurology, psychology, women's health and hormones, and the gut microbiome.

My previous work has been in both homecare and community health settings. Over the years, I've had the privilege of working on several meaningful projects. I have recently collaborated with the Kidney Foundation to develop an interactive cooking program, presented on *Nutrition for Brain Health* as a member of the Western University MS Society's Expert Panel, and this past year I was invited to speak at the Aamjiwnaang Community Health Centre's Chronic Pain Clinic. I'm also a proud member of the Primary Care Dietitians Association and a passionate advocate for preventative medicine and accessibility rights.

At the health centre, I'll be offering a wide range of nutrition services including support with meal planning and preparation, group cooking classes, and guidance around intuitive eating practices. I'm also available for one-on-one counselling appointments for chronic conditions such as diabetes, autoimmune diseases, kidney disease, and other nutrition-related needs.

My nutrition practice is grounded in collaboration, compassion, and curiosity. Each person's relationship with food is unique and I want to help you explore what balance and nourishment mean for you. Whether you're looking to manage symptoms, build sustainable habits, or simply learn more about how food influences your wellbeing — I'm here to be a resource for you.



A little more About Me

Hobbies: Hiking with my dog Molly and getting lost in a good book

Favourite foods: salmon, strawberries, pickle pizza

Bucket List: One day I hope to travel on the Jacobite train through the Scottish Highlands

I'm deeply grateful to be working alongside the COTTFN community and I look forward to sharing good food and meaningful conversation together soon. Please feel free to stop by and say hello. I'd love to meet you!

Rebecca Hartley

Registered Dietitian

(519) 289-5641 ext. 257

rhartley@cottfn.com





Southern First Nations
Secretariat

Microsoft Excel: Beyond the Basics



Date & Time:

February 25, 2026

9:00am – 4:00pm

Location:

Antler River Seniors Complex

20723 Muncey Road, Muncey ON, N0L 1Y0

In this workshop, you'll learn how to make Excel work for you — using formulas, database functions, macros, and shortcuts to manage data efficiently and confidently handle even the most complex spreadsheets.

You will also:

- Improve the quality, accuracy, and usefulness of every worksheet
- Automate tasks and save time with the Visual Basic Editor
- Create visually engaging charts with customized graphics
- Collect, format, and analyze data efficiently
- Develop and manage PivotCharts® with ease

Who Should Attend:

This seminar is the next logical step for users who have mastered fundamental Excel skills. It is suggested that participants follow up the Microsoft Excel – Basics program with this Beyond the Basics course.

Register:

To register, please contact Lori Fisher, Executive Assistant by email exec.assistant@sfns.on.ca or phone 519-692-5868 ext. 234. Please register early as spots are limited!



Southern First Nations
Secretariat

Microsoft Excel: Basics



Date & Time:

January 29, 2026
9:00am – 4:00pm

Location:

Munsee-Delaware Nation Community Centre
533 Thomigo Road, Muncney ON, N0L 1Y0

Join us for an in-person Excel workshop to build a stronger understanding of its many features. Using a “hands-off” teaching style, we’ll maximize learning time through demonstrations rather than data entry. Whether you’re new to Excel or looking to advance your skills, this seminar will help you:

- Build spreadsheets confidently
- Analyze data effectively
- Create detailed reports, charts, and calculations
- Explore key Excel tools: shortcuts, formatting, hyperlinks, and macros
- Learn through practical, hands-on techniques designed for real-world use

Who Should Attend:

- Anyone who would like to become more familiar with Excel’s newest features, functions and capabilities.
- Beginning Excel users who need to get up to speed fast.

Register:

To register, please contact Lori Fisher, Executive Assistant by email exec.assistant@sfns.on.ca or phone 519-692-5868 ext. 234. Please register early as spots are limited!

HOSTED BY: THE INDIGENOUS STUDENT COUNCIL & THE INDIGENOUS STUDENT CENTRE

10th Annual

WINTER ROUND DANCE

SATURDAY DECEMBER 6, 2025

LAMBTON COLLEGE GYMNASIUM

1457 LONDON RD, SARNIA ON N7S 6K4

5:30 PM - Doors Open

6:30 PM - Feast

7:30 PM - Round Dance Begins

PLEASE FEEL FREE TO BRING YOUR FEAST BAGS & REUSABLE WATER BOTTLES

EMCEE: Biindige-gizhig

STICKMAN: Raymond Deleary

VENDORS | SPOT DANCES |

TOONIE TABLE | 50/50

OPEN CALL TO ALL ROUND DANCE SINGERS

ALL SINGERS WILL BE RECOGNIZED

DISCOUNTED ACCOMMODATIONS @ HOLIDAY INN EXPRESS
FOR SPECIAL RATE CALL 519-491-5700 & MENTION LAMBTON COLLEGE ROUND DANCE
CALL EARLY! LIMITED NUMBER OF ROOMS AVAILABLE

Contact Holly Altman at isc@lambtoncollege.ca or call 519-479-2383

UPDATED AFR APPLICATION

CHIPPEWA ANISHINAABEK FOOD RIGHTS APPLICATION

Personal information provided on this form is kept confidential. Only statistical information will be reported.

Please Print Clearly

Part A: General Information

Please Circle One

Male/ Female

On Rez/ Off Rez

Age Group:

18-24

25-35

36-45

46-55

56-64 65+

Date: _____

First Name: _____ Last Name: _____

Address: _____
Street City Postal Code

Phone No: _____ Email: _____

Band #: _____

Part B: Additional Household Members

Please lists all dependent adults and/or child(ren) within your household.

IDENTIFICATION MAY BE ASKED TO BE SHOWN AT TIME OF PICK UP:

Spouse/Dependent(s) Name:	Age:	If you require any of the following Items, please circle
1 _____	_____	1. Feminine Products
2 _____	_____	2. Tooth Brush
3 _____	_____	3. Tooth Paste
4 _____	_____	4. Deodorant
5 _____	_____	5. Depends - Please Circle Mens or Womens
6 _____	_____	
7 _____	_____	List any dietary restrictions (Food Allergies):
8 _____	_____	_____

Please circle 3 items if baby items are needed also please list diaper and pull ups sizes needed; Diaper size _____, Pull-ups _____, Wipes, Formula, Baby Cereal, Baby Snacks, Baby Body Wash, Baby Lotion

Part C: Financial Overview Information.

Please identify your monthly income by checking the appropriate box(es):

<input type="checkbox"/> Ontario Works	<input type="checkbox"/> Other (Please Specify:)
<input type="checkbox"/> Disability-WSIB	<input type="checkbox"/> Employment Income
<input type="checkbox"/> ODSP	<input type="checkbox"/> Employment Insurance
<input type="checkbox"/> Student	<input type="checkbox"/> Old Age Security

Part D: Eligibility Criteria

1. THIS IS OPEN TO ALL CHIPPEWA MEMBERS ON & OFF RESERVE REGARDLESS OF INCOME

- 2. \$5.00** re-stocking fee payment is required to pick up a food box
- Last day of pick up posted will be the last day to pick any food hampers
- Only **one** food basket per household, per month due to limited funding available

Office Use

_____ \$5.00 Paid _____:Initial Date of Pick Up: _____ Initial: _____



Deshkan Zibiing
Chippewas of the Thames
First Nation

To submit a community posting please send it to newsletter@cottfn.com or drop off at the band office front desk.

Postings must be community-centric; not business advertisements or political.

Little Spirit Moon Prayer

Little Spirit Moon, I offer my tobacco and humble myself in the most respectful way as I was taught by my grandfathers and grandmothers. I ask at this time, of the Little Spirit Moon, for healing. This healing is for visions of the spirits and good health so I can walk this road with the purist energies of Creation. Nookomis, I ask for these things, not only for myself but to share with my family and extended family. I ask for the families that have gone on to the spirit world and the families that will soon be here. Little Spirit Moon, I ask now for forgiveness for the things I do not speak of and the things I have forgotten. So I will be able to respect myself, for all that I am. Until the next time we meet,