



CHIPPEWAS OF KETTLE & STONY POINT FIRST NATION

LUCK

NAABDIN GIIZIS

~ SNOWCRUST MOON ~

MARCH COMMUNITY NEWSLETTER

DEADLINE SUBMISSION for April Newsletter is Friday, March 22nd, 2024 by 4:00 P.M.
Please e-mail your submission to fdeck@kettlepoint.org or drop off at Administration Office.

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Phone Directory for Business On or Around Kettle & Stony Point FN



| | | | |
|--------------------------|-----------------------|------------------------------|--------------|
| 3 Fires Youth Centre | 519-786-4893 | Hillside School | 519-786-6903 |
| Admin Office | 519-786-2125 | Indian Hills Golf | 519-786-5505 |
| Al's Gas | 519-786-2267 | Joey Little's Pizza | 519-786-5287 |
| ALF Building | 519-786-2860 | KSP Gas Station | 519-786-3088 |
| APS | 519-727-2525 | Library | 519-786-2955 |
| Arbor Acres | 519-786-6350 | LSC Electric (Landon George) | 226-932-9026 |
| Canada Post | 519-786-2691 | Melmacks | 519-639-6424 |
| Children/Family Services | 519-786-6680 | Mental Health & Wellness Hub | 519-339-1598 |
| Country Style | 519-786-3804 | NL Health Centre (KP) | 519-786-2700 |
| Daycare | 519-786-4255 | Points Preference | 519-786-5956 |
| Dental Office (KSP) | 519-704-1400 | Roads Dept | 519-786-4552 |
| Elder's Lodge | 519-786-4183 | Sewage Treatment | 519-786-2835 |
| Family Resource Centre | 519-786-6588 | SFNS-Post Secondary | 519-692-5868 |
| Family Well-Being | 519-786-6680 ext. 116 | Southwind Dev. | 519-786-6753 |
| Fire Hall | 519-786-4900 | Thunderbird Crafts | 519-786-4775 |
| Four Winds | 519-786-6780 | Tourist/Tabacco Shop | 519-786-6436 |
| Headstart Site | 519-786-4940 | Two Eagle Smoke | 519-786-3738 |
| Health Centre | 519-786-5647 | Water Treatment | 519-786-2575 |
| All EMERGENCIES | | | 911 |



A very Happy Birthday going out to Brooke George on March 19th. We all hope you have a great day, love your family

NAABDIN GIIZIS

SNOWCRUST MOON | MARCH 2024

| NIZH-GIIZHIGAD | NIAM-GIIZHIGAD | NIIZHO-GIIZHIGAD | NSWI-GIIZHIGAD | NIWU-GIIZHIGAD | NAANO-GIIZHIGAD | NIIZHWAASO-GIIZHIGAD |
|---|---|---|--|---|--|--|
| <p>Akinoomaagiziin gdaawewinaa gdoo nsastaan Learning our language is to understand owi kina goji ezi digwaabiseyin maanpii gitkanig. how you are connected to everything/everwhere on earth.</p> <p>– Jacob Wennigwans, Wikwemkoong Unceded Territory –</p> | | | | | <p>1 Bezhiig Aambe zizbaakdokaaning zhaadaa. Let's go to the Sugar Bush.</p> | <p>2 Niizh Aanish ezhiinikaazowad giw nigoog? What are those trees called?</p> |
| 3 Nswi Ninaatigoog zhiinikaazowag giw. They are called maple trees. | 4 Niwin Aanish pii mayajii-jigaawad ninaatigoog? When do the maples start flowing? | 5 Naanan Ahi-aabwamaagak gojiiing. When it gets to be warm outside. | 6 Ngodwaaswi Migwech dinaag Ninaatigoog. I say thank you to the Maple Trees. | 7 Niizhwaaswi Zizbaakwadadaabo maajii-jigaa. The sap is starting to flow. | 8 Nishwaaswi Zizbaakdokaang sabbadoon negnokwaanan. Spikes are used when maple syrup is being made. | 9 Zhaangswi Nwii zhiigwa. I am going to drill a hole in a tree. |
| 10 Mdaaswi Ninaatig baagishi aaimaajigag. The maple tree swells when it starts to flow. | 11 Mdaaswi-shi-bezhig Mnookani Nwabin. Spring Break. | 12 Mdaaswi-shi-niizh Niam gbiindaakoogimin jibwa-naadoodiyang. First, we offer tobacco before we go and fetch sap. | 13 Mdaaswi-shi-nswi Nagwaake. She taps the trees. | 14 Mdaaswi-shi-niwin Ninaatig onjigaa bagone wad. The sap flows from the tree when you put a hole in it. | 15 Mdaaswi-shi-naanan Gii-boodowag zizbaakdokaaning. They built a fire in the sugar bush. | 16 Mdaaswi-shi-ngodwaaswi Ngiit zhiigag. I tapped the trees. |
| 17 Mdaaswi-shi-niizhwaaswi Aawwazhi. She collects the sap. | 18 Mdaaswi-shi-nishwaaswi Skiigintige. She reduces the sap by boiling. | 19 Mdaaswi-shi-zhaangswi Mnookani / Ziiigwan. It's Spring. | 20 Niizhtana Ndi ziiigwaan zizbaakwadadaabo kikiing. I pour the sap into the pot. | 21 Niizhtana-shi-bezhig Gchi-mnogoog zizbaakwadadaabo. The maple sap tastes really good. | 22 Niizhtana-shi-niizh Gilaaking Nibish Giizhigad World Water Day | 23 Niizhtana-shi-nswi Gmihwaagmipdaan na zizbaakwadadaabo? Do you like the taste of maple sap? |
| 24 Niizhtana-shi-niwin Wishkbaagmi iw ziiwagaamde. The maple syrup is sweet. | 25 Niizhtana-shi-naanan Ngiit-zhiiboon mecwagan. I made that maple candy. | 26 Niizhtana-shi-ngodwaaswi Biigweziige. She makes maple toffee. | 27 Niizhtana-shi-niizhwaaswi Giiishkwaanjigaagw ninaatigoog. The maple trees stopped running. | 28 Niizhtana-shi-nishwaaswi Ombigamizige. She makes a rising boil. | 29 Niizhtana-shi-zhaangswi Mkadeke-Giizhigad. Good Friday. | 30 Nsiindina Nwii-aawwazhi. I am going to gather the sap. |
| 31 Nsiindina-shi-bezhig Baakwan. Easter Sunday. | | | | | | |

HAPPY BIRTHDAY

Happy Birthday to an amazing father and Papa on March 13th. Thank you for all you do and being there for our children. We love you and have a great birthday!
Love from your children and grandbabies.



Happy Birthday to me, Billy

Happy Birthday to Heather on March 13th! May your special day be filled with love and laughter surrounded by family and friends!

Happy Birthday Whitney and Sally!
I hope you have a wonderful day
Love Tania

Happy Heavenly Birthday to my lil brother Jer. Our loss is great, but God is Greater.
Love Nan

Happy 9th birthday to my awesome, strong little man, Timmy Manidokaa,
Love mom and dad

Happy Birthday Tyler on March 16th
Love from Cuzzins

Happy Birthday to our dad, Ock! You're the bestest!
Love from all your kids

Happy 30th Birthday to Cody!
Love from your cuzs Katie, Jace, & Matty

Happy 9Th Birthday to Bentley on March 27th!
Love Mom, Tim, Nana, & Tris-

Happy Birthday to Johnboy on March 22nd. You are an amazing older brother, father, spouse, and uncle. You've taught so much to so many and deserve all the love on this day!
Love from your families

Happy Birthday to my beautiful Gram Sally and my bubbly mom Tania!
Love Whitney!

Happy Birthday to Winnie on March 6th! May your special day be filled with love and laughter surrounded by family and friends!

Happy Birthday to Uncle Craig!
Love from Matty, Jace, & Kaitlyn

Happy 31st Anniversary to the one who stole my heart Patrick!
Love Tania





Welcome to the team!

AMY MILLIKEN

My name is Amy Milliken, and I am a proud band member of Kettle and Stony Point. I was born and raised in the big cities of Toronto and London, Ontario. I moved back home to Kettle Point about 12 years ago and having worked at front desk at the Administration Building inspired me to accept a position with Ontario Works as an Income & Employment Caseworker. I have studied Business Administration and Social Services Worker at Lambton College. In my new role, I look forward to building upon the already stellar reputation of the Ontario Works department and becoming a valuable asset to assist with all social service needs.



Thank You

Chi Miigwech, Jaylynn Wolfe, Laura and Jason Wolfe, and Kincardine Quilters! I love my beautiful quilt that was kindly created with healing messages brightly displayed in the colours, clans, symbols and talented stitching. Thank you Chief Bressette and staff who cooked the delicious meal. I enjoyed it very much! It means much to be remembered as a survivor.

Sincerely,
Marion Wilczynski



Thank you

We wanted to send a huge shout out to Amanda and Chris of Kettle & Stony Point Family Services, and everyone else who had a part in the Family Tubing Outing at River Valley tubing.

It was a blast, and a great time was had by all!

Miigwech - Jackie, Matthew, Jace and Kaitlyn.

MARCH BREAK BUS TRIP MARCH 12, 2024

BUS WILL DEPART AT 3:00 P.M. SHARP FROM HILLSIDE
PARKING LOT
AND RETURN AROUND 11:15 P.M.

\$20 CASH ONLY TO RESERVE YOUR SEAT (NON REFUNDABLE)
PAYABLE AT THE YOUTH CENTRE
LIMITED SEATS (RESTRICTIONS APPLY)

ALL YOUTH MUST HAVE A RELIABLE CHAPERONE THAT WILL
STAY WITH THEM AT ALL TIMES

THIS IS A FAMILY EVENT - NO DRUGS, ALCOHOL OR VAPING

QUESTIONS PLEASE CONTACT MICHELLE SMITH AT
519-786-4893 OR MICHELLE.SMITH@KETTLEPOINT.ORG

KITCHENER

THE ORIGINAL
* HARLEM *
GLOBETROTTERS





Kettle & Stony Point Membership Outreach



Kettle & Stony Point Membership are welcome to come to our outreach day in London.

Chenoa Lunham and Stacy Rumford in Membership will be present if you need help applying for your status card, or need help with registration applications. If you are applying for your status card, please bring your other identification with you (such as your expired status card, health card, birth certificate). Chenoa can also answer any questions around Estates Management.

Monday, March 4, 2024

10am -3pm

**LONDON N'AMERIND FRIENDSHIP CENTRE
(260 Colborne St. In the Gym)**

WE HOPE TO SEE YOU THERE



KETTLE AND STONY POINT PUBLIC LIBRARY

9111 W IPERWASH ROAD, KETTLE & STONY POINT, ONTARIO

NON 1J1

PHONE (519) 786-2955 / 786-6903 FAX: (519) 786-6904

Library Hours

Monday 10am-5pm, Wednesday 10am- 5pm,

Friday 10am- 4pm

ALC Hours: Tuesdays & Thursdays 9:30am-3:30pm



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------|---|-----------|--|-----------|--|-----|
| | | | | | 1 | 2 |
| 3 | 4 Drumming Circle 4pm | 5 ALC | 6 After School Reading Club 3:30pm | 7 ALC | 8 International Women's Day | 9 |
| 10 Daylight Savings Time | 11 Drumming Circle 4pm March Break Week | 12 | 13 Feather Case Making 2pm | 14 | 15 Ojibwe Language Games 1pm | 16 |
| 17 Happy St. Patrick's Day! | 18 Drumming Circle 4pm | 19 ALC | 20 After School Reading Club 3:30pm | 21 ALC | 22 | 23 |
| 24 Happy Easter | 25 Drumming Circle 4pm | 26 ALC | 27 Easter Movie 5pm | 28 ALC | 29 Good Friday | 30 |
| 31 | | | | | | |



After School Reading Club

Wednesdays

March

6 & 20

@

3:30pm



KETTLE AND STONY POINT FIRST NATION PUBLIC LIBRARY



EAGLE FEATHER CASE MAKING

WEDNESDAY

MARCH 13

@

2PM

10 SPOTS AVAILABLE

PLEASE CALL 519-786-2955

OR

FACEBOOK INBOX

TO REGISTER.



KETTLE AND STONY POINT FIRST NATION PUBLIC LIBRARY



ANISHINAABEMOWIN GAME DAY!

COME JOIN US IN A DAY FULL OF
FUN LEARNING GAMES!

THERE WILL BE INTERACTIVE GAMES ALL
BASED ON OUR OJIBWE LANGUAGE!

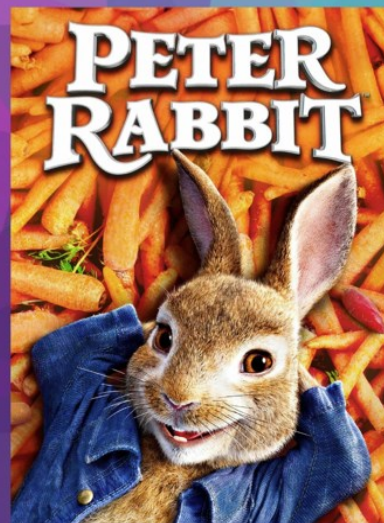


MARCH 15 @ 1PM

KETTLE AND STONY POINT FIRST NATION PUBLIC
LIBRARY

KETTLE & STONY POINT FIRST NATION PUBLIC LIBRARY

PRESENTS:



Rated PG

**AGES
7+**

**POPCORN & TREATS
PROVIDED**

**WEDNESDAY MARCH 27
@ 5PM**

Indigenous

**MARCH
31,
2024**

Languages Day!

**Debenjiged kii miingona g'denwewninaa.
Creator gave us our language.**

**Let's celebrate in Revitalizing our Anishinaabemowin
Language
&**

**Remembering our Ancestors and holding close the
teachings they passed down through the generations to
keep each other and the knowledge strong!**

**Kina gegoo waa-aawyiiba gdaaw zhaazhigwa.
G'bi-mi-yaa megwaa gdoo miikaanhasing wii-
mshkokiiman.**

**Everything you always wanted to be you already are.
You're on your path to discovery.**

**Translation by
Jacob Wemigwans,
Wiikwemkoong Unceded Territory**

International Women's Day!



Let's celebrate all of the amazing women in our lives and those in our ancestry who live on in our hearts and memories. They birthed us, guided us, inspire us yet today.



March

International
WOMEN'S DAY

MARCH 21, 2024

ALL OF US CAN CONTRIBUTE TO POSITIVE CHANGE IN THE WORLD

**INTERNATIONAL DAY
FOR THE ELIMINATION
OF RACIAL
DISCRIMINATION**

Canada




International Day For The
Elimination Of
Racial Discrimination



SAY NO TO RACISM !





MARCH 21ST, 2024

**INTERNATIONAL
DAY FOR
THE
ELIMINATION
RACIAL
DISCRIMINATION**

How you can fight racism, discrimination, and xenophobia in Canada

1. Educate yourself and others about the history and ongoing issues of racism, discrimination, and xenophobia in Canada to increase awareness and understanding of these issues. Check out this podcast to learn how cognitive biases can perpetuate systemic racism: Eh Sayers Season 2, Episode 1 - Created Equal.
2. Speak out against racism, discrimination, and xenophobia when you encounter it. This can be done by calling out racist or discriminatory behavior and language, and by standing in solidarity with those who are being targeted.
3. Support Indigenous peoples and racialized and religious minority communities by listening to and amplifying their voices, and by supporting organizations and initiatives that work towards racial equality.
4. Encourage anti-racism and racial equality, in all areas of life, including in the workplace, schools, and communities, and promote policies and initiatives that support these values.

SUPER-HERO...NOT...BUT I TRIED

College Classroom: I arrived early to review my notes before class when I heard some guys making noises. As they got louder, I heard a racist term, and saw that they were directing their comments toward my friend sitting near them. I liked my friend from Kenya, Africa. I got up and walked casually to my friend, greeted him. The 3 boys dared to make another comment. I asked in a loud voice, "WHAT did you say?" They hung their heads, said nothing, to which I replied, "That's what I thought!" And glared at the 3 boys, as if I could do anything. At least they were silenced for the moment and hopefully hesitated in the future before displaying their racism. What goes around comes around; read on.

Quiet City Street: My boyfriend and I were walking along the street one beautiful, sunny afternoon. As we passed a small park, we heard the word "Pakkies, go home". I looked and saw three boys, what is it with 3's? They were calling us names from a distance. It just so happened that a friend from Aamjiwnaang was approaching us on the sidewalk. He stopped and asked, "Are they bothering you?" We told him they were just calling us names. He turned to face them, and yelled "You guys apologize NOW!!!" The 3 boys looked away and said something. My friend asked, "Did you hear that?" I replied, "Not really; it's ok." He yelled again, "LOUDER! Don't make me come over there!" The 3 boys yelled louder, "We're sorry." My friend yelled back, "Don't let it happen again!" He said we should tell him if that ever happens again. We thanked him and continued on our merry way. That's the only time I remember being called a Pakky; I didn't know what that meant but it wasn't nice. And it was so nice when a friend stood up for us against racism.

Sexism on the Street: One gorgeous, sunny afternoon, I was driving home from work and noticed teenagers along the street, apparently playing. I noticed there were several boys and one girl. Then I saw that a boy wrestled the girl to the ground. I turned my car around, lowered the window, and yelled to the girl, "Are you alright? Do you need a ride somewhere?" The boy let her off the ground, and she jumped up and said, "I'm ok." I looked at the boys, then asked, "Are you sure?" She said, "Yeah, I'm ok." I slowly drove away and saw that they were all walking peacefully, at least for awhile. If I were thrown on the ground by someone, I'd like someone to offer help.

2024



~Committed to serving the families of KSPFN with children ages 0-6~

Located at 6265 Indian Lane (Red doors)

Pamela Wilde-Family Program Coordinator (pamela.wilde@kettlepoint.org)

Letitia Greenbird-Outreach Family Support (letitia.greenbird@kettlepoint.org)



K S P F N SENIOR'S 55+
THURSDAY MARCH 28TH 5 ~ 8 PM
VERNON ROOM



If interested in attending, please call Erica Bressette, Senior's Coordinator at 519-786-5647.

Easter Craft Night

A light supper will be served

HEALTHY COOKING BRING YOUR GRANDCHILD

TUESDAY MARCH 12TH, 2 - 4 PM
VERNON ROOM

Help your grandchild on their journey to grow up healthy and strong! To pre-register, please call Erica Bressette, Senior Activity Coordinator at 519-786-5647

In collaboration with Community Health Nurse Marja George & North Lambton Health Services

Kettle & Stony Point Senior's 55+

Kettle & Stony Point Senior's 55+

Understanding Alzheimer's Disease Workshop



With guest facilitator Carlene Mennon

- ~ What is Alzheimer's disease?
- ~ Alzheimer's disease is the most common type of dementia
- ~ Alzheimer's disease changes the brain
- ~ Alzheimer's disease is progressive
- ~ You can reduce your risk of Alzheimer's disease
- ~ You can still live well with Alzheimer's

MONDAY, MARCH 18, 2024
1 ~ 3 PM, VERNON ROOM

If interested in attending, please call Erica Bressette, Senior's Activity Coordinator or Tania Henry, Senior's Activity Resource @ 519-786-5647 to pre-register.



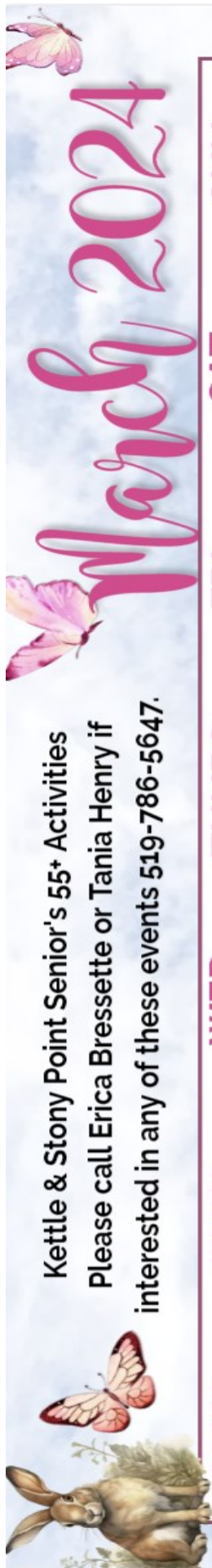
Kettle & Stony Point Senior's 55+ Grocery Gift Card Giveaway

Wednesday March 20th - Carol Room

If you are in need, please call Kettle & Stony Point Health Services on **TUESDAY MARCH 5TH** at 519-786-5647. FYI - the list fills up fast.

The individuals who were placed on the waitlist in February, will automatically be placed on the March's Grocery Gift Card List.

If you are unsure, you can call KSPHS to check. No names will be taken prior to the 5th. If you are unable to pick up your card due to a medical reason or transportation, please call Erica Bressette to make arrangements prior to pick up date. If you do not show for your card, the card will automatically go to the next person on the waitlist. If you have any questions please call Erica Bressette, Senior's Activity Coordinator.



Kettle & Stony Point Senior's 55+ Activities
Please call Erica Bressette or Tania Henry if
interested in any of these events 519-786-5647.

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|---|---|--|-----------------------------------|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 Call in to be registered for grocery gift card | 6 | 7 Ojibwe Language Group 10 - 1 Vernon Room | 8 | 9 | 10 |
| 11 | 12 Healthy Cooking with Your Grandchild 2 - 4 Vernon RM | 13 | 14 Ojibwe Language Group 10 - 1 Vernon Room | 15 | 16 | 17 |
| 18 Alzheimer's Workshop 1 - 3 PM Vernon RM | 19 | 20 Grocery Gift Card Day 10 - 12 Carol Room | 21 Ojibwe Language Group 10 - 1 Vernon Room | 22 | 23 | 24 |
| 25 Senior's Toonie Luncheon 12 - 1 Vernon RM | 26 | 27 | 28 Easter Craft Night 5 - 8 Vernon Room Ojibwe Language Group 10 - 1 Vernon Room | 29 Good Friday Happt Easter | 30 | 31 |

Kettle & Stony Point Senior's 55 +

BEGINNING
THURSDAY MARCH 7TH,
10 - 1 PM AND EVERY
THURSDAY AFTER THAT



Boozhoo



*With Guest Facilitator
Jordan George*

Ojibwe Language Group

It is possible to begin speaking Anishinaabemowin at any age. It is never too late to learn or re-learn.

If you are interested in attending, please give Erica Bressette, Senior's Activity Coordinator or Tania Henry, Senior's Activity Resource a call at 519-786-5647 to pre-register. This will give you the basic's, start conversation's and grammer knowledge. Work at your own pace.



**KSPFN
SENIOR'S 55 +**

EASTER



**Dinner Monday
March 25th, 12 - 1 PM**
**Ham & Scallops
Toonie Luncheon**
Dine - In and Take - Out is available. You must pre-register for this event.

If interested in attending please give Erica Bressette, Senior's Activity Coordinator or Tania Henry, Senior's Activity Resource a call at 519-786-5647





KETTLE & STONY POINT HEALTH SERVICES

WEIGHT LOSS @ LUNCH

MONDAYS FROM CAROL ROOM

12-12:15PM | MARCH 4TH

MARCH 11TH

MARCH 18TH

MARCH 25TH

CALL (519) 786-5647 FOR MORE
INFORMATION

WELLNESS
PROGRAM



Mar 7th & 21st, 2024
Aunties

Circle

5-6:30 pm

Vernon Room

Food, friends, family, and fun.
Join us for a healthy meal,
crafts, and presentations.





Jordan's Principle Soup Box
60 Boxes Available

March 27 2024

1 - 3:00 pm

For Children 0-17 years that live in the home

Families are required to call the Reception Desk

On **March 19 2024** call to be placed on the list.

Please no calls before the date.

If you need lactose milk or cheese please let receptionist know

*After 3:00 we move on to the waitlist

*Parent/caregiver are responsible for their own pick-up

*Please bring a grocery bag



KETTLE & STONY POINT
Health Services
519 - 786 – 5647



Community Mental Health and Addiction Services



Opioid Agonist Therapy



Opioid Agonist Therapy (OAT) is an effective treatment for addiction to opioid drugs such as Oxycodone, Hydromorphone, Fentanyl and Percocet. The therapy involves taking the opioid agonists **Methadone** or **Suboxone**, which work to prevent withdrawal and reduce cravings for opioid drugs. They are considered especially effective when used in combination with other supports, such as individual therapy, group counselling and peer support. People who are addicted to opioid drugs can draw on OAT to help stabilize their lives and reduce the harms related to their drug use.

For more information, community members are welcome to schedule an appointment with Nurse Practitioner Lynda Wilkey:

Call (519) 339-1598 or Text (519) 918-7451



What is Sublocade?

Sublocade contains Buprenorphine, the same active ingredient found in Suboxone, and it is taken monthly through an injection. This slow-release medication is designed to ward off opioid cravings for 30 days.



Harm Reduction Outreach

Friday Afternoons

2:00 - 3:30 PM

6335 Indian Lane

What is harm reduction?



Kindness, compassion, caring.

Harm reduction for substance use is an approach to care aimed at keeping people who use substances safer. At the core of harm reduction are kind and compassionate attitudes and actions by health care workers, family members and community. Strategies used by the Mental Health and Addiction Collaborative Care Team to reduce the harms associated with substance use include the distribution of supplies for safer drug use, Naloxone, test strips, food and warm clothing. Harm Reduction Outreach also provides the opportunity for community members to have low-barrier access to health and social service professionals.



Mental Health and Addiction Counselling and Therapy Services

Community Mental Health and Addiction Services has many support resources for community members and staff. We offer educational workshops where you can learn about different ways to manage or overcome obstacles. We offer community support groups where you can share with others who are experiencing similar life situations. Individual counselling is available for those experiencing symptoms of depression and anxiety, or those who are experiencing issues related to sudden life changes, loss and grief, anger and violence, and alcohol and substance misuse. Therapy is available for those looking to find structure and enjoyment in everyday activities.

Complementary and Alternative Treatments

Community Mental Health and Addiction Services also offers innovative and comprehensive nurse practitioner services to support community members on their recovery journey, and alternative and complementary treatments to support the health of the community's members, including the use of traditional medicines for well-being. Sweat lodge ceremony for purification and healing is also available to community members upon request.

CALL

519 339-1598

EMAIL

mental.health@kettlepoint.org

TEXT

519 918-7451

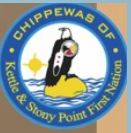
Program Counsellors and Therapists

- Rick Boerkamp (M.Ed. Counselling Psychology, RSW)
- Cynthia Hirt (M.Ed. Counselling Psychology, RP)
- Chris Lindsay (M.Ed. Counselling Psychology, RSW)
- Terri DeBorger (MSW, RSW)
- Dan Falconer (MSW)

YOU ARE NOT ALONE



Community Mental Health and Addiction Services



GIWAYSHKODAYAANG
The Place Where You Come Home to the Fire



& Daytime Drop-In

The Daytime Drop-In provides a safe space during the day for community members to access a coffee and bagged lunch and connect with a wide range of critical community resources, including nurse practitioner services and brief interventions for problematic substance use and mental health challenges.

Emergency Overnight Shelter

The Giiwayshkodayaang Emergency Overnight Shelter provides members of Kettle & Stony Point First Nation who are experiencing unstable housing and homelessness with shelter from the cold, safety supervision, a nutritious meal and access to warm clothes and hygiene products, comradery and culture-based wraparound services.

9:30PM to 8:30AM
White House

9:00AM to 4:00PM
Mental Health and Wellness Hub

DISCOVER BEEKEEPING

Thursday, April 4th

6:00 - 7:00 PM

Mental Health and Wellness Hub



Meet our winter bees...

It's that time of the year again!



For more information, please call Community Mental Health and Addiction Services at (519) 339-1598 or text (519) 918-7451.



Kettle & Stony Point First Nation

Noojimo Nishnaabemowin

(Healing Our Language)

Round Dance



Friday April 5th, 2024 6:00pm

Location: Hillside School Gym, 6265 Indian Lane

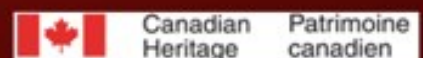
MCs Beendigaygizhig Deleary (COTT) & Meeg Snake (Aamjiwnaang)

Stickman William "Sticks" Cottrelle (Aamjiwnaang)

**Everyone Welcome
Free Admission
All Singers welcome**

Drug and Alcohol Free Event

More info call: (519) 786-2125 (Ext. 132)
Jordan.george@kettlepoint.org



Chippewas of Kettle & Stony Point First Nation Sports & Recreation



Telephone 519-786-4893 or 519-786-2125

Fax 519-786-2108

FUNDING/DONATION POLICY

FUNDING/DONATIONS: The Chippewas of Kettle & Stony Point Sports & Recreation is desirous of providing support when criteria has been met to members of the First Nation who require funding/donations to achieve their goals, providing funding resources are available at the time of the request. An application does not guarantee approval.

SPORTS

Whether a team or individual activity that requires the participant(s) to be physically active and abide by a governed set of rules under an accredited sports association, organization (elementary school, secondary school, S.F.N.S. etc) or league.

RECREATION

Either group or individual activity that enables the participant(s) to take part in an active organized event/program.

PROCEDURES:

FUNDING/DONATION will be limited to the following:

INDIVIDUALS:

1. To qualify for funding an applicant must possess an approved Kettle & Stony Point First Nation membership card as per membership policy and must be 4 years of age and up.
2. A letter of request must be submitted in writing to Sports & Recreation and must include proof of participation, receipt, details of the event, (date(s), location and costs). Funding support for reimbursement will be based on actual current receipts received.
3. All letters of applications will be reviewed and approved on a case by case basis.
4. Individual funding will be considered for the cost of expenses related to equipment and/or registration fees only, official current receipts up to the maximum of \$700.00 per applicant must support their letter of request. As per policy.
5. Funding/donation will be limited to a period of 12 months and MUST NOT EXCEED \$700.00.
6. Following the event, a confirmation report must be submitted for audit record purposes. Failure to submit form will disqualify applicant(s) from any future funding.
7. Funding will be disbursed according to the following formula:
A) Deadline for all hockey requests: December 31 (yearly)

TEAMS

Team funding/donations for tournaments, competitions, uniforms, equipment, etc., will be considered on the following basis:

1. Registered membership on First Nation teams must consist of 70% Kettle & Stony Point band members, with no age limit. Only Kettle & Stony Point First Nations teams will be considered.
2. An application must be submitted in writing to the Sports & Recreation Committee and must include attachments of proof of participation, details of the event, including date(s), location and costs.
3. Team funding will be considered up to the maximum of \$400.00.
4. Funding/donation will be limited to one time only per application per period of 12 months.
5. Following the event, a confirmation report must be submitted for audit record purposes. Failure to submit report will disqualify applicant(s) from any future funding.

AMENDED BY SPORTS & RECREATION COMMITTEE: December 08, 2023

APPROVED BY FINANCIAL MANAGEMENT BOARD: DECEMBER 14, 2023

APPROVED BY CHIEF & COUNCIL: December 18, 2023



CHIPPEWAS OF KETTLE & STONY POINT FIRST NATION

EMPLOYMENT OPPORTUNITY

HOUSING MAINTENANCE – SHORT TERM

PROGRAM AREA: HOUSING DEPARTMENT
POSITION TITLE: HOUSING MAINTENANCE WORKER
REPORTING PROTOCOL: REPORTS TO THE HOUSING MANAGER

POSITION SUMMARY: The Housing Maintenance Worker will be responsible for providing day to day general and property maintenance to the Kettle & Stony Point First Nation Housing Units, Senior Complex and Apartment Complex.

EDUCATION/PROFESSIONAL REQUIREMENTS:

- Ontario Secondary School Graduation Diploma or equivalent GED
- Some post-secondary programs related to the Construction field an asset.
- Building and property maintenance experience.

SKILLS REQUIRED:

- Excellent organizational and time management skills
- Knowledgeable and experienced in building repairs.
- Flexible to do shift work and with minimal supervision.
- Be available on call for emergency situations evenings and weekends.
- Proven ability to manage multiple tasks in a day.
- Ability to operate various machinery; weed whipper, lawn motor, etc.
- Able to operate various hand tools and power tools.
- Landscaping and carpentry skills
- Measure distance and calculate quantities.
- Perform a variety of physical labor including climbing ladders.
- Bending, kneeling, reaching, and standing for long periods of time.
- Lift and carry boxes, tools, equipment, and materials.
- Maintain a positive, efficient, and effective presence within and for the community.
- Driver's license and dependable vehicle an asset.

PREFERENTIAL HIRING REQUIREMENTS:

- KSPFN encourages all qualified individuals to apply. However, preference will be given to qualified First Nations people in accordance with KSPFN' General Principles of the Human Resource Management Policy, section 16 of the Canadian Human Rights Act, sub-section 24(1)(a) of the Ontario Human Rights Code, and section 7 of the Employment Equity Act. First Nations candidates who wish to qualify for preferential consideration can self-identify themselves in their cover letter.
- Successful applicant must provide a current and up to date CPIC and vulnerable sector background check upon hiring.
- Successful applicant must provide a copy of their Diploma and other related certificates.
- Applicants must consent to a full background check upon hiring.

PLEASE SUBMIT YOUR SEALED APPLICATION, COMPLETE WITH A DETAILED RESUME
AND A MINIMUM OF THREE (3) WORK RELATED REFERENCES,
CLOSING DATE – MARCH 8TH, AT 4:00PM

TO: Chippewas of Kettle & Stony Point First Nation,
ATTN: HR – HOUSING MAINTENANCE WORKER
Email to: hr.assistant@kettlepoint.org
Mail to: 6247 Indian Lane, Kettle & Stony Point First Nation, ON N0N 1J1
Fax: 519-786-2108

*A full Job Description is available: contact the HR assistant at hr.assistant@kettlepoint.org
Interviews will be scheduled shortly after the closing date.*

ONLY THOSE APPLICANTS WHO MEET THE QUALIFICATION STANDARDS AND REQUIREMENTS WILL BE
INTERVIEWED. AN UPDATED CPIC AND A REFERENCE CHECK WILL BE REQUIRED FOR THE SUCCESSFUL
CANDIDATE PRIOR TO FINAL CONFIRMATION OF EMPLOYMENT

Grant Cheque Presentation Monday, February 26, 2024



The **Sunset Community Foundation** presented our First Nation with a grant in the amount of \$2000.00 to help with language restoration. Chief Kim Bressette accepted it on behalf of the community. Gchi-migweetch to the Foundation for the generous grant and to Jordan George for your continued efforts in language restoration.

Notable Important Dates for MARCH 2024

Spring Time Change

March 10 move clocks forward 1 hour



March Break

March 11 – 15



Easter Weekend

March 29 Good Friday March 31 Easter Sunday



POST SECONDARY FUNDING

The Southern First Nations Secretariat administers Post Secondary funding for Chippewas of Kettle & Stony Point First Nation. Please call 800-668-2609 with any questions.

Application Deadline Dates

- **May 1 for Fall Session** **October 1 for Winter Session**

Please submit an application by 4:00 p.m. on the designated deadline dates. Unfortunately, late applications may not be accepted. For applications, go to www.sfns.on.ca as they now only accept online applications.



Double-duty pays off with two medals for Anishinaabe teen lacrosse player

February 23, 2024

By Sam Laskaris

SARNIA – Lily Bressette was rewarded for her double-duty performances at a recent box lacrosse tournament in the United States.

Bressette, a member of Kettle and Stony Point First Nation, participated with the recently formed Haudenosaunee Jr. Selects Women's Lacrosse program at the US Box Lacrosse Association's Winter Nationals, which concluded Feb. 19 in the California city of Irvine.

Bressette, who is 15, was a member of the Haudenosaunee squad that captured a silver medal in the girls' junior varsity category.

This grouping was for players born between 2008 and 2010.

Bressette was also an affiliate player for the Haudenosaunee club that competed in the girls' high school division. This grouping was for those born between 2005 and 2007.

That Haudenosaunee team won the bronze medal in its division.

"It's definitely a big accomplishment to come back with two medals," said Bressette, who is a Grade 10 student at Northern Collegiate Institute & Vocational School in Sarnia.

Bressette was understandably exhausted at the conclusion of the tournament. After all, between the two teams, she ended up playing 10 games in three days, which included playing five matches in one days. All matches in the tourney consisted of three periods, 13 minutes in length each.

Hannah Lazare, who served as the head coach for both of the Haudenosaunee squads, said Bressette was an important member for both of the junior varsity and high school teams. The majority of the players for both clubs are from Ontario.

"Lily is definitely a key player, not just in her own division but as an affiliate," Lazare said. "Over the course of the weekend, we had four of our affiliates play all their games and the high school team's games. And Lily was one of them."

Bressette was primarily used as a defender at the tournament, also known as USBXLA.

"She was not just one of our key face-off players but also transition," Lazare said. "She has an easy ability of transitioning the ball from defence to offence."

Bressette, who grew up playing field lacrosse, only made the switch to box lacrosse two years ago. She is a member of the Wallaceburg Minor Lacrosse Association.

"[She has] a great floor IQ for reading players and plays," Lazare said. "She was key to our teams obtaining medals over the course of the weekend."

Lazare thought that Bressette would try to rest herself somewhat during the second day of the tournament, when she suited up for five matches.

"She told me she was going to limit herself playing for the high school final game," Lazare said. "But she was out there every other shift and on most penalty kills."

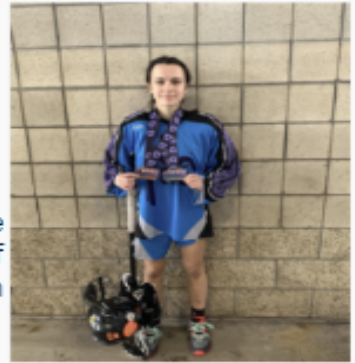
Lazare, who is from Akwesasne Mohawk Territory, had been the head coach of the Ontario girls' under-19 squad that captured the silver medal at the 2023 North American Indigenous Games (NAIG).

Those Games, which were primarily held in Halifax, were staged last July.

Bressette was also a member of that Lazare-coached club.

When the opportunity arose to enter squads at USBXLA, Lazare contacted all of the members of her NAIG team to see if they were interested in participating in the California tourney.

"I was very excited and very nervous at the same time," Bressette said.



Lily Bressette was able to return home with two medals from the USBXLA tournament in California. Photo courtesy Lily Bressette.

**Would you like to have an impact on
Indigenous Health?**



**Indigenous
Health Program**



**WE ARE
HIRING!**

Join our team!

Visit our recruiting website to apply:

<https://www.recruitingsite.com/csbsites/uhn-careers/careers.asp>

General inquiries: IndigenousHealth@uhn.ca



Anishinabek Nation

Giizisoo-Mzinigan Anishnaabemowin Series

Join these sessions to learn Anishnaabemowin phrases shared in the Anishnaabek Nation Giizisoo-Mzinigan Anishnaabemowin (annual calendar).

SESSION THREE

Facilitated by: DJ Fife and Jonathan Taylor
Curve Lake Cultural Program

TOPIC
Anishnaabemowin Phrases: *In the Sugar Bush*

Naabdin Giizis
Snowcrust Moon (March)

March 7th, 2024

3 PM - 4 PM EST

This virtual Zoom session is open to anyone who wishes to participate.

To register, visit:
bit.ly/3SQi0gy

For more information, contact:
alidarney@anishinabek.ca



Artwork by Doni Gomanade




THE ANISHINABEK NATION

INDIAN RESIDENTIAL SCHOOL MONUMENT

Monument location:
Anishnaabek Nation Head Office
1 Migizii Milkan North Bay, P1B 8G5



We invite you to honour a loved one, living or deceased, from one of the 39 Anishnaabek Nation member First Nations who attended an Indian Residential School by submitting their name to be added to the Anishnaabek Nation commemorative monument.

To submit a nomination, visit:
www.anishinabek.ca/monument-unveiling/





Southern First Nations
Secretariat

Federal Procurement Series - Session 3

Bidding on Opportunities

Join **Procurement Assistance Canada-Ontario Region (PAC-OR)** in collaboration with **SFNS** for a special webinar session called Bidding on Opportunities.

This one-hour webinar is designed for participants who are ready for a more detailed overview of the bidding process and provides key information to help you bid on opportunities, including:

- The different types of solicitation documents
- The main elements of a solicitation document and how to respond to them
- How bids are evaluated and suppliers are selected
- How to follow-up after receipt of the bidding process results
- Best practices, tips and suggestions

Who should join this session?

Anyone interested in learning about federal procurement including entrepreneurs, Economic Development Officers, etc.

Date & Time:

Tuesday, March 26, 2024
11:00 AM - 12:00 PM

Location:

Online via ZOOM

To Register:

To register for this webinar, please contact Daveigh Fletcher at admin.student@sfns.on.ca

Canada

Please note: The presentations are offered FREE of charge and will be delivered in English. Please contact PAC-OR for service in French.



Hosted by the Indigenous Student Council & the Indigenous Student Centre

LAMBTON COLLEGE

POW WOW

THURSDAY, APRIL 4, 2024

11 AM TO 3 PM

Athletics & Fitness Complex

Doors Open - 10:00am

Grand Entry - 11:00am

EMCEE

Dan Deleary

ARENA DIRECTOR

Poj Walker

HEAD DRUM

Snye Creek

HEAD DANCERS

NaWalka Geeshy Meegwun

Anishnaabe Ojokwe

David White Jr (DJ)

Jada Henry

Please bring your own reusable water bottle.

Vendors please bring your own chairs.

Drums must Pre-register.

The first 50 dancers registered will be recognized.

VENDORS | INFORMATION BOOTHS | PRIZES | FOOD

INFORMATION / REGISTRATION

519-479-2383 | holly.altiman@lambtoncollege.ca

ALL SCHOOLS, VENDORS AND DRUMS MUST PRE-REGISTER



Aboriginal

YOUTH CAREER AWARENESS FAIR ENTERTAINMENT NIGHT

EVENING OF MUSIC FEATURING:
CRYSTAL SHAWANDA AND BROTHERS
WILDE

PHOTO BOOTH AND LIGHT REFRESHMENTS AND
SNACKS WILL BE AVAILABLE

WEDNESDAY

MARCH 6, 2024



DOORS OPEN AT

6:30PM

SHOW FROM 7:00-9:00PM



CORUUNA LEGION

350 ALBERT STREET, CORUNNA



**GET YOUR
TICKETS**



CONTACT MELISSA AT
mmederios@aamjiwnaang.ca

****LIMITED TICKETS AVAILABLE****



50TH ANNIVERSARY

GALA

Celebrating

"Honouring Our Water"

SATURDAY MARCH 9TH

SOCIAL 5 PM TO 6 PM
DINNER AT 6 PM

Destination Markham MARKHAM

Join Us For The Opening Day Festival

Markham Civic Centre
Sunday, March 10, 2024
12:00 PM-7:30 PM

Games
Rides
Activities
Live Entertainment
Food
Vendor Market
Hockey Shots



**Honouring
Our Water**

 Little Native Hockey League - LNHL
 www.LNHL.ca

Destination Markham 

KSP - 2024 LITTLE NHL SCHEDULE

U9 - aka NOVICE

| DATE | TIME | HOME | AWAY | ARENA |
|------------|---------|---------------------------|----------------------|-----------------------------------|
| MARCH --11 | 8:00 AM | Akwesasne Wild | Kettle & Stony Point | TOM GRAHAM ARENA - RINK 1 |
| | 1:00 PM | Lac Seul Maaingan | Kettle & Stony Point | CLIPPERS SPORTS COMPLEX - RINK 1A |
| MARCH --12 | 3:00 PM | Garden River First Nation | Kettle & Stony Point | TOM GRAHAM ARENA - RINK 1 |
| | | | TBD | |

U13 - aka PEEWEE

| DATE | TIME | HOME | AWAY | ARENA |
|------------|----------|----------------------------|----------------------|---------------------------------|
| MARCH --11 | 10:15 AM | Kettle & Stony Point | Wasauksing Islanders | THORNHILL COMMUNITY CENTRE EAST |
| | 5:15 PM | Kettle & Stony Point | Wikwemikong | THORNHILL COMMUNITY CENTRE EAST |
| MARCH --12 | 12:15 PM | Serpent River First Nation | Kettle & Stony Point | THORNHILL COMMUNITY CENTRE EAST |
| | 5:15 PM | Apitipi Warriors | Kettle & Stony Point | THORNHILL COMMUNITY CENTRE EAST |

U18 - aka MIDGET

| DATE | TIME | HOME | AWAY | ARENA |
|------------|----------|-----------------------------|----------------------|-------------------------------------|
| MARCH --11 | 8:00 AM | Zhiibaahaasing First Nation | Kettle & Stony Point | MARKHAM VILLAGE - RINK 1 |
| | 12:00 PM | Wasauksing Islanders | Kettle & Stony Point | MOUNT JOY COMMUNITY CENTRE - RINK 1 |
| MARCH --12 | 8:00 AM | Kettle & Stony Point | Wikwemkoong T-Birds | MOUNT JOY COMMUNITY CENTRE - RINK 1 |
| | | | TBD | |

PLEASE DOWNLOAD THE LITTLE NHL APP TO SEE THE FULL SCHEDULE AND KEEP UP TO DATE ON SCORES

Service Canada in your community!

Service Canada can provide information and help you access Government of Canada programs and services.

Service Canada will be here to serve you on the following dates:

Monday Novembre 27, 2023
Monday January 22, 2024
Monday February 26, 2024
Monday March 25, 2024
Monday April 29, 2024

Hours of service:

9:30 a.m. to 3:30 p.m.

Office is closed:

12:00 p.m. to 1:00 p.m.

You can also visit us in-person at one of these nearby

Service Canada Centres (SCC):
Sarnia SCC

529 Exmouth street - Sarnia ON L7T 5P6

London SCC

457 Richmond St - London ON N6A 3E3

Goderich SCC

52 East St - Goderich ON N7A 1N3

Hours of service:

Monday to Friday
8:30 a.m. to 4:00 p.m.

Please access Government of Canada programs online at Canada.ca or by telephone at 1 800 O-Canada (1 800 622-6232).

Service Canada se rend dans votre localité!

Service Canada peut vous renseigner, et vous aider à accéder aux programmes et aux services du gouvernement du Canada.

Service Canada sera ici pour vous servir les dates suivantes :

lundi 27 novembre 2023
lundi 22 janvier 2024
lundi 26 février 2024
lundi 25 mars 2024
lundi 29 avril 2024

Heures de service :

9h30 à 15h30

Bureau est fermé :

12 h à 13 h

Vous pouvez également nous visiter en personne à un des Centres Service Canada (CSC) suivants :

CSC Sarnia

529 Rue Exmouth - Sarnia ON L7T 5P6

CSC London

457 rue Richmond, London ON N6A 3E3

CSC Goderich

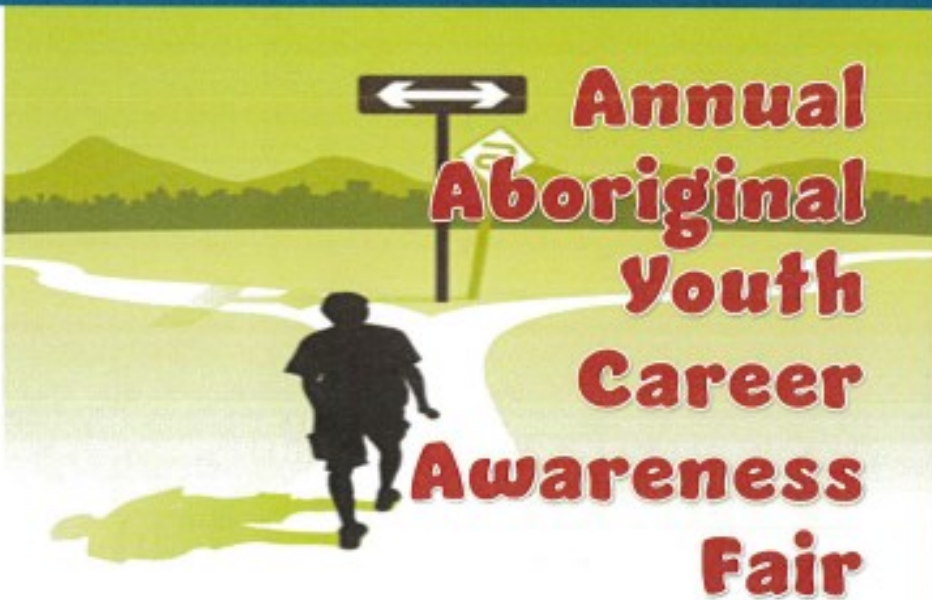
52 rue Est - Goderich ON N7A 1N3

Heures de service :

Lundi au vendredi
8 h 30 à 16 h

Veuillez accéder aux programmes du gouvernement du Canada en ligne à Canada.ca ou par téléphone au 1 800 O-Canada (1 800 622-6232).

Service
Canada 



SAVE the DATE

Focused on Students in Grades 6-12 from:

Chippewas of the Thames
Oneida Nation of the Thames
Chippewas of Kettle & Stony Point
Eelūnaapéewi Lahkéewiit
(Moravian of the Thames)
Walpole Island
Caldwell First Nation
And Host Nation:

Aamjiwnaang First Nation

Exhibitors Please Contact:

Melissa Medeiros
519-336-8410 Ext. 249

Mmedeiros@aamjiwnaang.ca

Students/Teachers Please Contact:
Your Employment & Training Office

March 6, 2024



March 7, 2024

**AAMJIWNAANG
FIRST NATION**



**Maawn Doosh Gumlg
Community Centre**

**1972 Virgil Avenue
Sarnia, ON N7T 7H5**

VETERINARY SPAY/NEUTER & WELLNESS CLINIC

Kettle & Stony Point
BAND MEMBERS ONLY

BOOKING OPENS FEBRUARY 5TH AT 12 PM

SPAY/NEUTER SERVICE

24 HR CANCELLATION REQUIRED

FEMALE OR MALE DOG (puppy or adult) \$170 includes wellness

FEMALE CAT (kitten or adult)

\$110 includes wellness

MALE CAT (kitten or adult)

\$60 includes wellness

WHEN: May 6-10, 2024

WHERE: KSP Health Services

VERNON ROOM ACCESS DOOR

(west side door entrance to the left of the main door)
6275 Indian Lane

WAYS TO BOOK AN APPOINTMENT

ONLINE: [chpp.use1.ezyvet.com/external/portal/main/login#googtrans\(en\)](https://chpp.use1.ezyvet.com/external/portal/main/login#googtrans(en)FACEBOOK MESSENGER (type in): m.me/OVCCHPP)

FACEBOOK MESSENGER (type in): m.me/OVCCHPP

EMAIL: chpp@uoguelph.ca

TEXT/CALL: 226-962-3751 (NON-EMERGENCY)

PROVIDE: Your name, Pet's name(s);
Dog(s) or Cat(s); Age(s); Breed(s); Sex(es)

ADDITIONAL SERVICES

Microchip \$10

Nail trim \$10

Pets must be on
leash or in a carriers

WELLNESS



FELINE

\$30 includes:

- Full exam
- Consultation
- Rabies vaccination
- Core vaccinations (FVRCP)
- Flea/tick treatment provided as needed
- Dewormer

CANINE

< 20 kg (<45 lbs) \$40

20-40 kg (45-90 lbs) \$50

> 40 kg (>90 lbs) \$60

- Full exam
- Consultation
- Rabies vaccination
- Core vaccinations (DHPP)
- Dewormer

HEARTWORM PREVENTION

- Heartworm test
- Heartworm prevention
- Heartworm treatment with a positive result
- Tick disease test (4DX)
- Flea/tick treatment provided as needed



PREVENTION MEDICATION

PICK-UP ONLY
\$25 (dog/cat)

FIRST NATION ANIMAL WELFARE



STATUS CARD REQUIRED
upon appointment arrival

Work for Ontario Parks this summer

Applications for student jobs are open.

[Apply now!](#)

Careers at Ontario Parks

- Do you enjoy the outdoors and have an appreciation for Ontario's natural and cultural resources?
- Are you self-motivated, with a positive attitude and a desire to learn?
- Do you enjoy working and interacting with the public?

Don't miss the opportunity to apply for a position as a student park ranger with Ontario Parks this summer!

<https://www.gojobs.gov.on.ca/Preview.aspx?Language=English&JobID=209089>

At Ontario Parks, there are many types of park ranger positions, including

- Discovery ranger
- Gate attendant
- Store clerk
- Maintenance worker

Note the Job ID # 209089

DESHKAN ZIIBIING
CHIPPEWAS OF THE THAMES FIRST NATION



SAVE THE DATE

NEVER EVER FORGET ME
SURVIVORS GATHERING

MARCH 19 - 21, 2024

Best Western, Lamplighter Inn
London, ON

**TO LEARN MORE PLEASE CONTACT:
EVENTS@COTTFN.COM**



A message to the community band members:

In case of an unfortunate passing of a registered family member, you may contact Victor George either by calling or texting at (519) 918-7151 to request for the lowering of flags.

**THE EARTH
NEEDS OUR
HELP!**



Let's work together to
RESPECT & PROTECT
our home

Don't litter



Don't Waste!
Use Less

Help clean up



MAKE EVERY DAY EARTH DAY

Kettle & Stony Point First Nation Community Newsletter Advertising Rates:

| Details | 1 Month | 2 Months 10% Off | 3 Months 15% Off | 6 Months 25% Off |
|-----------|---------|---------------------|---------------------|---------------------|
| ¼ Page | \$15.00 | \$27.00 | \$38.25 | \$67.50 |
| ½ Page | \$25.00 | \$45.00 | \$63.75 | \$112.50 |
| ¾ Page | \$40.00 | \$72.00 | \$102.00 | \$180.00 |
| Full Page | \$50.00 | \$90.00 | \$127.50 | \$225.00 |

* These rates do not apply to Kettle & Stony Point Organizations *

execulink
TELECOM

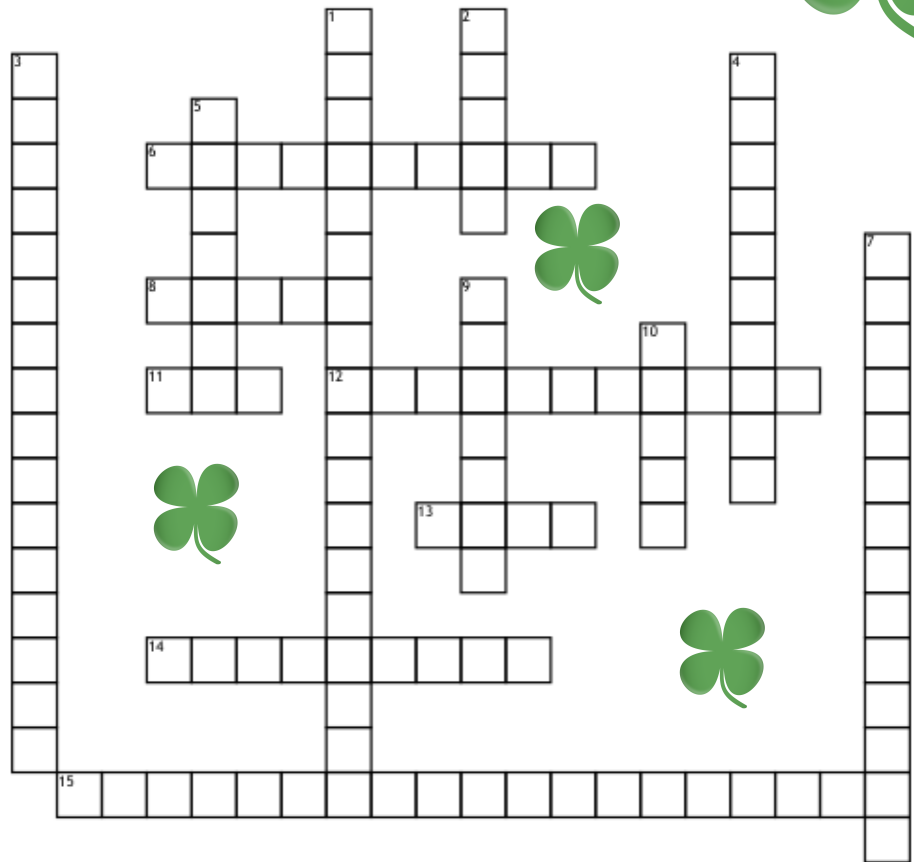
Experience our new
Smart Home services!

Monitor your house, control your appliances, and customize your device schedules for a smarter and safer at home experience.

execulink.ca/smart | 1.866.782.0868



March Crossword



Across

6. What sport is March madness?
8. What you feel when you don't wear green.
11. Common Irish hair color.
12. One week break from school
13. Whats in the pot at the end of the rainbow.
14. Also known as a Shamrock
15. Begins on March 13th

Down

1. What is March declared as?
2. Day with a lot of math jokes on the 14th
3. Holiday on the 17th
4. Has a pot of gold at the end of a rainbow.
5. Some Irish people play these.
7. This plant could bring you good luck
9. Where you find a pot of gold.

10. The color you wear on St. Patrick's day





St. Patrick's Day

Word Search



B H X G H M X K R L P B K Y Q I P O X V N A G J X
 W O Q I A K O M W L T J C H J O L A A J P N U P Y
 J X H U Y V Y Z Q H F B C Y Y O U B R G R C I K S
 U L Z H R B S Q X B R Q K V O X C U J A R B J T D
 V P D J N R A O W V O A L X Y N K J T B D E M G D
 Q P D C C K Z G U J W Z I T W U X I G Z D E E O B
 S H A M R O C K P O Q Z J N Q M N G H P S J B N P
 K L S T P E L A G I G T D B B B A G P I P E W A J
 G K U A A M Q G D J P Q E Q G O U W L X E P G M F
 D V B R X Z I N R O Y E D N Q U W S T C E C L G Q
 Y V N F N G S W U X J H R U T X Q A G K X P E U F
 I M F D P A B P J T D W B E R C A M Y M P X P W X
 K N R Z U B C O H L U K S E H I R I S H C W R P V
 Y F K F L Y C T C V E I A J F S N K B J Q B E G E
 T Z A E J A O O C S H I Q F J O E Y B G V Q C I E
 H S R T M S R F G Y F Q Q C E J K V B S R L H P S
 D N R T E X N G Y Z R M V M L P U Y Q Q I A A R S
 Q W G A M O E O I S L R C L M A C R Q K L Y U Q C
 F J R B E J D L B F A C Z U J T Q X G K C Q N E A
 H G E Q R O B D B W M I C U F R B Q O Z T Z T R B
 F Y W T A I E C L Z Z C N E Y I L U B N Q E R E B
 O J P V L Y E K K W R C G T N C A K W C O I N S A
 U K N L D X F G A E L I C R M K K N S R U F S V G
 Y N Y V B T C V U H L D O R J T H U O H B J Q A E
 E S M X M O D F O U R L E A F C L O V E R R B S Q

Four Leaf Clover
 Leprechaun
 Corned Beef
 Pot of Gold
 Shamrock
 Bag Pipe

Cabbage
 Patrick
 Rainbow
 Coins
 Luck
 Jig

Emerald
 Gaelic
 Parade
 Irish
 Saint
 Green

