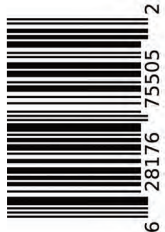


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Little Current, Ontario

Wednesday, March 15, 2023



STRAIGHT SHOOTING SEA CADETS—Members of the Manitoulin #348 Royal Canadian Sea Cadets Corps marksmanship team are show taking part in the competition. From left in photo are cadets Rhys Allison, Lydia Pennings, Samuel Pennings, Elizabeth Hazliit and Austin Flikweert. **SEE STORY ON PAGE 3.**

Billings councillor calls for Island-wide landfill discussion to research solutions to end-of-life dumps

by Tom Sasvari
KAGAWONG—A Billings councillor will be bringing forward a motion requesting council members support the township beginning discussions with all neighbouring municipalities on Manitoulin Island, looking at ways of getting rid of garbage from Manitoulin in a better, more environmentally conscious way. "I would like to initiate a discussion with other municipalities on the Island in regards to the garbage issue," stated Councillor Vince Grogan at a meeting last week. "Many municipalities are having to haul their garbage off-Island. I spent over 35 years in the trucking industry and know what damage can be done by diesel fuel on the environment. And the Island only has one way vehicles can get off the Island for six months of the year. If there was ever an accident on Highway 6, we would be cooked." "I would like to see an open

house discussion held with other municipalities for everyone to bring new ideas to the table to see if we can find common ground on this issue. We are all concerned with waste and by putting our
...continued on page 11

Island man part of Team Ontario hockey triumph at Canada Games

Dustin Peltier was video coach
by Tom Sasvari
WIKWEMKOONG—Two members of the Team Ontario hockey team that won the gold medal at the recent 2023 Canada Winter Games have strong ties to Wiikwemkoong Unceded Territory and were very impressed that they could both be on the same
...continued on page 12

Wiky Tourism wins top honours from national tourism organization

by Tom Sasvari
WIKWEMKOONG—Luke Wassegijig and Wiikwemkoong Tourism were given two at the Indigenous Tourism Canada conference in Winnipeg last week. "We could not be more thrilled or honoured to receive the Exceptional Leader and Original Original Star Award this evening at the 2023 International Indigenous Tourism Conference," stated Mr. Wassegijig last Thursday evening. "The Original Original Award for Exceptional Industry Leadership recognizes a business or organization leading the way through the demonstration of excellence in all aspects of its business, such as marketing campaigns, Trip Advisor reviews, revenues generated, low staff turnover and repeat customers," explained Mr. Wassegijig. "We have to thank our parent organization, Enaadmaagehjik, for allowing us to take risks and supporting us through this journey," continued Mr. Wassegijig. "We would also like to thank the Wiikwemkoong Unceded Territory leadership, both past and present, for believing in our vision of



Luke Wassegijig, right, and Wiikwemkoong Tourism received the Exceptional Leader and Original Original Star Award at the 2023 International Indigenous Tourism Conference.

economic prosperity. Lastly, we would like to say chi miigwech to all our staff back home, Mitchell Manitowabi, Kiran Dowdall and Henry Lewis and to the team that has contributed over the last 15 years. From the trail guides who helped build our amazing trail systems, to the park guardians who have been stewards of the land and to our tour guides who

have delivered signature Indigenous experience to visitors from around the world, chi miigwech." "This is the culmination of years of hard work, to be recognized as the best in Indigenous Tourism Canada is something Wiikwemkoong Tourism takes pride in. We did it," stated Mr. Wassegijig.
...continued on page 11

Autumn Peltier featured on chocolate bar

Chosen as one of five Canadian women making a difference

by Tom Sasvari
CANADA—Autumn Peltier of Wiikwemkoong Unceded Territory is one of five women being recognized in a very unique way by Hershey Canada, which has partnered with Girl Up, to highlight young Canadian women taking action to build a more positive future in celebration of International Women's Day March 8. Hershey Canada and Girl Up have launched five limited-edition HER



Autumn Peltier of Wiikwemkoong Unceded Territory is one of five women being recognized by Hershey Canada on limited edition chocolate bar wrappers.

for SHE chocolate bars. Now available at participating locations across Canada, each bar highlights a young Canadian
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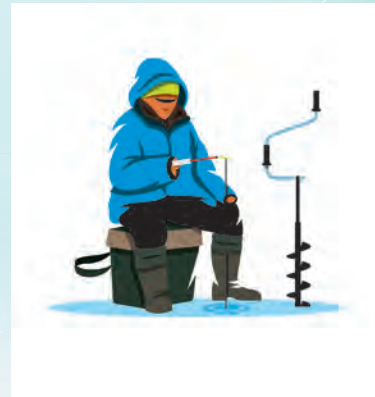
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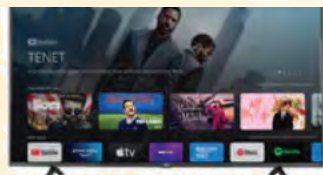


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The Manitoulin *West* Recorder



The OPP Cycling Team, which included, right, Manitoulin OPP Constable Steve Redmond, pause for a photo as they took part in the James Bay EPIC Fat Bike Ride.

Const. Steve Redmond rides 300 km of James Bay coastline on a fat bike

Helped promote health and wellness while raising funds

by Tom Sasvari

COCHRANE—As he left Cochrane last Friday afternoon for a 12 hour car ride back to Manitoulin Island, very tired and probably a little cold after having taken part in the James Bay EPIC Fat Bike Ride, Steve Redmond, constable with the Manitoulin detachment of the Ontario Provincial Police (OPP) was emphatic about whether he would be interested in taking part in future rides.

Absolutely, I would be up for the challenge,” stated Constable Redmond, who is the court case manager and offender transport coordinator with the Manitoulin OPP.

Constable Redmond took part in the James Bay EPIC Fat Bike Ride March 7-9 up the James Bay coast from Moose Factory to Attawapiskat. The ride is designed to promote health and wellness while raising funds for youth bike programs across the James Bay coast. It focuses on positively engaging, influencing and mentoring youth through cycling and

bicycle care.

Constable Redmond is a member of the OPP Cycling Team and four other team riders (all volunteers) from around Ontario took part in the ride. They travelled from Moosonee to Moose Factory, Fort Albany, Kasechewan and Attawapiskat. The participants rode 300 kilometres on fat bikes on studded tires.

“We gave away a total of 25 fat bikes to kids in five communities (having assembled the bicycles themselves), through New Hope Bikes which provided the bikes and paid for them,” said Constable Redmond.

“The ice roads were really interesting,” stated Constable Redmond. He noted the weather on Tuesday was really cold, with temperatures as low as -21°C with really strong winds. “Yesterday (last Thursday) it was between minus 12-14 degrees as we were leaving Attawapiskat and then the wind got really up.” Fortunately, the participants had the

...continued on page 9

Abbie Drolet hanging up her coaching skates after 27 years on the ice with Skate Canada

by Michael Erskine

LITTLE CURRENT—The Drolet family is synonymous with figure skating on Manitoulin Island and beyond and for three generations they have helped guide and build Island figure skating infrastructure and resources.

“My grandmother (the late Marg Glover-Ayre), got involved when our family moved to the Island,” said figure skating coach Abbie Drolet. “She was involved in figure skating when they lived in Espanola too.” Her grandmother brought the very first certified coach to the Island and Ms. Drolet’s mother, Jane Drolet, was the face of Island figure skating for decades before she “retired.” “She got roped into making costumes,” laughed Ms. Drolet, noting that involvement in figure skating takes on many forms.

The latest in that line of remarkable women, Ms. Drolet began her figure skate coaching career at the tender age of 15. But all good things come to an end, sort of, and this past week Ms. Drolet has announced that after 27 years, she will be retiring from coaching this year.

“I got my certification when I was quite young,” she said, “and I loved every minute of it.” Ms. Drolet is adamant that she is not

stepping away from Island figure skating entirely, just the coaching part. Both she and her mother have been involved at every level of figure skating in Canada, from the local ice surface at the club level to regional level all the way to the national level. That kind of dedication takes passion. “Definitely it is a passion,” said Ms. Drolet.

Ms. Drolet has spent the past year building a strong cadre of coaches and she is confident that the five new coaches she has trained will continue the Island’s proud legacy in the figure skating world.

“We have five wonderful, excited new coaches,” she said, “so this is the right time to be done.” As a National Coach Certification Program trainer, Ms. Drolet was fortunate to have received permission to train those coaches locally and keep the local club strong.

Ms. Drolet said that she has had a great deal of help along the way.

As for the future of figure skating, things have hardly looked better, she notes. “We have just gone through a complete revamp of the program,” said Ms. Drolet. “The goal was to make it more accessible.” She said she believes that

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Gore Bay Flying Club/COPA Flight 201 pays tribute to instructor Wade Cook

GORE BAY—Aviation was the theme at the Watersedge Restaurant and Pub in Gore Bay in late January, as members of the local aviation community gathered to pay tribute and send best wishes to Gore Bay Flying Club (GBFC) founder and instructor Wade Cook. Mr. Cook is leaving the club and advancing his professional pilot career in Windsor, Ontario.

Robby Colwell, manager of the Gore Bay-Manitoulin Airport and GBFC president Tim St. Amant praised Mr. Cook for establishing the club and mak-

ing it a “true gem.” They extended appreciation to Mr. Cook for his determination and commitment to the club since its inception. “Without Wade, there would be a lot of empty seats in this room tonight,” said Mr. Colwell. “We are forever grateful for the gift Wade has left us. He has provided the foundation for an active and vibrant flying club and we all have to step up and do more in Wade’s absence,” said Mr. Colwell. “Because of Wade, we are fortunate to have a stronger, local aviation community.”

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Sea Cadets take top marks in marksmanship competition

by Tom Sasvari

MANITOULIN—Talk about performing your best at the right time! This can be said of the 348 Royal Canadian Sea Cadets Corps marksmanship team which took first place in a zone competition held this past Saturday in Sudbury Armoury.

“I am aware that the competition is usually very strong, and I expected we would get some medals but taking first place was a pleasant surprise,” said coach Denis Blake on Sunday. “As coach I would like to commend the team for their hard work and dedication throughout the year, and how the cadets conducted themselves yesterday.”

“Several of our cadets shot better in the competition that they have in practice,” said Mr. Blake, who pointed out the team has been practicing weekly since October. Each team member shot pellet rifles in the competition.

Mr. Blake explained the Manitoulin team was one of seven different corps in the Sudbury area to take part in the zone competition. The competition is broken up into two parts with two sheets with 10 targets on each for 20 individual targets. Competitors shoot at the targets while in a prone position (lying down) and then in a standing position for the second round.

“We finished first in the team category,” said Mr. Blake. He pointed out there are two categories, the junior category for those under 15 years of age and the open division, which includes all cadets (18 years of age and under).

“Master Cadet Elizabeth Hazlitt earned first place in the junior division and first place in the open division as well. She ended up first overall in the competition,” said Mr. Blake. “Team captain and Chief Petty Officer second class Rhys Allison was third in the open division and finished as the third best overall shooter in the competition. Leading Cadet Austin Flikweert was second in the junior category, while Master Cadet Samuel Pennings and Chief Petty Officer second class Lydia Pennings also contributed to the teams first place finish.”

There were a total of 35 competitors in total participating in the competition.

Mr. Blake said that equivalent zone competitions are taking place in Sault Ste. Marie, North Bay and Timmins. “The top two teams from all of these areas will compete in the provincials. Until everyone of the

...continued on page 16

Regional chief applauds \$2.8 billion day schools settlement

by Tom Sasvari

M’CHIGEENG—Glen Hare, Ontario Regional Grand Chief welcomes news that a federal court judge has approved a \$2.8 billion dollar settlement between the Canadian government and plaintiffs representing 325 First Nations in Canada whose members went to residential day schools, largely operated by the Government of Canada, often in conjunction with churches.

“The bottom line is that they are coming through on this or settlement, to, I think, recognize everything that happened to our people in those days of day schools,” Regional Chief Hare said last Friday. “Basically, the funds will go to the community to give to all those people who went to day schools. It includes everybody who went to a day school. The funds will go to each First Nation community, and leadership will make sure each individual will be identified when the funds are doled out. It certainly is good news.”

Justice Ann Marie McDonald said in her ruling in federal court last Thursday that the settlement is intended to help take steps to reverse the losses of language, culture and heritage through an Indigenous-led not-for-profit body.

“This settlement is historic both in terms of the quantum of the set-

...continued on page 10

MS Chi-Cheemaun ferry’s 2023 schedule is announced

by Michael Erskine

OWEN SOUND—The 2023 MS Chi-Cheemaun ferry schedule has been published by the Owen Sound Transportation Company,

with the first sailing departing Tobermory at 8:50 am on Saturday, May 6, arriving in South Baymouth on Manitoulin at 10:50 pm.

The off-peak schedule will see two round trip sailings until June 23, leaving Tobermory at 8:50 am and 1:30 pm (with another sailing at 6:10 pm on Fridays only) and departing from South Baymouth at 11:10 am and 3:50 pm and (with another sailing at 8:15 pm on Fridays only) with a special additional sailing taking place on Victoria Day, Monday, May 23, leaving Tobermory at 6:10 pm and South Baymouth at 8:15 pm.

The full (three daily sailings) schedule will start on June 24, running until September 5 (with on-peak fares applying). That will see the ferry depart Tobermory at 8:45 am, 1:15 pm and 5:45 pm and

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opinion

editorial

Little NHL players are off and skating into the records

The return of the Little Native Hockey League (LNHL) following a pandemic induced hiatus is being welcomed by young Indigenous hockey players across Ontario. Founded on Manitoulin Island decades ago, this annual gathering of the kids of winter was always highly anticipated—with parents, caregivers and communities holding numerous fundraising events throughout the year in order to finance the excursion.

Although LNHL has long outgrown Manitoulin's limited resources, both in ice pads and accommodations, the annual hockey tournament remains near and dear to youth and parents alike in First Nations across the Island.

All year long the crack of hockey sticks on pucks can be heard in school yards, backyards and playgrounds as young MVPs hopefuls practice their shots in anticipation of this annual March Break pilgrimage. One can only imagine the disappointment that the past three years of cancellations due to the pandemic have invoked in these young players—especially those who were looking forward to their first shot at the net.

There are few more valuable experiences for youth than sport and the hockey arena is one of the most "level" of playing fields available, as hockey legend Reggie Leach, the Riverton Rifle, has often pointed out. Mr. Leach has dedicated most of his post-NHL life to promoting hockey as an invaluable tool in building well-rounded and confident Indigenous youth. Mr. Leach is a resident of Aundeck Omni Kaning First Nation.

As we enter the mid-week point of the LNHL tournament, this

might be a good time to set fingers to keyboard to nominate Mr. Leach to his rightful place in the Hockey Hall of Fame. But one would have to hurry, the deadline for submissions for this year is March 15, the date of this paper's publication.

This paper has noted the unfortunate failure of those who control the Hockey Hall of Fame induction process to include Mr. Leach among its ranks but this omission bears continued scrutiny. There are those who will point to other hockey legends who are just as worthy, yet who have failed to make the cut. This is, at best, a poor justification, given that there are those ensconced in those hallowed ranks with less accomplishment.

Mr. Leach's unflagging efforts on behalf of youth involvement in hockey across the breadth Turtle Island should qualify for induction, even if his numerous on-ice records while playing in The Show appear to fall short in the selection committee's estimation.

The Expositor fully anticipates that Mr. Leach will one day stand among the ranks of those inducted into the Hockey Hall of Fame.

In the meantime, many of those young hockey players that have been inspired by Mr. Leach to reach for the stars will be lacing on their skates and taking to the ice this week. Guess who will be there watching those young Indigenous hockey players as they skate out of the box?

Mr. Leach is a commendable inspiration to Indigenous youth and one of the most vigorous of ambassadors for a sport that pretty much defines Canada. He deserves to be included.

letters

A few things that weren't mentioned in the 5 Points presentation

There are still many conflicting statements on critical information

To the Expositor:

As a Central Manitoulin taxpayer, I'd like to address the 5 Points Community Complex issue. There are conflicting statements about the percentage of actual usage at local arenas as well as the state of their physical health. Perhaps the proposed study will make a definitive statement there.

Attention has been paid to the annual operating costs of the NEMI arena (and what is the percentage of usage at this fine facility?) which one might note is just up the road in Little Current.

I would like to point out that nowhere on Manitoulin is there an indoor swimming pool which could be used for recreation by all age groups, which could host water-based fitness and restorative health and exercise classes for all age groups. Little Current has an excellent small

gym offering various workout equipment, but I know of no option in Central Manitoulin. It seems such facilities that could benefit the people not served at all by current/planned amenities aren't on council's radar.

I understand the Little Current arena offers indoor winter walking opportunities, a benefit for our aging populace, but there is no mention of such services in the 5 Points discussion. Maybe people could walk when 'trade shows' aren't packing the conference space?

Meanwhile, people who want to enjoy indoor swimming are encouraged to visit Espanola and take their shopping dollars there.

Gerry Smith
Providence Bay

A counterpoint to the Spanish Residential School narrative

Balance needed in discussions about residential schools

To the Expositor:

Congratulations to Mr. Manitowabi! I am happy to see that he is studying the work and careers of Spanish Residential School attendees, such as Basil Johnston and Cecil King. Perhaps as a result of this he will use his distinguished new position to counter the false assertion that residential schools were places where genocide happened.

Basil Johnston attended the Spanish school in the late 1940s and wrote a book, 'Indian School Days,' an affectionate, humorous and mainly positive memoir about his years there. He went on to become an ethnologist, specializing in Indigenous languages and culture with the Royal Ontario Museum. He quotes many of his schoolmates as saying that their attendance there was the best thing that could have happened to them. It certainly made him into a very successful adult.

At an exhibition at M'Chigeeng I attended at the Ojibwe Cultural Foundation, 'The Anishinaabe Residential School Experience: Reflection of Former Students,' I learned that Cecil King, referred to by Mr. Manitowabi, became a University Professor in Saskatchewan. He said that he could never have achieved anything near what he achieved had he not gone to that school. He said he learned to speak better Ojibwe there.

I also learned that graduate Peter Johnson, former chief of the Serpent River First Nation, said that the Spanish residential school was the best thing that ever happened to him because he met his wife of 45 years there. He said that the schooling he received there taught him

independence and allowed him to serve as a Roman Catholic deacon.

Retired Supreme Court of Canada Justice Jack Major, who went to Espanola High School, was a friend of Basil Johnston. They played football and hockey against each other. Justice Major says that the notion that pupils at Spanish were torn from happy homes is a myth. (Some parents applied for their children to attend one.) He remembers that a lot of the students there were rescued from starving on trap lines and many had tuberculosis, for which they received special care. He says it's true that English was paramount, "but how else to equip students to function off the reserve?"

Finally, as to residential schools generally, the renowned Cree playwright and pianist Tomson Highway, recipient of the Order of Canada and a residential school attendee, said that people only hear negative stories about residential schools, never all the positive stories. He said that "there are many successful people today that went to those schools and have brilliant careers and are very functional people, very happy people like myself, and my career wouldn't have happened without that residential school."

Hopefully Mr. Manitowabi, as part of his new job, will inject some balance back into the discussions about residential schools. Congratulations again to him.

Sincerely,

Peter Best
Sudbury

The call for unutilized cards continues

Who doesn't love a birthday card?

To the Expositor:

Two years ago, I emailed The Expositor to ask people to drop off unwanted and unused cards. It was on February 3rd, 2020—I think that is the year. Well, lots were dropped off and mailed.

Hallmark, Carlton, one wonder girl and Debbie Moore from Dam Crafty Idea sent in cards, also Linda Bowerman made cards for holidays as did Debbie Moore.

Thanksgiving and Halloween cards for next month, then it is the season to ask people for Christmas cards. I had asked originally because of the COVID and people were not coming in. It got so sad in here (Manitoulin Centennial Manor). I thought 'a card brightens a person's day.'

Who does not love a birthday card? We do special occasion cards. It took a lot of people for this to happen. Thank you for your help for passing the word and thank you to all of the people who dropped off the cards for all of the Manor residents and some have that had gone to the Armed Forces. You can drop off cards at the Manitoulin Centennial Manor and leave them for me if you would like to be a part of this giving.

Thank you,

Lori Landriault
Little Current

op-ed

Build a new community centre—but keep Mindemoya’s arena

by Perry Anglin

It is time to replace the aged, inconvenient and unlovely Mindemoya Community Centre with a modern facility. It could offer facilities such as pickle ball courts, popular elsewhere for many men and women, even as they get older.

There is still a place for the smaller halls at the heart of the Providence Bay, Spring Bay and Sandfield communities. Those communities are not mere “Points,” a term contrived by proponents of a multi-million dollar centre in Mindemoya.

Importantly, the Five Points boosters concentrate on first building an unnecessary new arena, sketched as slightly larger than Little Current’s. They do not sketch a second phase, or show any floor plan, except one for a dividable 500-seat hall. It is shown attached to the handsome Old School and ruining its ambiance.

Presumably Mindemoya’s existing community centre would be usable until a second phase. As well, the high school’s large space for meetings is available (as is

M’Chigeeng arena at an affordable hourly rate.) Forget about trade fairs, a thing of the past on Manitoulin. The last one was held in Little Current years ago.

The entire “Five Points” presentation is apparently driven by a very small group of adults who want a bigger rink on which to play ‘Sportsman’ hockey. Sportsman is a term for playing without cross checking or other intentional contact. That small group of enthusiasts might also be said to lack contact with reality.

Because the present arenas in Mindemoya and Providence Bay are sufficient for enjoyable hockey (which is declining in popularity) and it is obviously far more economical to maintain both the Mindemoya and Providence Bay arenas than to build a multi-million dollar new one.

Mindemoya’s arena could well be upgraded with showers, which the Providence Bay arena already offers. That matters after a sweaty game. Its showers may be one reason why the Providence Bay arena hosts one or two adult tournaments a year. It is said that Mindemoya has not hosted a single one in the last five years or more.

There is a public petition underway opposing a new arena. You won’t see a public petition supporting it. A council that wanted to be remembered for a lasting contribution would build a new community hall with popular facilities. Ideally near the Old School and with a stone-faced entrance facade.

But any council that built a new arena, shut down the rink in Providence Bay and neglected other community halls would be remembered unkindly for years to come. The Mindemoya Arena and the Old School are dedicated to the memories of two rivals associated with them. One was my father, who for decades coached Mindemoya hockey teams. He would be appalled at closing the rink in Providence Bay, abandoning community halls and building an unnecessary arena at a significant cost to all taxpayers for the slight benefit of a very few.

Perry Anglin, a former reeve of Central Manitoulin, was an assistant deputy minister in Ottawa and later a business consultant on new ventures by large corporations.

European dog roses and its mossy gall are established on Manitoulin Island

by Joe D. Shorthouse

MANITOULIN—It was a common practice 150-200 years ago for pioneers from Europe to bring cuttings of rose bushes to Canada for planting in their gardens as a reminder of home. One of these rose shrubs brought to Manitoulin Island was the ‘dog rose,’ valued because it grew fast, needed little care and produced five-petaled, fragrant flowers. Further, its bright red hips (seed producing parts of a rose shrub) were eaten in the fall because their high level of Vitamin C prevented scurvy.

Dog roses are so hardy that some of those brought from Europe are still growing near the original site of the homestead. Others spread from these sites as a result of birds and mammals eating the hips and depositing them in a packet of fertilizer far from the pioneer’s homestead.

To make the story even more intriguing, the pioneers inadvertently introduced bizarre structures called galls which were attached to the leaves and stems of the shrubs. Inside the galls were the larvae of tiny wasps, the adults of which emerge in the spring to lay eggs on young leaves. Of interest, they only live on dog roses; they do not gall other wild or garden roses.

Larvae of rose gall wasps stimulate the leaves into becoming large hairy masses varying in size from olives to oranges. Galls



Mossy gall opened to show the wasp larvae in their chambers.

stage of development for egg laying and gall formation. Adults are poor fliers and rely on the wind to carry them to new sites, so nearly all will be unsuccessful. I will return to take samples of the galls in the spring to rear the inhabitants and compare them to those found in European galls.

Dog roses can be purchased at nurseries today for growing in Manitoulin gardens and it is possible that populations of gall



Mossy gall on the Mindemoya dog rose. We still do not understand how larvae of gall wasps turn a leaf bud into large hairy structures.



Adult wasp (six millimetres in length) that induces the mossy leaf gall.

photo by László Zoltán of Bulgaria

wasps that have persisted for decades will find your roses and mossy galls will appear.

Galls rarely cause damage to roses so if you find a few on your shrubs, consider yourself lucky. You can now explain to friends how these tiny hitchhikers made their way from Europe to your garden. And if you tire of them, they can be simply removed with snips and discarded.

Joe Shorthouse is a retired professor of entomology at Laurentian University and a summer resident of Manitoulin Island. He is a frequent contributor to The Manitoulin Expositor.



Bristles of dog rose so-named because the sharp protrusions look like a dog’s canine teeth.



Flower of a dog rose. The shrub blooms from June to July.

are green to red while growing, but turn brown in the fall. Large galls can contain up to 50 larvae, all of which turn into adults the following spring and chew exit tunnels to the outside.

Adult female wasps are tiny (5-7 mm in length) and harmless as they do not sting, eat or mate (males are rare and play no functional roles). Adults must quickly find new leaf buds and lay eggs as they live for only 3-4 days.

The immature, legless larvae spend the next 51 weeks within individual small chambers near the centre of the gall waiting to detect just the right conditions to turn into adults and search for new plants to lay their eggs.

In mid-February, I was told of a large, isolated rose bush covered with strange growths in a pasture near Mindemoya. I was sure it was the European mossy gall as I had found about 30 shrubs on the Island in



Joe Shorthouse examining the Mindemoya dog rose covered with the mossy gall.

photo by Marilyn Shorthouse



Dried hips of dog rose.

previous years with the same gall. I have studied dog roses and the mossy gall from Washington State in the US to Newfoundland, and in most cases there were no more than 5-10 galls per shrub.

The Mindemoya shrub, in contrast, had about 400 galls likely breaking a world record for the largest number of galls found per shrub. Surprisingly, nearly all the Mindemoya galls were new ones that had started growing in 2022, meaning that the wasps by chance had found the shrub for the first time last spring.

Many hundreds of wasps will be emerging from these galls, but most will perish since they are highly specialized insects that must first locate the right species of host rose with leaf buds at a particular

Greater Sudbury man guilty in Barrie Island sexual assault involving minor

by **Lori Thompson, Local Journalism Initiative Reporter**
GORE BAY—A man from Greater Sudbury has been found guilty of two counts of sexual interference.

The events occurred at a family camp on Barrie Island in June 2020, and relate to a then 14-year-old girl. The man was 40 years old at the time of the offence. The assault was not reported to police by the victim but

approximately one year after the assault occurred, she did tell a counsellor who in turn informed the Children's Aid Service (CAS). CAS reached out to Greater Sudbury Police Service (GSPS), which began an investigation. Following the investigation by GSPS, the matter was then referred to UCCM Anishinaabe Police Service.

The court heard details, which are under a publication ban to prevent identification

of the victim, over a two-day trial in Gore Bay presided over by Justice Jessica Wolfe. In her decision, Justice Wolfe said she found the victim's evidence to be credible and believable.

The perpetrator was charged with two counts of sexual assault, contrary to Section 271 of the Criminal Code and two counts of sexual interference, contrary to Section 151 of the Criminal Code, with the

Crown proceeding by indictment. The charges under Section 271 were conditionally stayed and sentencing will proceed on the more serious charges under Section 151.

A sentencing hearing has been scheduled for June at Gore Bay.

The name of the individual found guilty was withheld by The Expositor to protect the identity of the victim.

Indigenous culture paves way for Emma Morrison to become Miss World Canada

by **Tom Sasvari**

M'CHIGEENG—Having the tremendous support of her family and reconnecting to her Indigenous culture paved the way for Emma Morrison to win the Miss World Canada in 2022, and to overcome obstacles she faced in her youth.

"I owe 50 percent of my success to my family and how they have supported me and 50 percent to being able to reconnect to my background and culture. I will now be able to compete at the Miss World pageant," stated Ms. Morrison at the annual Women's Wellness Day Expo Manitoulin held at the M'Chigeeng complex on March 7. The event was hosted by Mnidoo Mnising Coalition Against Domestic Violence. "At 15, I was extremely shy but I stepped out of my comfort zone to be in a pageant. I was very anxious and it was very scary."

"Regardless of your limitations, including being from a small town, if you have the passion and drive, there are no limits to what you as a woman can achieve," said Ms. Morrison. "I challenge all of you to step outside of your comfort zone and reconnect with your culture."

Ms. Morrison is a proud Indigenous woman who is from the Chapleau Cree First Nation in Treaty 9 territory. She is passionate about encouraging cultural revitalization because she believes that when a person connects to their roots this is when they'll find their most authentic self. Ms. Morrison was crowned Miss World Canada 2022 last November and will compete in the 72nd Miss World as the first Indigenous Miss Canada. Along with crafting authentic Indigenous jewelry and traditional clothing for Indigenous peoples to wear so that they will have a physical link to their culture to remind them to be proud of their identity, Emma strives to represent Indigenous individuals as a role model and visionary.

"I am originally from Chapleau Cree Nation, which is a really small town of about 1,500 people," said Ms. Morrison. "I lived there 18 years until I left to pursue my education." As a young person she took part in a lot of sports, including fishing and hunting.

"When I was 15, I was contacted by a pageant director about entering the Miss Northern Ontario Regional Pageant," said Ms. Morrison. In considering this, "I went to my support system, for me that is my family which has always been so encouraging and amazing. My mom is the most incredible person I have ever known. When I told her about the opportunity of being in the pageant, she was very encouraging, she saw potential in me. I took that support and said sure, I will give it a shot."

"In going to the Miss Northern Ontario Regional Pageant, I had to get through a lot of obstacles," said Ms. Morrison. She had to build up her confidence and was so painfully shy that she would get so anxious that several times when she was younger she would black out, including one day in the store where she worked. This took place about two months before the pageant.



Emma Morrison, selected Miss World Canada in 2022, was the guest speaker at the annual Women's Wellness Day Expo Manitoulin held at the M'Chigeeng complex on March 7.

"I passed out in front of everyone in the store," said Ms. Morrison. "I used to pass out all the time in those days. And this was in March and I had the pageant in two months. I learned how to manage my breathing, through meditation."

However, at the pageant, "I was shaking in my boots," acknowledged Ms. Morrison. "There were 39 other delegates in the pageant. Some had masters degrees and some were teachers, and here I was 18. When I got into main pageant room I realized I was the only Indigenous person there, along with Ms. Perth and Ms. Thunder Bay. But because of my support and encouragement of my family I was able to make it through." She became the first Indigenous woman to hold the title and now she had qualified for the Miss Teen Canada Nationals where she also won.

After graduating from high school, Ms. Morrison moved

to North Bay to continue her education. Away from home, "this is when my relationship with my Anishinabek culture hit a plateau," she said. "In May 2021, when the announcement came of the discovery of 215 unmarked graves at a former residential school, that really impacted me as a First Nation person. I grew up hearing about residential schools. It made me angry," she said, pointing out she had known someone in her life whose siblings had never returned home from a residential school. "I made the decision to reconnect to my culture and to remember all those who didn't make it home."

"Reconnecting to my cultures and traditions was a huge thing for me," said Ms. Morrison. She started sewing ribbon skirts and fell in love with it. "It reconnects me to my roots and reminds me to be strong and proud of our culture."

Along with finding her passion for making ribbon skirts, another big part of the reconnection with her culture was her interest in the jingle dress regalia.

By the time she was asked to compete in the World Canada pageant Ms. Morrison was no longer as anxious or nervous. "It's unlike other pageants; it provides a great platform to put forward input on issues like the residential schools and the Truth and Reconciliation Calls to Action. If I had the opportunity to speak directly to the government, I would say that they need to go forward and put in all the 94 calls to action. And I said I want to live in a country where everyone is equal." Fifteen minutes later, she was announced as the winner of Miss World Canada.

"I can now go to the Miss World Pageant and put my voice and platform out there, along with my passion for ribbon skirts. There is also a dancing category at the pageant and I will be dancing in my fancy shawl dress," said Ms. Morrison.

"When I was 15 I had a lot of obstacles with anxiety but because of having such an amazing incredible support system around me, I can now manage this," stated Ms. Morrison. "I challenge all women to step outside their comfort zones and reconnect to their culture."

The opening prayer for wellness day was delivered by Alma Jean Migwans, followed by a welcome address by M'Chigeeng Ogimaa-kwe Linda Debassige and opening remarks by Kaitlyn Sorbara, outreach worker with Manitoulin Family Resources.

Ms. Sorbara told the audience that this is an annual event put on by the Mnidoo Mnising Coalition Against Domestic Violence.

Along with many local vendors on hand focussing on things that support women's wellness, there were three workshops held during the day: smudge teaching with Mary Elliott, wholistic therapies with Devarati sammon and homeopathic health with Kerry Peltier.

Friends and Neighbours

Kagawong Team O'Fergmeijer

Saint Patrick's Day is one of Team O'Fergmeijer's favourite times of the year. We are always ready to shamrock and roll, but we do our best to celebrate it without being O'ffensive. Each year at this time, we try to fit a little Irish into the column, and this year is no different. After all, if it ain't brogue, don't fix it!

Happy Birthday to local leprechauns Mike O'M, Doug O'H, and Sharon O'J who are all celebrating their 29th birthdays. Miss O'Poppy is also celebrating soon, though hers isn't quite 29 yet. May you all live to be 100, with one extra year to repent - let the shenanigans commence!

Island Time Dancing is bringing beginner line dancing classes to the Park Centre! Join Joe and Beth O'Arnold, Wednesdays from 7 to 8:30 pm, starting March 22nd and running for six weeks. Space is limited! Email joebeth.arnold@gmail.com or call 519-490-5586 to pre-register. Cost of the full six-week session is \$50.

Crocheting for beginners! Stop by the Kagawong O'Park Centre Sundays at 7pm through the month of March and learn to crochet. All are welcome.

The next regular Council meeting of O'Billings Township is scheduled for Tuesday, March 21st at 7 pm at the Park Centre. The agenda will be posted on the township website, www.billingstwp.ca, the Friday prior to the meeting.

It's that time of year again! Get your binoculars and ear horns ready, who will be the first to spot or hear the migratory Sandhill O'Crane this year? Last year, Peter O'Gordon once again took the trophy, but this spring it's anyone's game! Willa O'Wilson and Rachel O'Ball are both former

champs keen to steal back the glory. If you see (or hear) a Sandhill crane, drop us a line at fergmeijer@gmail.com or message us (Facebook.com/kagawong1) to let us know when and where you spotted them. Winner gets bragging rights!

The fire hall is no more, and a reminder that until the new structure is built, bulk water users can access the new quick-fill station at the water treatment plant (75 O'Beach Street). It has options for 2" and 3/4" fill spigots. Remember to bring your clean Cam-lock female fitting to connect to the 2" option. Contact Tiana O'Mills at the town office for more information (tmills@billingstwp.ca)

Mark your calendars! Western O'Manitoulin Volunteer Fairs are happening in April. Stop in to meet the many organizations that work to make our communities so special. Learn about their efforts and events, and you are sure to find a comfortable fit for you. Billings' is April 26th at the Park Centre from 2 to 8 pm and includes refreshments as well as prizes to be won.

Wayne and Anna O'Aelick, a pair of fundraising Kagawongian superstars, are already raising funds for this year's Stroll for Liver! Mark Sunday, June 11 on your calendar for a stroll through the village at 11 am to raise awareness and funds for the Canadian Liver Foundation. More details to be announced as we get closer to the date.

If you're lucky enough to be Irish, you're lucky enough. Have a great week!

Silver Water Karen Noble

Craig Duncanson spent a few days last week with his parents, Murray and Gladys. Clarke Duncanson spent the weekend with Murray and Gladys.

Ed and Lee Alexander were at their cottage for a few days last week.

I took some neighbours and went to euchre at the Burpee Complex on Monday night. There were five tables of players.

Wednesday night there was line dancing taught at the Silver Water Community Hall.

I went to euchre on Thursday night in Silver Water and won the juice.

Friday night there were four tables of us playing euchre in Meldrum Bay.

Thursday night, Ken Duncanson and some family went for dinner at the Water's Edge. Saturday there was a bigger 80th birthday lunch at Stop 540. His son, Keith and daughter, Melody, arrived last Wednesday to start the festivities.

Saturday night, there was a birthday party for Sara O'Connor held at the restaurant after it closed.

The Silver Water Recreation Centre is having a chili supper on March 17 at 5 pm at the Silver Water Community Hall. There will be homemade rolls and pies.

There is a soup and sandwich luncheon and euchre tournament being planned for March 26 at the Silver Water Community Hall. A few prizes for the euchre tournament are needed if anyone has anything to donate.

Happy 18th birthday to Colton Chevrette on March 12th.
 Happy St. Patrick's Day to everyone on Friday!

Manitoulin Minor Hockey accolades

March Break time means two things Little NHL is on and MMHA hockey is done. Here are a few of the highlights.

Kennedy Lanktree has been involved in hockey essentially all her life and at all levels. Still wanting to give back to the game, as a newly minted coach last year she took the Mindemoya Thunder Bantams to the league title. This season, she got to move up with some of the players to Midget and join the grizzled veterans already there. It was an exciting season and it all came down to a Mindemoya - Little Current final for the cup and Coach Lanktree got her 'two-peat'!

Congratulations to: **Abbie Heins, Ava Fields, Braden Phelps, Brodie Pennie, Cash Duchene-Milne, Chase Becks, Garrett Sheppard, Jack Penne, Jon Mende, Landen Smith, Landon Hare, Liam Lariviere, Noah Thorpe, Rylan Carrick, Sadie Bridgeman, T.J. Green and Xavier Mara.** Dealing with this group of, ahem, 'characters' would be daunting enough alone but luckily Kennedy had help coaching from **Maddy Niven** (just 21!), **Bryan Phelps** and **Mel Carrick** was the manager.

The Manitowaning Wolves won the A championship in the U13 division. Congratulations to: **Ava Hartley, Alexei Pelletier, Joshua McComb, Hudson Roque, Liam Metus, Chloe Moggy, Track Cyr, Walker Hagman, Steven Gulyas and Arabella Otosquaioh.**

Deserving of no less congrats, were the able bench and behind the bench staff of: **Blair Hagman** (head coach), **Chris Cyr** (assistant coach), **Laura Hagman** (trainer) and **Dawn Roque** (manager)!

The Wolves in the U11 class got to hoist the B Trophy with all the deserved gusto. Hats off to: **Ada-Lyn Cairns, Miah Hughson, Ella King, Priscilla Case,**

Wiikwemkoong band member headed to the NHL big leagues

GUELPH—Michael Buchinger, who was born in Markham but is from Wiikwemkoong Unceded Territory, has been signed to a three-year entry level contract with the St. Louis Blues of the National Hockey League (NHL).

"The St. Louis Blues president of hockey operations and general manager Doug Armstrong announced on March 1 that the team has signed defenceman Michael Buchinger to a three-year entry-level contract," a release states.

Mr. Buchinger, at 18 years old, was drafted by the Blues in the third round (number 88 overall) in the 2022 NHL draft. "This season he has dressed in 51 games with the Ontario Hockey League (OHL) Guelph Storm, ranking second on the team and fourth amongst league defencemen overall with 55 points (12 goals, 43 assists)."

"In 2021-2022, his first in the OHL the six-foot, 185 pound defenceman collected 44 points (five goals, 39 assists) in 63 regular season games for the Storm, earning a selection to the OHL's first all-rookie team," the Storm release noted.

"This season, Buchinger has continued to see consistent time with Cam Allen on the Storm's top pairing. The Blues prospect is known for his ability to be a complementary defenseman. He is the type of player that is able to play well away from the puck and has a keen eye for when to play a conserve game and when to be aggressive and attack. His next challenge will be working his way to the pro-level. He still has plenty of growing and maturing to do before being considered for a spot in the NHL," the release continues. "Any decision regarding his future in hockey's highest level will still be a few years away due to the CHL-AHL Transfer agreement. As Buchinger will have not turned 20 by the start of next season or have completed four full junior hockey seasons, he is destined for another year in the juniors."



Michael Buchinger of Wiikwemkoong Unceded Territory has been signed to a three-year entry level contract with the St. Louis Blues of the National Hockey League. Mr. Buchinger, a defenceman is currently playing with the Guelph Storm of the Ontario Hockey League.

Manitoulin Sporting Life

Ice Chips to Canoe Quips
by Larry and André Leblanc



Cohen Metus, Mason Deacon, Alyeana McDermid, Trapper Cyr, Steven Gulyas, Jaden Huang and Tatiana King

The Bench Staff featured: **Chris King, Chris Cyr, Ray Moreau and Christine Gulyas.**

Manitoulin boys off to OFSAA!

A very unique situation happened for two hockey players with deep Manitoulin roots. In the NOSSA hockey finals in the Sault, **Lucas Green**, son of Jeff "Squirt" Green and **Tanya Carter**, plays for the Saint Mary's Knights defeated the Superior Heights Steel Hawks that Owen Case plays on. Owen is the son of Matt and Leanne.

Matt and Squirt, incidentally, were on the exact same powerhouse line back when the Manitoulin Panthers won the Nickel District League.

Interestingly, because of Saint Mary's small population they chose to play in the Double-A OFSAA showdown in Saint Catharine's. Because the "AAA" OFSAA then had no NOSSA representative The Heights will get to

represent Northern Ontario in the Triple-A division down in Windsor. Good luck guys!

Off her Rock, hockey!

The provincially ranked No. 9 Sudbury Lady Wolves U18A team and their captain, Mindemoya's **Delaney Bridgeman**, were down in Toronto and Barrie for the second round of playoffs this past weekend, facing the No. 4 Barrie Sharks. In Saturday afternoon's opener at Canlan in Scarborough, the girls got off to a quick start, with a first period snipe by Claudia Castellenos putting the SLW up 1 - 0. The Sharks stormed back in the 2nd, and potted 2 near identical rebound goals within a two minute span and held on through the 3rd for a 2 - 1 win.

Down one game to none in the best of 3, it was up Highway 400 Saturday night to Barrie for the SLW girls, and they came out flying. Despite the holding, hooking, interference and body checks they endured, the girls were up 3 - 1 as time was winding down in the 3rd. After what had seemed to be a case of the referee 'putting the whistle away' to allow the game to play as it might, the Sudbury girls were penalized with three min-

utes to go. Ironic that after several instances of Sudbury players being flattened and sent flying from the front of the net by Barrie defenders throughout the game, suddenly it was Lady Wolves player sent to the penalty box for doing the same.

So with their goalie out, it was a 6 on 4 advantage for Barrie. One of the SLW players made a strong play on a Barrie pass, carried the puck into the attacking zone and made a shot toward the empty net that bounced off a leg, turned into a 5 on 2 break the other way that Barrie capitalized upon, making it 3 - 2. With the penalty over, the full strength SLW side wound down the clock for a 3 - 2 win, evening the series at 1 game apiece and setting up Sunday's match to decide the series and Central Division champion.

On Sunday in Scarborough the SLW girls came out flying again. With a much more stringent official in charge, the Barrie side was consequence for some of their aggressive play, and as time wound down Sudbury was up 3 - 0. However, after putting up with the amount of aggression that they had over the past couple of games, a couple of the Lady Wolves took the opportunity to respond in kind and were assessed with a two then a four-minute penalty is quick succession.

With the goalie out, this meant a 6 on 3 advantage for Barrie, but the three Lady Wolves defenders did an admirable job, blocking shots and obstructing passing lanes, and keeper **Farrah Farstad** was brilliant as they killed off four of the six minutes when the unrelenting pressure from Barrie at 6 on 4 managed a goal with 1 minute to go to break the shutout.

That marker meant Sudbury was back to full strength though, and was inspired to finish it out, winning the game 3 - 1, the series 2 - 1, and were declared the Central Division champions! On March 25 and 26 the girls face the other division winners No. 6 Toronto Leaside Wildcats and No. 21 Missis-

sauga Hurricanes in a 3 team round robin to determine the representative for OWHA Championship Weekend April 1. Good luck girls!

Hockey tidbit

Mike Buchinger, a Wiikwemkoong band member plays for the Guelph Storm has just signed a contract with the Saint Louis Blues!

Dedication pays off!

Dustin Peltier, who once played for the Manitoulin Secondary Mustangs has been working off ice but still with hockey. He has worked up through his coaching certifications and is presently a scout for the QMJHL's Monkton Wildcats. Now, the Ottawa Senators have just signed him to an apprentice contract in hockey management. In an interview, Dustin credits football legend, **Bear Bryant** with his philosophy, "if you believe in yourself, have dedication and pride and never quit you will always be a winner." Awesome attitude, Dustin!

Manitoulin Snipers Win!

The Royal Canadian Sea Cadet Corps 348 Manitoulin is a youth organization based out of Little Current but with members from all over the Island. They recently won a marksmanship competition in

Congratulations to: Chief Petty Officer 2nd Class **Rhys Allison**, Chief Petty Officer 2nd Class **Lydia Pennings**, Master Cadet **Elizabeth Hazlitt**, Master Cadet **Samuel Pennings** and to their coach, **Denis Blake!**

Fierce Fighter

Congratulations to **Cole King** who is still a rookie in the MMA world but he is turning heads mainly with kicks and punches! He trains in a form of Brazilian Jiu Jitsu and in the fall won a bronze medal in a Lutando Series Tournament in Woodbridge. Keep up the hard work, Cole!

A good sport is good for sports chipstoquips@gmail.com



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Manitoulin Special Olympic curling teams prove golden at national qualifying event

by Tom Sasvari

SAULT STE. MARIE—Both Manitoulin Special Olympics (MSO) curling rinks won gold medals for being in first place in their division at a national qualifying event this past Saturday.

“Both our teams played fabulous and won gold medals,” said Janet Anning, one of the MSO curling coaches and coordinator of MSO. “Both teams won all their games, three each.”

The MSO A division gold medal winning rink included Regan Millsap, Rebecca Strain, Andrew Splawnyk, Randy Corbiere and coaches Ellen Holroyd and Heather Strain.

In the C division the MSO



Manitoulin Special Olympians show off their medals following the national qualifying event



The Manitoulin Special Olympics A division curling rink won a gold medal for being in first place at a national qualifying event this past Saturday. The team included Randy Corbiere, Andrew Splawnyk, Rebecca Strain, Regan Millsap and coaches Ellen Holroyd and Heather Strain.



Both Manitoulin Special Olympics curling rinks won gold medals for being in first place in their division at a Special Olympics Ontario Hometown Games Conference Curling Championship held in Sault Ste. Marie last weekend. The MSO curlers included Regan Millsap, Rebecca Strain, Andrew Splawnyk, Randy Corbiere, Tyler Madahbee, Dylan Danville, Austin Recollet, William Leclaire, Dayne Tipper and coaches Ellen Holroyd, Heather Strain, Katherine Tipper and Janet Anning.

rink was made up of Tyler Madahbee, Dylan Danville, Austin Recollet, William Leclaire and Dayne Tipper with coaches Janet Anning and Katherine Tipper.

Special Olympics Ontario hosted the Hometown Games Conference Curling Championships in Sault Ste. Marie. A total of eight teams, two each from Sault Ste.

Marie, North Bay, Thunder Bay and Manitoulin took part. “It was a wonderful event, well run, and the games, except for maybe one, were really close nail-biters,” said Ms. Anning.

Sandra Pennie rink wins Assiginack ladies bonspiel

by Tom Sasvari

MANITOWANING—The Sandra Pennie rink was the winner of the annual Assiginack Curling Club ladies’ bonspiel held March 3-4. The bonspiel was run on a points system over the two days.

The Sandra Pennie rink took first place in the event. Other members of her rink included vice Connie Still, second Janice Bowerman and lead Lisa Hallaert.

Finishing in second place was the rink skipped by Cathy Case along with vice Mandy Case, second Margot Bickell and lead Judy Trimmer.

Third place was won by the Marilyn Proulx (skip) rink with vice Sue Whynott, second Heather Hall and lead Lori Clarke.

The theme for this year’s bonspiel, which included a total of 12 teams, was the ‘1960s.’



Taking first place in the annual Assiginack Curling Club ladies’ bonspiel was the rink skipped by Sandra Pennie, along with vice Connie Still, second Janice Bowerman and lead Lisa Hallaert.

“We had a great time, were treated very well and our teams were good ambassadors for Manitoulin Island.”

“We must also thank our coaches that couldn’t be there; Marc Lefebvre and Heather Niven for all their assistance and the Providence Bay Curling Club for all their support,” said Ms. Anning.

“The National Games will take place in Calgary, Alberta in February 2024,” said Ms. Anning. “It is not automatic that our teams will be selected for the games. We don’t know at this point if they will be among those selected for the nationals.”

STRENGTHENING SPIRIT IMPACTED BY ADDICTIONS & MENTAL HEALTH

with STEPHANIE STEPHENS (WAABISHKA MIIGWAN)

2-DAY GATHERING

DATE: MARCH 21ST – WEDNESDAY, MARCH 22, 2023

TIME: 9:00am – 4:00pm

WHERE: Manitoulin Hotel & Conference Centre
66 Meredith Street East, Little Current

This workshop is for community members, frontline workers, counsellors, child and family workers, mental health & addictions clients or anyone living with mental health and addictions.

- Lunch & snacks provided
- Draws/Giveaways
- Youth Drum Group
- Community/Partner Booths
- Guest speakers

AGENDA

Day 1 – Tuesday, March 21, 2023

Past: Unsettling History & Worldview

Description: This will involve a condensed look at colonial history through the lens of Windogokan - a protective spirit that confronts a negative W'entiy (greed, ego, selfishness). The infected colonizers spread this W spirit-virus across Turtle Island, infecting First Nations. Together we will remember the old ways of our ancestors before infected at contact, to better understand what Mino Bimaatsiwin really means. Traditional stories and teachings will be incorporated to provoke an awakening of your spirit. This will be a shame-free and experience for those who struggle

Day 2 – Wednesday, March 22, 2023

Present & Future: Reconnecting to Identity & Purpose

Description: It takes community-level change for people to move beyond a life consumed by addictions and mental health struggles. This is not a problem with the individual - it is a W-infected social environment that keeps perpetuating problems. Time to stop victim-blaming and empower the ones who are struggling the most. Strengthening spirit involves reconnecting to our inherent responsibilities, our ancestors and spiritual gifts. It involves everyone shifting into Anishinaabe worldview while confined to Western systems, policies and processes.

“Journeying Together to Unlearn, Unsettle, Remember & Rekindle”

About the Facilitator: Stephanie Stephens (Waabishka Miigwan) is Anishinaabe, Bear Clan, member of Gardan River First Nation. She comes with 25+ years of experience learning and working in Indigenous Healing & Wellness as a social worker and educator. She is an anti-colonial, critical thinker who swears by the resurgence of our Old Anishinaabe ways of knowing, being, understanding and doing in the world as the only thing that will help our communities survive ongoing assimilation and colonial violence. waabishkamiigwan@gmail.com www.waabishkamiigwan.com

To register, please contact:
Rob Wabegijig
Community Addictions Support Worker
rob.wabegijig@noojmowin-teg.ca
Mobile: (705) 348-0344

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...Gore Bay Flying Club/COPA Flight 201 pay tribute to instructor Wade Cook

...continued from page 3

Mr. St. Amand identified the many pilots Mr. Cook trained and his support of the scholarship student Avery Sheppard. “The scholarship was very successful, and we thank Wade and the supporting businesses that made this possible.”

Mr. Cook and his family moved to Manitoulin Island seven years ago when he joined the corporate flight department at Manitoulin Transport, where he eventually became chief pilot. As he became familiar with the area and the Gore Bay Airport, he realized the need to share his knowledge and passion for aviation to the citizens of Manitoulin Island. He advertised a free pilot's ground school and much to his amazement, he had a large turnout at the initial meeting, reinforcing his ambition to help many conquer their dreams of becoming a pilot. With many students completing the ground school, a need was quickly identified to find a way to offer the flying component to complete the student pilot process.

Mr. Cook began thinking about forming a flying club and with the help of others he was able to establish the GBFC in 2017. Club organizational structure soon took shape with Tim St. Amand, a huge supporter, fulfilling the role as club president.



Nancy Richards, left, presents Wade Cook with the Canadian Owners and Pilots Association (COPA) Director's Award. The Gore Bay Flying Club/COPA Flight 201 paid tribute to instructor Wade Cook who is leaving the club and advancing his professional pilot career in Windsor.



The hunt was on to find a club aircraft. Canadian Owners and Pilots Association (COPA) director Lloyd Richards quickly came to their rescue by finding the club a beautiful Piper Cherokee aircraft in Timmins. Mr. Richards was very supportive and passionate about aviation and was very helpful and instrumental in the development of the GBFC/COPA Flight 201 at Gore Bay.

As the club became estab-

lished, local aviation enthusiasm blossomed and soon the Piper aircraft had many shareholders who became Mr. Cook's student pilots. Over his five years involvement with the flying club Wade Cook was successful in training and graduating 15 pilots, most on the club aircraft and some in other privately owned aircraft.

“I got my private pilot

licence here with Wade as my instructor,” said Cameron Runnalls, of Gordon/Barrie Island. “Absolutely, no doubt Wade was a great instructor. He was passionate and shared his knowledge. He did a pile of work to make sure we could fly safely. We are currently going to miss him.”

Mark Wilson said, “several of us took the pilot training from Wade right from scratch with the start of the school here. It's been great and we knew how lucky to have him and this flying school here. To bring a flight school is rare. Wade was a very good instructor; he was very patient but made sure you learned what you needed to.”

“And after you do your inflight training he does a debriefing and makes sure you understood what you did wrong,” said Mr. Wilson. “Wade is a great instructor.”

In 2020, Mr. Richards chose Mr. Cook to receive the COPA Director's Award. What Mr. Cook was doing in Gore Bay epitomized what Mr. Richards truly believes was the fundamental, most important purpose of COPA—to support and grow aviation by cultivating new pilots, said Mr. Colwell. Lloyd was so impressed with Wade and his commitment to aviation there was no contest.

Wade was the one to receive the award.

Sadly, because of COVID and an eventual sickness that took Mr. Richards life in 2021, he never had the

opportunity to personally present the COPA award to Mr. Cook. Mr. Richards wife Nancy made the trip from Timmins to carry out his wishes and presented Mr. Cook with the award Friday night, said Mr. Colwell. The COPA Directors Award reads, “Presented to Wade Cook in appreciation for your personal efforts to advance, promote and preserve our freedom to fly.”

Nancy Richards explained how her late husband became interested in aviation at a young age and spent many hours during his lifetime, promoting aviation in many ways. Her husband held the record of flying the most youth in Canada through the Young Eagles and COPA for Kids.

“It has been fantastic,” stated Mr. Cook of his time in Gore Bay. “I have enjoyed my time here and helping to create the flying club is a special feather in our cap. I'm quite proud of that.”

“It was special to me being recognized like that,” said Mr. Cook. “I don't think I've been recognized like that before. I'm going to miss Gore Bay, I like small towns better than large areas. But we are leaving due to family reasons.”

...MS Chi-Cheemaun ferry's 2023 schedule

...continued from page 3

depart South Baymouth at 11 am, 3:30 pm and 7:45 pm.

The fall off-peak schedule begins September 6 to October 16, following the same times as the spring off-peak schedule (with an additional sailing taking place Monday, October 10).

Fares effective May 6 will see an adult pay \$18.50 one-

way and \$30.55 return. Vehicles up to 20-feet long will cost \$49.10 on-peak and \$38.75 off-peak, with an over-length per foot charge of \$2.45 and off-peak \$1.95 per foot. Large vehicles up to 20-feet long are \$99.40 one way in peak hours and \$83 off-peak. Over length charges are \$4.95 peak and \$3.90 off-peak.

All reservations must check-in at the ticket booth at least one hour prior to sailing time or space will not be held. Cancellations are fully refundable up to 48 hours prior to reserved departure. With 50 percent refundable between 48-24 hours prior to reserved departure. Cancellations are not refundable within 24

hours prior to reserved departure. No-shows will receive no refund.

There are no longer any capacity restrictions due to COVID-19, but face masks must be worn in all indoor spaces on board. No proof of vaccination is required and food and beverage services are now available.

Passengers are requested to self-screen prior to travel.

Pets must always remain on leash or in cage with owner. There are pet designated areas on the outside cafeteria deck. There are exceptions for certified assistance dogs.

Full information on the schedule can be found online at ontarioferries.com.

...Const. Steve Redmond rides 300 km

...continued from page 3

proper clothing on to handle these difficult conditions. The riders reached speeds of between 13-36 kilometres per hour depending on whether they had wind behind them.

“You know when you bike 100 kilometres each day you are bound to be tired,” stated Constable Redmond.

“I think we raised about \$17,000 on the ride, but I don't know if donations are still coming in,” said Constable Redmond.

“We were very well received in each of the communities,” stated Constable Redmond. “In Fort Albany, for example, they had a dinner ready for us at the Women's Centre, which is part of the local school. The OPP commissioner was presented with sage and sweetgrass by members of the community. Also, in Fort Albany the deputy chief of the community and some of the councillors, and the vice-principal of the school met us 11 kilometres outside of the community and rode in with some of the fat bikes that



Manitoulin OPP Constable Steve Redmond, a member of the OPP Cycling Team was one of five riders who took part in the James Bay EPIC Fat Bike Ride up the James Bay coast, from Moose Factory to Attawapiskat, last week.

they had received.”

“We received a lot of support along the way on entire ride,” said Constable Redmond. “Along the way we received a lot of waves from people and honks on their vehicles as they passed us,” continued Constable Redmond. “It was kind of a novelty for the residents in the communities, you don't generally see fat bikes on the roads north in winter.”

New Hope Community Bikes partnered with the OPP, Ontario Cycling, and the Nishnawbe Aski Police Service, along with the communities on the west coast of James Bay to bring about this epic event.

“Our aim is to partner with each local community to initiate youth bike programs, safe cycling education, skills and resources,” a release explained.

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Bahá'í Writings

By investigating the truth or foundation of reality underlying their own and other beliefs, all would be united and agreed, for this reality is one; it is not multiple and not divisible.

—'Abdu'l-Baha'

To find out about local activities please email manitoulinbahais@gmail.com or call or text 705-210-0529 www.bahai.ca www.bahai.org

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...Regional chief applauds \$2.8 settlement

...continued from page 3

tlement and its unique structure,” Justice McDonald said. “As Canada remarked, the \$2.8-billion settlement is not intended to put a value on the losses suffered by the Band Class members, as that is an impossible task.”

Justice McDonald called the agreement historic and transformational but said the settlement does not release the federal government from future lawsuits related to children who died or disappeared at residential schools.

Justice McDonald told the Canadian Press, “I am satisfied that the settlement is fair, reasonable and in the best interests of Band Class members. The settlement agreement is therefore approved.”

In January the federal government had reached the settlement with the plaintiffs, but the federal court also had to give its approval on the settlement.

Two British Columbia First Nations, the Tk'emlups to Secwepemc, and the Shishalh

had brought forward the lawsuit more than 10 years ago for members who were ineligible for the 2006 settlement reached between Canada and full-time students at the schools.

The settlement will now go into an appeal period, after which the money would then be transferred to a not-for-profit managed by a board of Indigenous leaders.

Affected Indigenous communities will each get to decide what to do with their settlement funds, based on the ‘four pillars’ principles outlined in the agreement. They include the revival and protection of Indigenous language as well as culture, the protection and promotion of heritage and the wellness of Indigenous communities and their members.

Justice McDonald’s decision also explained that the funds and their proceeds cannot be used to fund individuals or commercial ventures, be used as collateral to secure loans or as a guarantee.



Theatre for a cause

Manitoulin Family Resources (MFR) Children’s Services Program Director Diana St. Pierre accepts a cheque for the MFR Food Bank from Espanola Little Theatre (ELT) president Jason Morrow. The cheque for \$816 comes from funds raised by ELT during a recent Murder Mystery Dinner Theatre held at the Little Current Royal Canadian Legion Branch 177. The cast of the production votes on which local charity will receive the donation and MFR’s food bank was their unanimous choice.



NOTICE BOARD

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TENDER OPPORTUNITIES

Cemetery Maintenance (Grass Cutting)

The Town of Northeastern Manitoulin and the Island is looking to enter into a four-year contract for the services of grass cutting and cemetery maintenance.

Contracted services will be for the term of Spring 2023 to Fall of 2026 with services being required for the months of April to October

Cemetery Maintenance (Grave Opening and Closing)

The Town of Northeastern Manitoulin and the Island is looking to enter into a four-year contract for the complete services for the opening and closing of all grave sites in its municipally owned cemeteries.

Contracted services will be for the term of Spring 2023 to Fall of 2026 with opening and closing being done for the periods of April to December

Rural Park Grass Cutting and Maintenance

The Town of Northeastern Manitoulin and the Island is looking to enter into a four-year contract for the services of grass cutting maintenance at our Rural Parks.

Contracted services will be for the term of Spring 2023 to Fall of 2026 with services being required for the months of April to October.

Please ensure you read the tender documents carefully – full documents can be found on our website (townofnemi.on.ca) or picked up at our office

Submissions accepted no later than March 30th at 12:00 noon

Tender Opportunity

Supply of tandem snowplow truck, sander box, plow, wing, harnesses and pump

Requests for additional details and/or clarification should be directed to

Wayne Williamson, Manager of Public Works (705) 348 2200

TENDER CLOSURE DATE: March 30th

12:00 noon

Complete tenders must be delivered electronically to the attention of the Town Clerk, Pam Myers, clearly marked

“tandem snow plow truck”

EMAIL completed tenders to pmyers@townofnemi.on.ca

THE LOWEST OR ANY TENDER NOT NECESSARILY ACCEPTED



NOTICE BOARD

14 Water Street East (Post Office Building)
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DID YOU KNOW...

Now that we have SPRUNG ahead it's a great time to check the batteries in your smoke detectors!

With the warmer weather coming please be cautious on the ice - conditions may change rapidly.

Poop and Scoop - this is important and an owners responsibility, however, with the snow melting droppings are even more visible. Please be a responsible owner.

Notice of Meetings

The Town of Northeastern Manitoulin and the Islands is now offering hybrid meetings. Come and join us in the Council Chambers located at 14 Water Street or join us via Zoom by using the following

Meeting # 489 313 1974

Or call

1-587-328-1099

Our Council meetings are held on the first and third Tuesday and Thursday of the month.

HALF LOAD RESTRICTIONS

Right be advised effective, March 3, 2023 Half Load restrictions are in effect until further notice.

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We currently have ice time available for rent

Email: rtaylor@townofnemi.on.ca

to book your time now.

Mind, Body and Spirit Seniors (55+) Activities

Thursdays: Sit Fit with Betty Parr at 1 pm. Fun way to get moving at your own pace.

Mondays at 5:30 pm and Tuesdays at 6:30 pm: ZUMBA with Casey Boisvert.

Free Workshops with Barb Baker

All sessions are held at the NEMI Rec Centre and start at 12 pm to 2 pm

March 22nd – Staying Engaged in your community as you age

March 29th - Learning to use spices when cooking

Learn How to Sessions

Pre registration is required lhallaert@townofnemi.on.ca

Learn the secret to making Eclair's!

Join us at the NEMI Rec Centre Kitchen

March 20th at 6:30 pm

Cost is \$20 all supplies provided

Learn to Make a Fun Easter Wreath

Join Paulie Nodecker in the NEMI Lions Den

March 21st at 6:30 pm

Cost is \$50 all supplies provided

Learn to Paint like Bob Ross

With Mary Dillen in the NEMI Lions Den

March 25th from 10 am to 4 pm

Cost is \$60



...Wiky Tourism wins top honours

...continued from page 1

"This has been an incredible conference so far, with inspiring speakers such as retired Senator Murray Sinclair and Indigenous tourism leaders from around the world. This is truly an honour," said Mr. Wassegijig. "Wiikwemkoong Tourism offers authentic Indigenous experiences that reflect the cultural lifestyles and traditions of the Anishinabek people of the Three Fires Confederacy-Ojibwe, Odawa and Pottawatomi. We welcome you into our rich history through our nature-based and culturally significant tourism experiences. Our local Anishinaabe cultural guides take you on meaningful journeys through time. You learn the legends of our people while exploring the lands and waters of Wiikwemkoong," their website explains.

"You can embark on a guided hike on the Bebamikawe Memorial Trail with scenic lookouts across the Georgian

Bay coastline and through ancient forests. Our stories and the tales we share as we hike together will engage your imagination. With an added culinary experience, you will forage for natural ingredients used in our selected choice



of meals. These seasonal plants, combined with wild game, fish, birds and teas will refresh and replenish you after your journey. Traditional Anishinabek food is prepared in an outdoor kitchen, over an open fire at the newly constructed outdoor culinary space. You will enjoy hands-on pre-colonial cooking experiences led by our Anishinaabe chefs in authentic traditional ways."

"You might paddle the night skies or discover what lies beneath the surface of the pristine waters of Georgian Bay. Travel through time in our unceded journey, a transformational tour of the true history of Manitoulin Island."

...calls for Island-wide landfill discussion

...continued from page 1

heads together maybe we can find ways to handle the waste in a better and more environmentally conscious way," said Councillor Grogan. He said Billings is one of the only communities on the Island that currently has availability to a dumpsite, but still has concerns because some day this will end. And he said like other municipalities there is an influx of seasonal residents on the Island in the summer who also use the waste services. But there is not enough of a population for the entire year to have some of the recycling programs involving huge amounts of waste to be deployed.

"And having transfer stations set up, to have waste transported off the Island is not the best environmentally responsible answer either," said Councillor Grogan. He said with proper composting and glass recycling between 40-42 percent of waste can be diverted from dumpsites.

"By all working together we might have enough waste on the Island to look at having processing plants even smaller scale, on the Island, for things like corrugated

products," said Councillor Grogan. "Glass can be processed and there are recycling programs for plastic and batteries. The technology for all this type of stuff is out there. With our population base in Billings we don't have the population or amount of waste to sustain any type of processing plant, but if we can get and work together, with a population of about 12,000 people maybe we can do something that will benefit everyone. Even if we reduce the number of trucks that are carrying waste off the Island would be a positive."

Councillor Grogan stressed, "but I can't do anything without first bringing forward a motion to council, and have their support, to discuss the waste issue with our neighbouring communities on the Island."

"I would just like to see a discussion on this issue with all municipalities around us on the island to discuss issues and ideas," continued Councillor Grogan. "As long as we are unified maybe we can find better ways to deal with waste."

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THE WEEKLY WORD SEARCH

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NEW

2023 CHEVROLET SILVERADO 1500 ZR2
6.2L 8CYL, TAN, 4X4
\$91,053

NEW

2023 BUICK ENVISION PREFERRED
2.0L 4CYL, CINNABAR RED, AWD
\$42,898

NEW

2023 GMC SIERRA 2500HD DENALI
6.6L 8CYL, WHITE, 4X4
\$105,353

2016 DODGE JOURNEY CVP/SE PLUS
2.4L 4CYL, WHITE, FWD
\$17,000

2021 GMC CANYON
3.6L 6CYL, RED, 4X4
\$43,405

CROCHET BASICS WORD SEARCH

E N I A H C D I D R V B T H G I R D I Y
E V B R N N G G N O R W A N A W U L I I
G D U W E S K E I P W K E C A L P V P P T
W H L E S P D E C R E A S E S D N U O R
T V G R N K E T E L T O A G R I H H H D
S E P U O W D A L O T U P S G N Y G S N
I L R K O W S U T Y C P N N C C D G E A
S T T K O U W G W I O Y I H D R P P C W
S E C T S S W L V O S N D H C E E C N S
N I C A B P E W L I N N L E H A R E U H
K W N C A R N B E R B I E N G Y O D S G L O O
E H Y G P O N I G U L D O S E E P L Y D
O L G H L S C E W B K K S B E I V P L S
P W N L P E B H N L D V R R I Y S O Y B
A I R K T I Y V E U Y T E E T G L P Y S
D D O U B L E G L T T T L R E V E R S E
C N U V P S H C A G S B N L G A T P T C
A I E D I S T H C U E I U Y W R I O G E
W Y D R H G R S L R K O W E K T V G G P
N S U P K A R C T R E V O N R A Y N P L

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- BEGINNING
- CHAIN
- CLUSTER
- CROCHET
- DECREASE
- DOUBLE
- HOOK
- INCREASE
- LOOP
- OUNCES
- PLACE
- REPEAT
- REVERSE
- RIGHT
- ROUNDS
- ROW
- SIDE
- SINGLE
- SKIP
- SPACES
- TREBLE
- WRONG
- YARN OVER



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...Island man part of Team Ontario hockey triumph at Canada Games

...continued from page 1
winning team.

“Yes, it was very cool to have Jack (Nesbitt) as a player on the team. By the end of the tournament, we had a little support system built up between each other,” stated Dustin Peltier, video coach for Team Canada who lives in Little Current and is a Wiikwemkoong band member. Jack Nesbitt was a left winger and a pivotal player on the team.

“I was aware of Jack before the tournament, and he was aware of me,” said Mr. Peltier. “We got to know each other through the tournament being on the same team.”

Mr. Nesbitt, who is the captain of the Lambton Junior Sting AAA U-16 team in Sarnia, where he grew up and lives, pointed out his grandmother is originally from Wiikwemkoong. “I didn’t really know about Dustin, but my uncle knows him through coaching. Oh yes, it was great getting to know him, he is an excellent coach.”

The Canada Winter Games experience, “was amazing,” said Mr. Nesbitt. “Everything about it was fantastic. From training camp in Kitchener getting to know all the guys on the team, and then going to PEI, staying at the University of PEI and winning goal was incredible.”

“It was an amazing experience,” stated Mr. Peltier. He said the team spent a week before the Canada Winter Games in training camp in Kitchener, where the “team got to familiarize itself with everyone and the team system and setup we had for the tournament.”

The nine-day tournament was hosted in Charlottetown, Prince Edward Island, with Team Ontario playing their round-robin games in Summerside, PEI.

“This was probably the biggest stage these young athletes have ever been able to perform at,” said Mr. Peltier. “It was very much like the Olympic Games and the level play in the under 16 category. These players are like young professionals with the way they execute and the speed of the game. All these players will be up for the Ontario Hockey League (OHL) draft, and everyone will be high on the draft list.”

“Yes, for sure this was the biggest highlight of my career,” said Mr. Nesbitt

“I had a little confidence going into training camp. I gave it my all and felt even if I didn’t make the team I had no regrets, I had given my best,” said Mr. Nesbitt. He played left wing in the tournament, a change from his usual centre position.

“I think I played well in the tournament. I played a lot in the finals,” said Mr. Nesbitt, who scored one goal in the tournament but was a force throughout the tournament. He also played on the penalty killing line for Team Ontario in the tournament.

After winning their opening game of the round-robin, Team Ontario dropped its next decision in overtime. “It is sometimes good for a team to face a little adversity. In our first game against BC the team showed a lot of talent and



Two members of the Team Ontario hockey team that won the gold medal at the 2023 Canada Winter Games, Jack Nesbitt, fourth from left standing and Dustin Peltier, far right, second row, have strong family ties to Manitoulin Island.

RIGHT: Golden! Dustin Peltier, left, and Jack Nesbitt, who both have strong ties to Manitoulin Island were members of the Team Ontario hockey team that won the gold medal at the 2023 Canada Winter Games in Prince Edward Island. Mr. Peltier was a coach on the team, while Mr. Nesbitt played forward.



skills, but we didn’t show as much as compete in the second game. But after that, things really turned around for the team.”

Team Ontario won its last game of the round-robin then won its quarter-final game and defeated BC in the semi-finals in a really exciting, fast paced and high-scoring game 8-6.

In the gold medal game against Saskatchewan, Ontario found itself down 2-0 after the first period but had tied the game up by the end of the third period, sending the final game to overtime.

“It took almost 29 minutes of three-on-three overtime when we notched the winning goal,” said Mr. Peltier. “There was chance after chance for both teams, back and forth, and both goalies played outstanding.”

“It was nuts,” stated Mr. Nesbitt. “We came back in the third period, scoring twice and in overtime we knew we just couldn’t lose this game.”

“Jack was a core player in the tournament for us,” said Mr. Peltier. “He definitely saw ice-time in the overtime period of the final game.”

Although it was difficult to compare, Mr. Peltier said this gold medal was probably the most memorable hockey experience he has had. He was general manager for the gold medal winning Team Ontario at the National Aboriginal Hockey Championships last year. “I mean the National Aboriginal Hockey Championships was similar, with Indigenous teams from every province in the country taking part. But this tournament included everyone (Native and non-Native). And there were kids in the many other sports held as part of the games, so it definitely had an Olympic style feel to it.”

Mr. Peltier was video coach for Team Canada at

the Canada Winter Games and last May was manager for Team Ontario for the National Aboriginal Hockey Championships. The team won the gold medal last year.

“Around July of last year I had people reach out to me from the Coaches Association of Canada and the Aboriginal Sports Circle,” said Mr. Peltier. “They kind of recommended me for the position with Team Ontario (at the winter games) and put me in touch with the manager and Team Canada coaches. It just seemed like a good fit for all of us and it went from there.”

Mr. Nesbitt told

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CBC News that he was nearly in tears when he learned he would be part of Ontario’s roster at the Canada Winter Games. He said the gold-medal game was “the most incredible I’ve felt in my whole life.” As someone who had never played at the provincial level, he said he had to adjust to both the faster pace and playing as a left winger, as opposed to his usual role as a centre. He said he hopes to be on the same team with Mr. Peltier in the future.

It was Mr. Peltier that suggested to Team Ontario to watch Nesbitt play at a tournament in September. The team managers were ready to pick him after his first shift on the ice, he said.

“Video coach was my title for the Winter Games, but there is definitely more to it than it sounds,” said Mr. Peltier. “In hockey video is used extensively. After every game we would break down the video with the players and coaches. And in games I was utilized a lot. I was stationed in the press box and whenever I saw a need for tweaking something we were doing, or there were any concerns or things I saw that we were doing really well or could improve upon at the period intermission I would go and talk to our coaches as to what I had seen noticed. They would use this information as direct input into their intermission speech to the team.”

Mr. Peltier has been a scout for the Moncton Wildcats in the Quebec Major Junior Hockey League for the past four years and he has coached minor hockey in the past. He has also held a position on the business development team with the Ottawa Senators of the National Hockey League. He lives in Little Current, but “I’m travelling a lot. I will be in Toronto three weekends this month for example. I am looking for diamonds in the rough.”

“I will be the general manager for Team Ontario at the National Aboriginal Hockey Championships this May in Winnipeg,” continued Mr. Peltier.

Treasured quilts made by local Anishinaabe artists on display at Ojibwe Cultural Foundation

by Tom Sasvari

M'CHIGEENG—From treasured quilts made when there were births in a family to those who made quilts in memory of a loved one, the Zaagidowin gii-dgowngaade (made with love) quilt display at the Ojibwe Cultural Foundation (OCF) in M'Chigeeng will be enjoyed by all those who love quilts. This is a community-focused exhibition showcasing the treasured quilts made by Anishinaabe artists, community members and their families on Manitoulin Island.

"Today's opening of this quilt exhibition Zaagidowin gii-dgowngaade (made with love) is made up of the works of quilters in four communities on the Island, Wiikwemkoong Unceded Territory, M'Chigeeng First Nation, Zhiibaahaasing First Nation, and Birch Island," said OCF curator Shaelynn Recollet. "The majority of the 17 quilts are hand made and not using a machine." The list of quilts includes quilts from OCF's permanent collection.

"This exhibition is meant to showcase artists who don't normally get much recognition for these works and have had the quilts at home," said Ms. Recollet. "They are secret treasures that the artists have been hiding at home. They are colourful, bright and creative."

"Quilting has always been a communal activity, an occasion for grandmothers, mothers and many gen-



Marion McGregor is shown with her great granddaughter Delia, who was the inspiration for the former to make this beautiful baby blanket quilt. The quilt is one of 17 currently on display at the Ojibwe Cultural Foundation (OCF) in M'Chigeeng First Nation.

erations of Anishinaabe men and women to gather, socialize and work together to create blankets for loved ones or to provide for their families," said Ms. Recollet.

Georgina Toulouse told the gathering, "through laughter and stories shared while sitting around the frame and hand-sewing pieces together, many hands come together to complete quilts that remain within a family for years to

come. To receive a blanket through inheritance or as a gift to celebrate life and one's accomplishments, is always an honour and it connects us to family and community members who may no longer be physically with us."

"A quilt is an expression of the makers' time, talents and skills," said Ms. Toulouse. "A meditative and slow process that sees the quilter putting love in every



One of the 17 beautiful quilts on display at the Ojibwe Cultural Foundation as part of the Zaagidowin gii-dgowngaade (made with love) on exhibit until May 31.

stitch and giving prayer from start to finish; honouring those that came before them and blessing the many generations to come."

"These quilts can be elaborate in their design, through their use of printed/colour fabric and the stitching itself," continued Ms. Toulouse. "Other embellishments such as applique and the inclusion of ties and buttons come together to create a united piece that depicts a narrative of personal and cultural significance."

"The ingenuity of and the resilience in the act of being able to take scraps of fabric and create intricate

designs and whole quilts that tell stories and represent generations of love is a tradition that all Anishinaabe artists and crafters seek to continue: to create something meaningful, out of what we have available, for others to enjoy," continued Ms. Toulouse.

"Such quilts are pulled out occasionally either for the purpose of ceremony or unfolded from the closet and placed on beds come the cold of fall and winter," said Ms. Toulouse. "They are seldom shown beyond a family home."

"Zaagidowin gii-dgowngaade (made with love) seeks to showcase the talent

and love of our grandmothers, grandfathers, mothers, aunts, uncles and community members through a community-focused exhibition of these beautifully patterned and humble quilts. We hope to create an exhibit that honours their memory, provides a similar sense of comfort, and inspires a new generation of crafters," read Ms. Toulouse.

The list of quilters whose works are now being shown at OCF includes Rita L. Corbiere, Rose Toulouse, Marion McGregor, Linda Lewis, Barbara Ann Riley, Georgina Toulouse, Evelyn Toulouse, Louise Bebo-nang, Josephine Eshkibok, Lillian Debassige, Nora Debassige, Cheryl L. Mishibinijima, Georgina R. Toulouse, Kara Peltier, Isadora and Bonita Bebamash, Donna Roy, Theresa Wabegijig, and Marie Eshkibok-Trudeau.

Marion McGregor told The Expositor the baby blanket quilt she made "was done in 2013, when my great granddaughter Delia, who turns 10 this year, was born."

Georgina Toulouse, a graduate of the Ontario College of Art, made framed applique wall hangings and she said family members who were quilters formed the basis of her interest in quilting from a very young age.

The quilt exhibition is on display at OCF until May 31.

...Autumn Peltier featured on chocolate bar

...continued from page 1 woman taking action to build a more positive future. This is part of a global initiative from the Hershey Company, which has been ranked as the world's top female friendly company, to shine light on the voices of more women making an impact in their communities. Hershey Canada has also pledged \$40,000 to Girl Up, an organization providing young women with the training, tools, and community to build leadership and accelerate social change.



Autumn Peltier of Wiikwemkoong Unceded Reserve is one of five women being recognized by Hershey Canada, which has partnered with Girl Up, to highlight young Canadian women taking action to build a more positive future in celebration of International Women's Day March 8. They have launched five limited-edition Her for She chocolate bars.

"HER for SHE 2023 is a powerful and exciting continuation of the inaugural 2022 Canadian campaign, which brought exceptional women's stories to light, and allowed many Canadians to join the conversation. Last year's initiative exemplified Hershey Canada's larger values and commitment to support and advance gender equity," said Brittany Chopra, senior marketing manager at Hershey Canada. "We're so excited to extend the message even further in 2023! Having the bars on sale across Canada only serves to amplify women's voices and stories and will encourage more Canadians to spotlight those making change in their own communities."

"As a society it is ever more important to continue to uplift and recognize the strength of all women," said Ms. Peltier, who is excited to see her bar wrapper and story come to life. "Everyone deserves a seat at the table. There is power in the word 'she.'"

"The HER for SHE cam-

paign is crucial to empower women to become leaders and to teach young girls that anything is possible," said Rita Audi of the easy decision to collaborate with Hershey Canada. "By featuring the accomplishments of local women, Hershey's raises awareness of both the progress we have made towards gender equality and the amount of work we still have to do."

This year's HER for SHE initiative spotlights five Canadian women working to build a better future through their passion, activism, and work in their communities. Autumn Peltier, Indigenous rights and water activist; Fae Johnstone, 2SLGBTQIA+ advocate; Rita Audi, gender and education equality activist; Naila Moloo, climate tech researcher; and Keliicia Massala, founder of Girl Up Quebec.

Hershey Canada worked with Toronto-based mural artist Gosia Komorski to bring the women's stories to life on limited-edition Hershey's Cookies N'

Creme and Hershey's Whole Almond bars. Together with accompanying video spots produced in collaboration with Mint, the bar wrapper designs illustrate how each woman is using her voice and advocacy to contribute to lasting change.

To further drive the conversation and support Girl Up, Hershey Canada is calling Canadians to celebrate the incredible women around them by shouting them out on @hersheyscanada's Instagram channel. This call to highlight more women making an impact will not only highlight more women across the country, but will also incite donations to Girl Up. For every comment on #HerForShe posts (until March 18), Hershey Canada will donate \$1 to the women's leadership organization. This social media-driven initiative will be bolstered by an additional \$30,000 donation to Girl Up.

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Lakeview School takes innovation approach to Anishinabemowin learning

by Michael Erskine
M’CHIGEENG—Learning a language when you are immersed in a culture with a different language is not easy and often less than fun for some students, but educators at Lakeview School in M’Chigeeng First Nation have come up with an innovative way to engage students in building their knowledge of Anishinabemowin—claymation, or stop-motion filmmaking.

Under the tutelage of Anishinabemowin instructor Lisa McGregor, students at Lakeview School have been creating animated film shorts in the language. “I am so proud of the work the students have all put into their projects,” said Ms. McGregor, who pointed out that the school year has been fraught with absences due to illness. “The work that they have done is amazing.”

Hard work might be a bit

of an understatement. The students utilized a process called claymation, a form of stop-motion animation where each animated piece, including characters and some backgrounds, are usually constructed out of a malleable substance, typically plasticine clay. Each frame is then recorded on video, edited and then played back in rapid succession, giving the illusion of movement. “Each video takes hundreds and hundreds of shots,” explained Ms. McGregor.

The characters, props and backgrounds depicted in the animated shorts were each lovingly sculpted by the Grade 4 to Grade 8 students out of clay and then carefully shot, frame by frame, before editing.

Students provided the voiceovers for the action on screen completely in Anishinabemowin.



The stop motion animation involved hundreds of frames being shot and then shown one after the other, much like a flipbook.

Anishinabemowin teacher Lisa McGregor takes the audience through the short animated film clips created by the students with stop motion claymation.

The clay sets and characters were on display on tables around the gymnasium at Lakeview School during a recent screening of the films, ‘Waabigan Miziniinsag Dibaaj-moowaansan Mizinaatesjigaanhs Bi-Ganawaamn-jigek.’ Howls of laughter accompanied each storyline, a sure indication that the young audience comprised of students, family members and caregivers were following along.

“I thought there is no reason it should be only me to

see their work,” said Ms. McGregor. “They did a lot of work.”

“We used online software for the filming,” noted Ms. McGregor, a necessity due to the lack of sufficiently powerful laptops to go around. “We had to use Chromebooks, we only had five laptops spread out over all the students.” The editing software used by the students was Adobe’s Premiere Rush.

Despite the lack of film resources available to the students, the end results

photos by Michael Erskine

were quite amazing and remarkably professional, given the interrupted timeframes and the budding filmmakers tender years.

“This was just amazing,” said M’Chigeeng Ogimaakwe Linda Debassige, who joined the audience members during the screening of the student films. It was a theme shared by Anishinabe historian Alan Corbriere, who also attended the screenings. “We didn’t even have internet when we were in school,” laughed Mr. Corbriere.



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...Abbie Drolet hanging up her coaching skates after 27 years

...continued from page 3
goal has been attained.

"In the past, the way the system was set up a large part of the skill development had to happen before you could advance," she said. "Now there is a much better continuum of devel-

opment, with each skill level leading into the next."

The result is a more efficient system, but also a system that places a lot less financial burden on participants and their families. Instead of having to pay \$250 for a regional trainer

the fees are now a much more accessible \$12. "And you don't have to wait a year," she said. "You can progress at your own level."

The club also now does not have to bring in evaluators at great expense.

Among the local changes has been the establishment of a lending skating library of equipment. "Who can afford to spend \$700 on a pair of skates, especially if you are in a growth spurt and need a couple of pairs a season?" she said. "It is important to have good skates, for safety in particular." Now the skates can be borrowed and returned

when the skater is finished with them.

Figure skating can also now be taken on at any age, so adults can take part as well.

Ms. Drolet stresses that she will still be very involved in figure skating, despite stepping back from coaching. The kind of passion that has driven three generations of women to devote countless hours of time and treasure to their art doesn't easily fade.

RIGHT: Abbie Drolet announced she would be retiring as head coach of Skate Canada Manitoulin after 27 years in the role.



...Sea Cadets take top marks

...continued from page 3

other three areas holds their competition we will not know if our marks are high enough that we qualify (for the provincials)."

The last time a similar competition was held in Sudbury was in 2020 due to the pandemic. "Four of our five team members had never attended this competition in person until Saturday," said Mr. Blake.

"I want to also mention we get great assistance and cooperation from the Branch 177 Royal Canadian Legion in Little Current. They allow us to use their facilities for marksmanship practice every week. They are very good to our program," added Mr. Blake.



Members of the Manitoulin #348 Royal Canadian Sea Cadets Corps marksmanship team finished in first place in a zone competition held last Saturday in Sudbury. From left are team members team captain and Chief Petty Officer second class Rhys Allison, Chief Petty Officer second class Lydia Pennings, Leading Cadet Austin Flikweert, Master Cadet Elizabeth Hazlitt and Master Cadet Samuel Pennings.

2023 Bluegrass in the Country lineup is set for Prov Bay

by Michael Erskine

PROVIDENCE BAY—There were concerns about the fate of Bluegrass in the Country, the popular Manitoulin Special Olympics (MSO) fundraising music festival, when its founder and main driving force Brother John Featherstone announced he would be moving out west last year, but Brother John was not one of those worrying—he expressed at the time confidence that volunteers would step up to continue the legacy. He was right.

As the only actual fundraising event for MSO, Bluegrass in the Country plays an important role in ensuring that Island Special Olympians can continue to compete in their various categories of sport.

Long-time volunteer with the music festival, Ben Lentir, has taken on the job with plenty of long-distance mentoring by Brother John.

Bluegrass in the Country will take place at the Providence Bay Fairgrounds June 8 to 11, with all proceeds going to MSO.

The Next Generation Leahy will be headlining this year's festival, with groups such as Denis Lepage and Highbanks, Ben Lentir, Jim Beech, Larry Carriere and Different Picks, George Williamson and Cole Hughson, The New General Storw, Robbie Shawana, Ellie Maxwell and Avery Drive filling out the lineup.

The siblings known as The Next Generation Leahy are all accomplished multi-instrumentalists, whose live performances are "filled with the high-energy, infectious

music associated with the Leahy name. These amazing young artists not only play the music of their Celtic heritage but stretch their talents to explore many genres of music, pulling in influences from far and wide. Utilizing fiddle, cello, French accordion, vocals, piano and French-Canadian step-dancing, they bring their unique style of music to life.

"We are very excited to be able to continue to bring bluegrass to Manitoulin," said Mr. Lentir. "There are a lot of people who are giving generously of their time and talents to help make this happen."

Camping is available for the weekend, \$60 with hydro and \$40 for rough camping. Camping is available for weekend pass holders only.

It pays to get your tickets early, as adult weekend passes are \$55 in advance (\$60 at the door), advance youth weekend tickets are \$40. Friday night adult tickets are \$40 and all-day Saturday tickets are \$50. After 5 pm on Saturday, adult tickets are \$40—add \$5 on each of those process if paying at the door. Sunday, as is the tradition, is free.

One of the popular Bluegrass in the Country extras is the annual Bluegrass Dinner Cruise. The cruise will take place on Thursday, June 8, departing at 6:30 pm. Tickets are \$85 per person and can be obtained by calling North Channel Cruise Lines at 1-800-268-8222.

Tickets for Bluegrass in the Country can be purchased at The Expositor office in Little Current or online at bluegrassinthecountry.net.

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Canadian Agricultural Safety Week • March 12-18

Evansville farmer sustains serious injuries following tractor mishap

by Tom Sasvari
 EVANSVILLE—October 2, 2021 is a day in the life of John Deeg that he will never forget. It was a day that he was lucky to escape with his life when a farm accident almost took his life.

"If my story can remind someone to make sure their tractor, farm machinery is in neutral that would be good," said John Deeg. "I don't want anyone to go through what I did."

The incident took place a year-and-a-half ago, on October 2, 2021. "It was just like any other day, any day working on my farm in the afternoon," said Mr. Deeg. "My tractor quit on me, so I got off the vehicle to check the fuel. I had to bleed the fuel line."

"I was going to turn the engine over to prime itself from there." He started the vehicle, however, "I had forgot to check if the tractor was in neutral," said Mr. Deeg. "I was standing in front of the back wheel and had just turned the engine over when the tractor started moving and ran right over me."

The tractor knocked over Mr. Deeg, who fell to the ground, and ran him over. "The vehicle went up my leg, and my back and just missed my head."

Mr. Deeg sustained a crushed femur, back and pelvis and 12 broken ribs (six that were broken from



John Deeg sustained serious injuries on his farm in 2021 when he was run over by his tractor. This photo illustrates how accidents like this can happen.

the front and back) and a damaged shoulder. "I tore an AC joint, basically it tore my collarbone off the shoulder blade. There was also some damage done to the vertebrae in his neck."

"I rolled over after the wheel went by and was lucky; if the disks on the hydraulic lift on the tractor had been down, I wouldn't have made it," said Mr. Deeg. "There was no one at

home at the time so I called 911," said Mr. Deeg, who said that it was fortunate he had his cellphone in his pocket and was able get it out and make the call. "Some of us old guys don't want much to do with new electronics but the cell phone probably saved my life."

He said from the time he called 911 to the ambulance arriving at the scene proba-

bly took between 25-30 minutes. "It seemed like a long time, but the paramedics got to me fast. The person I was talking to on 911 kept me talking and asked if there was anyone they should call and I told them my wife Delena. I gave her the number and called and Delena was there a few minutes later."

"I was afraid to move at all, because I wasn't sure if

my back was broken," continued Mr. Deeg. "The paramedics put an ambulance board under me." He pointed out they had tried to get the Ornge emergency helicopter to the scene, but they were in Killarney at that time.

"They (paramedics) took me to Mindemoya Hospital, and I was taken to Sudbury hospital," said Mr. Deeg. "I was conscious until we got

to Mindemoya, then shock started to set in. I do remember the doctors and everyone on hand putting me in the helicopter. And I know they gave me blood on my way over to Sudbury hospital. Yes, it was tough and go for awhile."

"I spent a lot of time in a rehabilitation centre in Sudbury because I had several surgeries, and things wouldn't heal as quickly as we had hoped. I spent nine months at the rehab centre."

"I got back home last June," said Mr. Deeg. "I can walk, not very far, with a cane. And right now I still have quite a bit of pain when I walk. That is what this latest (fourth) surgery is supposed to repair."

Mr. Deeg was to have surgery again last Friday. "My femur never healed properly, it was crushed so bad in the incident. The doctors aren't planning to replace the whole femur, but from the pelvis to the knee."

"No, what happened to me is not very common, but I can tell you different people that have had similar incidents," said Mr. Deeg. "It was my own fault for not checking to see the vehicle was in neutral. When the tractor was stopped I didn't think to pull it out of gear. The message here is don't forget to miss any steps when it comes to safety."

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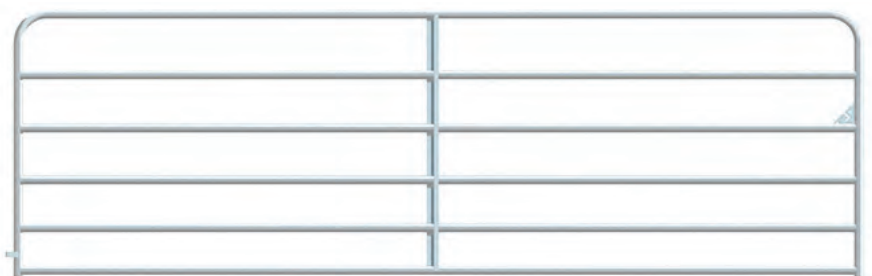
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Canadian Agricultural Safety Week • March 12-18

Farmers experience poorer mental health than other Canadians; farm-centric supports needed

by Lori Thompson,
Local Journalism
Initiative Reporter

ONTARIO—Farming is one of the most stressful occupations in the world. National surveys conducted in 2016 and 2021 showed that farmers in Canada experienced greater mental health challenges than the general population. The 2021 National Survey of Farmer Mental Health led by Dr. Andria Jones-Bitton revealed that more than 60 percent of farmers are more susceptible to chronic stress and more than half of farmers met the classification for anxiety.

It's not always easy to follow the link from research study to applications in the real world. At the inaugural National Symposium on Agricultural Mental Health held on March 8, researchers and leaders in agricultural mental health came together to share the research and the programs and services that are direct outcomes of this recent research and studies completed across Canada.

"The value of bringing together people and organizations that care about mental health in agriculture has only increased in this past few years," said Camille Quenneville, CEO of Canadian Mental Health

Association, Ontario Division (CMHA Ontario). "All of us in the agricultural community continue to face constant, competing and growing demands, adding to their stress and putting additional strain on their mental health. Navigating these aspects through the pandemic and the changes that have come with it is challenging to say the least."

CMHA-Ontario is actively working to support agriculture mental health in Ontario through its Guardian Network and other wellness programs, part of the Agriculture Wellness Ontario suite of programs. The Guardian Network is a voluntary suicide prevention network that supports the farming community in Ontario. Suicide rates among farmers in Canada are two times the rate of the general population.

The results of the 2021 survey also showed that 45 percent of farmers were classified as having high stress; almost 60 percent met the criteria for an anxiety classification; more than 30 percent met the criteria for a depression classification; and 40 percent reported that they would feel uneasy seeking professional help.

One in nine Canadians



Canadian studies show that farmers experience greater mental health challenges than the general population.

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work in the agriculture sector in Canada. Few sectors have this much impact on a national or even world scale, but there is less connection between farmers and consumers which can really impact a farmer's mental health, said Lauren Van Ewyk of the National Farmer Alliance.

The total area of farmed land has been shrinking since 2001, she noted. "In Ontario, we lose 319 acres a day and there's actually an increase in pressure on farmers to grow more on less."

In 1931, one in three people were part of the farm population and in 2016 that number was one in 58.

As a practicing veterinarian, Dr. Jones-Bitton was hearing a lot of stories about farmers struggling with mental health and wanted to learn a little bit more about what was impacting that, and why this happening, said Dr. Briana Hagen, CEO and lead scientist at Canadian Centre for Agricultural Wellbeing (CCAW), who gave the keynote presentation on behalf of Dr. Jones-Bitton. Back in 2015, Dr. Jones-Bitton wondered why she was hearing stories of suicide among farmers and was very surprised to find there wasn't any data available on this subject in Canada.

With her team, she developed the first national survey of farmer stress

and resilience in Canada using both quantitative and qualitative data. "It was also important that this research wasn't going to just sit on a shelf," Dr. Hagen said. "She wanted to make sure this research would inform some program development."

They received a huge response once that initial survey went live online. "That meant the ag community was ready to talk about mental health and really it was an area that needed some attention," Dr. Hagen explained.

They learned that for farmer mental health programming to be successful, the supports would need to be low or now cost, offer gender specific approaches, reduce stigma and normalize mental health within the broader community, accessible and integrated with existing services, and very importantly, must use a farm credibility lens (meaning the provider has some knowledge or experience within the agriculture sector).

The AWO program, In The Know, resulted from these efforts, following input from an agricultural community working group

and a pilot project.

Rochelle Thompson is a seventh-generation chicken farmer and a Ph.D. student at the University of Guelph. Under the supervision of Dr. Jones-Bitton and Dr. Hagen, Ms. Thompson is conducting research to better understand and improve the mental health of farmers in Canada.

"There is this uniqueness in agriculture as an inter-jective home, business and history and the connection to land that needs to be represented in the material," she said, discussing the results of the 2021 survey. "You can't just leave your work at work because your work is at home. You can't go home and vent about your co-workers because your co-workers are having dinner with you as your family."

"We need effective ways to reduce farmers' stress and boost their wellbeing," Ms. Thompson added. "Farmers have been dealing with a really specific set of occupational stressors for generations. We wanted to find out what strategies they're already using and what strategies they find effective to cope with the stress."

Top stressors were revealed to be gender (women tend to have higher levels of stress, anxiety and depression); unpredictability of a changing climate; workload; government policy and regulation; financial stress; and uncertainty about the future.

Farmers also shared their most effective ways of coping with stressors. These strategies including disconnecting from the farm by taking a few days or a few hours off or even having a conversation that's not about farming; being mindful and focusing on routine tasks when stressed; by accepting things they have little control over, like the environment, market uncertainty or machinery breakdown; and by practicing gratitude or looking at their blessings.

Going on a hike or a bike ride or getting other forms of physical exercise were also recognized as being helpful in coping with stressors and improving mental health outcomes.

During the symposium, Canada's Minister of Agriculture and Agri-Food, Marie-Claude Bibeau,

...continued on page 20

Supports for Agricultural Mental Health

If you are a farmer or family member or work in the agriculture sector and need support, or know someone who needs support, there is help available.

Canada Suicide Prevention Service – Toll free anytime
1-833-456-4566 or text 45645 between
4 pm and 12 am EST

Farmer Wellness Initiative – Toll free 1-866-267-6255
Provides access to free counselling services and tailored mental health support to all Ontario farmers and their families

The Guardian Network – Toll free 1-800-875-6213
or visit guardiannetwork.ca
A volunteer suicide prevention network which supports the Ontario farming community

In The Know –
visit agriculturewellnessontario.ca/in-the-know
A mental health awareness program for farmers and the agriculture community.
Provides four-hour mental health literacy workshops free of charge. Upcoming workshops are currently scheduled for March 20 and April 10.

Additional resources:

Canadian Agriculture Safety Association
casa-acsa.ca/mental-health

Do More Foundation
domore.org

Farm Credit Canada
fcc-fac.ca/en/community/wellness.html

Province of Ontario
ontario.ca/page/mental-health-resources-for-farmers

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Ignoring fatigue a slippery slope for health and safety on the farm

by Erin Kelly for the Canadian Agricultural Safety Association
MANITOULIN—We often hear farmers say, 'I'll sleep when the busy season is over.' But that outlook, even if intended jokingly, is a slippery slope for health and safety considerations.

While it's no secret that long and tiring days go hand in hand with farming, that doesn't mean becoming complacent about the implications of working while fatigued. Ignoring the signs of fatigue can put yourself and others around you at risk.

Susan Sawatzky is president and founder of In-Scope Solutions, a health and safety consulting company specializing in fatigue

and stress management. She says that while sleep is vital to our health and wellness, its importance is often overlooked.

"It's interesting how much society does not recognize the importance of sleep," Ms. Sawatzky explains. "We talk a great deal about the importance of nutrition and exercise, but we don't often emphasize how important sleep is."

According to the Canadian Centre for Occupational Health and Safety, research has shown that being awake for 17 hours is equivalent to a blood-alcohol level of 0.05, while being awake for 21 hours equals a blood-alcohol level of 0.08, the legal limit in Canada. Ms.

Sawatzky notes that though fatigue is more likely to contribute to workplace impairment than drugs or alcohol, unlike drugs and alcohol, which can be measured to assess risk, it is often difficult to accurately measure fatigue in the workplace.

Fatigue tends to impact people in waves, says Ms. Sawatzky. The various stages involve impacts to alertness, emotional capabilities (becoming more frustrated and upset), mental abilities (difficulty concentrating and making decisions), and, finally, physical impacts that reduce fine and gross motor coordination. The physical implications of fatigue can also include microsleep, an

unplanned brief episode of sleep that can happen anywhere – even while driving.

Karleen Clark has seen first-hand the impact that fatigue can have during long hours in the field.

Ms. Clark, who, along with family members, operates KCL Cattle Company, a feedlot and farming operation in southern Alberta, explains that an incident occurred on the farm last fall near the end of harvest. After finishing a field around midnight one night, the crew decided to move the equipment to be ready to start the new field in the morning. While moving a piece of equipment, one of the workers briefly nodded off and ran into the machine in front of him.

"There were no injuries, just damage to our header. It was certainly a best-case scenario when you think of farm accidents, but it definitely opened all of our eyes more to the issue of fatigue," explains Ms. Clark, noting that if they hadn't found a replacement header the next day, the incident could have caused delays in the middle of the busy season.

While fatigue is one of the more common hazards on the farm, it's also one of the most underestimated. A contributing factor, says Ms. Clark, is the farmer mentality to keep going until work is done, regardless of the hour.

"I think it's really hard to get farmers out of the mindset of ignoring fatigue because it's almost ingrained in them that if even if you're tired, you keep going because you have to get the crops off," says Ms. Clark.

Moreover, not addressing fatigue as a safety hazard on the farm can have financial repercussions. According to the National Safety Council in the United States, fatigued workers cost employers \$1,200 to \$3,100 per employee annually in lost productivity. And those costs are worth keeping in mind considering that a Conference Board of Canada survey found that 27 percent of Canadian workers report being fatigued most days or every day during a typical work week.

"Fatigue is something that all farmers need to think about more. When you think about the impact that even a small incident can have on farming operations, it's worth taking the time to be safe and that includes addressing fatigue," explains Ms. Clark, adding that her family's farm will be doing more to inform workers about best practices for managing fatigue.

In addition to posing immediate safety risks, fatigue can also impact an individual's mental well-being. Ms. Sawatzky says a

significant amount of research shows a strong correlation between fatigue and increased levels of depression and anxiety. "In fact, there is not a single mental illness that does not have some form of sleep issue associated with it," she explains.

When it comes to managing fatigue, one of the most important strategies is being aware of the effects of fatigue. And that means being proactive with addressing fatigue.

"Harvest is responsible for a significant portion of the yearly income, so it makes sense that farmers will work late into the night to get the crops off. The issue with this, of course, is that it leads to fatigue. What farmers need to do is proactively manage these risks as much as possible," Ms. Sawatzky explains. "Simple solutions like taking a short 10-minute nap in the cab of a truck or tractor can go a long way toward reducing the likelihood of damaging equipment or having someone get hurt."

Other effective strategies for managing fatigue include using caffeine appropriately, taking breaks, checking in on each other, eating healthy meals, and strategically planning work to avoid doing safety-sensitive tasks in the evening.

...Farmers experience poorer mental health

...continued from page 19

announced funding of \$168,440 to support the CCAW, allowing the organization to expand mental health resources for the agricultural community.

"This conference is an important step to improving our understanding of the issues around mental health in agriculture right across the country," she said.

"Across Canada on farms, women and men work very hard. They care about the health of their land and their animals. They help feed their communities and put food on the tables of Canadians. Thanks to their dedication, our vibrant agri-food sector drives our economy in jobs while feeding Canada and the world," said Minister Bibeau.

"Today, Canada has a bright future as a

top provider of high quality agriculture and food products in markets around the globe. Yet we know farmers are vulnerable when it comes to mental health struggles. Farming is even more stressful these days given the many obstacles farmers are facing. High interest costs and input rates, animal and plant diseases, labour shortages, and extreme weather events: all of these pressures are beyond their control. That's why we are so grateful for the work of researchers such as keynote speaker Dr. Andria Jones-Bitton and others presenting today."

Approximately 400 people attended the symposium online, joining from across Canada and from as far away as Georgia, United States, the Dominican Republic and France.

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Manitoulin Family Resources offers programs to support and promote positive family relationships on Manitoulin and the North Shore. Violence against Women Prevention Services: Haven House Shelter, Outreach Counseling Crisis Line 705-377-5160; Toll Free Crisis Line 800-465-6788; Children's Services: Early ON Child and Family Centre, Little Current Child Care, Mindemoya Child Care 705-368-3400; Help Centre: Thrift Shop & Food Bank 705-368-3400; Administration 705-368-3400.

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Questions or concerns about diabetes? We can help. Please contact the MHC Diabetes Training and Care Centre. Individual and group appointments available with a registered nurse or dietitian certified in diabetes education. Clinics in Little Current, Mindemoya, Silver Water, Gore Bay and Manitowaning. Please call 705-368-2300 ext. 2415 for more information. Self-referrals accepted.

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Christian Counselling: Alcohol, addiction, anxiety, children, depression, drugs, faith, grief, illness, marriage, PTSD, salvation, sin, etc. Free and confidential. King James Bible Church, 705-885-8951, cc.manitoulin@gmail.com.

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coming events

Ladies! You are invited to morning coffee/tea and conversation each Wednesday morning from 9:30 to 11:30 am at Grace Bible Church, 10 Draper Street East, Little Current.

23tfn

Knox Church Rummage Sale in Manitowaning will be open Wednesdays to Saturdays from 10 am to 3 pm until the end of March.

41-45p

Little Current Fish and Game Club Spring Roast Beef Dinner and Fundraiser at the Little Current Legion on April 5. Door prizes and raffle. Cocktails at 5 pm, dinner served at 6 pm. Only 125 tickets available, \$35 each with limited takeout available. Serving roast beef supplied, prepared and served by Burt Farm. For more information or tickets call President Lou Shortt, 705-368-2446; Gary Elliott, 705-368-3055 or Tony Ferro, 705-936-6564. You may also pick up your tickets at The Manitoulin Expositor, Little Current.

42-44c

The Island Pastors' Band will be playing at the Knox United Church in Manitowaning on Sunday, March 19 at 2 pm. Fellowship and refreshments will follow. All are welcome!

42-43p

Lyons Memorial United Church in Gore Bay is holding a rummage sale on Friday, March 31 from 9 am to 1 pm and Saturday, April 1 from 9 am to noon. This sale promises to have something for everyone! Please bring your own bags and masks. Donations will be accepted at the back of the church Monday through Thursday, during sale week, between 9 am to noon. All proceeds go to United Church Outreach Programs. We hope to see you there!

43-45p

Legion Events

Breakfast Brunch at the Royal Canadian Legion, Little Current Branch 177 on Sunday, April 2 from 10 am to 1 pm. Adults, \$15; children 6 to 10 years, \$8; kids under 5, free. Serving eggs, bacon, sausages, homefries and French toast. Also includes toast, coffee, tea and juice for the kids. Please support your Legion so we can support community events.

40tfn

Church Services

King James Bible Church, Providence Bay worships every Saturday Sabbath, 10 am to 12 noon. For more information call 705-348-2229.

30tfn

services

Private classified word ads, like this, are \$8 for up to 25 words and 10 cents for every additional word, per week, plus HST. Pre-payment (VISA, MasterCard, cheque or cash) is required. Private sales only. Call 705-368-2744 to book your ad.

wanted

Donate your old car or truck or farm tractor, etc., or even an old metal boat to our church. We can send a truck right to you to pick these up, and in return you will receive an income tax receipt for the scrap value of your donation to St. Bernard's Church, Little Current. Please, no smaller items such as fridges, stoves, hot water tanks, etc. Contact Tony Ferro at 705-368-3066 or Jim Griffin at 705-859-2289.

17tfn

Looking to purchase a construction backhoe, John Deere or Bobcat with bucket. No leaks and low hours. Phone 705-348-2045.

43-44p

for sale

Two-year-old adjustable hospital bed for sale. For information or details call 705-348-8887.

42-43c

Hay for sale, large round bales net wrapped. First cut, stored outside. Pick-up in Tehkummah. Call 519-941-5879.

42-43c

Seasoned dried firewood for sale, stored inside. 705-859-1202.

personal

Single, honest, caring and easy on the eyes 68-year-old gentleman searching for the same qualities in a woman. Hoping to find the friend I've yet to meet. Possible companionship hopefully leading to a long-term relationship. Must be a non-smoker. I live in Elliot Lake but can relocate if required. I can move. I'm not a tree. Lol. Interested? Please call 705-923-8819 or email bzyna@outlook.com. This is for real, and so am I. Bob.

42-43c

3 COWS ARE HIRING
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Get a jump on a summer job and start work the odd evening & weekend. Drop in and ask for to speak to a Manager, who will provide full details.
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NAANDWECHIGE-GAMIG Wikwemikong Health Centre
EMPLOYMENT OPPORTUNITY
COMMUNITY HEALTH PROGRAM WORKER -
ENVIRONMENT

Summary

Community Health Program Worker - Environment will be responsible for the support, education and advocacy of health and health care within the community with a focus on environmental issues.

Responsibilities

1. Organize and lead community outreach activities.
2. Coordinate agency health promotion activities with other organizations/groups (i.e. health fairs, screening clinics).
3. Provide health care and prevention education within the community including schools, community centres and patient homes.
4. Adhere to reporting procedures for accidents and incidents.
5. Maintain a high level of confidentiality in all interactions, at all times.
6. Monitors the environment and investigates sources of pollution by performing laboratory and field tests (water testing).
7. May involve fieldwork which involves taking soil samples or water samples from rivers, lakes, and streams.
8. Collection of water samples from households with holding tanks.
9. Prepare and maintain necessary reports and records as required.
10. Work closely with the Indigenous Services Canada Environmental Officer.
11. Conduct bacteriological or other tests related to research in environmental or pollution control activity.
12. Participate and contribute to Emergency Preparedness.

Qualifications

- Diploma and/or certificate in community health, health education, environment health or related field.
- 3 – 5 years' experience related to community health education.
- Knowledge of the priorities affecting Indigenous health.
- Ability to present information in group settings.
- Excellent written and oral communication skills.
- Excellent interpersonal skills.

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

Attention: Melissa Roy
 NAANDWECHIGE-GAMIG Wikwemikong Health Centre
 P.O. Box 101, 16A Complex Drive, Wikwemikong, Ontario P0P 2J0
 Telephone: 705-859-3164 / Fax: 705-859-3300 / Email: mroy@wikyhealth.ca

Deadline: Open Until Position is Filled

Late or incomplete applications will not be considered and we appreciate your interest.
 Preference will be given to Indigenous People.



NAANDWECHIGE-GAMIG Wikwemikong Health Centre
EMPLOYMENT OPPORTUNITY
CHILD & YOUTH MENTAL HEALTH
& ADDICTIONS WORKER

Summary

Under direction and accountability to Wikwemikong Health Centre, the Child & Youth Mental Health & Addictions Worker (CYMHAW) will provide clinical assessments, planning, treatment and counselling to children and youth of Wikwemikong Unceded Territory under the age of 18 years, and consultations regarding community behavioural assessments and intervention.

Responsibilities

1. To complete general responsibilities relevant to administration and counselling practice.
2. To provide culturally appropriate and effective clinic services are provided to Wikwemikong children and youth.
3. To participate and/or promote mental health awareness to children and youth.
4. Mandatory participation in the Outdoor Adventure Leadership Experience program by taking necessary training and participating in the ten-day canoe trip.
5. To participate in quality improvement and personal growth activities.
6. Perform other duties as assigned within the scope of the position.

Qualifications

- Successful completion of a Post-Secondary degree or diploma in one of the helping disciplines preferred
- Experience in providing clinical service to Indigenous Youth
- Demonstrated experience in First Nation program delivery and in Traditional healing coordination
- Experience in conducting counsellor/client interviews, assessments, planning and treatment, referrals, group facilitation and group therapy

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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NAANDWECHIGE-GAMIG Wikwemikong Health Centre
EMPLOYMENT OPPORTUNITY
SCHOOL-BASED BEHAVIOUR INTERVENTION WORKER

Summary

Aasgaabwitwindwaa Binoojiinik Wiin ni Gshkiwewziwaat will have staffed based in following communities, M'Chigeeng, Sagamok, Whitefish River and Wikwemkoong, therefore travel will be required or base office flexible. The School-Based Behaviour Intervention Worker will work with students who are identified as having needs for behaviour intervention or school based mental health intervention. Comprehensive assessments of behaviour and mental health issues will be expected and treatment plans that include individual intervention, group intervention, classroom intervention, family intervention will be written and implemented. Support to teachers and school staff will be given to develop classroom behavior management strategies and to increase competency of educational systems in this area. Individual therapy/behaviour intervention will be done. Clinical meetings with family members and other involved adults will be done. All aspects of this position will be expected to follow best practices models. The School-Based Behaviour Intervention Worker will be under the supervision of the Aasgaabwitwindwaa Binoojiinik Wiin ni Gshkiwewziwaat Manager.

Responsibilities

1. Provide services in different partner communities, travelling independently
2. Establish positive relationships with school staff in all partner communities
3. Meet with care coordinators to review cases and develop understanding of referrals
4. Meet with children at their school
5. Meet with parents and teachers as needed to ensure adequate assessment for each child
6. Write comprehensive assessment and treatment plans that include clear recommendations for teachers, school staff, and parents and also recommendations for individual clinical interventions following best practices standards.
7. Assist families in understanding reports and in implementing the strategies at home.
8. Provide information and support to school staff to assist them in developing competencies in behavior intervention and children's mental health
9. Be responsive to school staff when they identify training needs and report these to Program Manager
10. Participate in school staff training events

Qualifications

- Masters level degree in Social Work or equivalent preferred, but all interested applicants encouraged to apply
- Must registered or be eligible to register with the College of Social Workers, or as a Psychotherapist
- Social work experience; Experience in children's mental health or child and family therapy preferred.
- Two years recent post-masters experience in an educational setting preferred.
- Experience working with children/youth experiencing social/emotional difficulties
- Demonstrated ability to work with a multi-disciplinary team

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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NAANDWECHIGE-GAMIG Wikwemikong Health Centre
EMPLOYMENT OPPORTUNITY
FACILITIES BUILDING CUSTODIAN CASUAL POSITIONS

Summary

Facilities Building Custodian under the direction of Facilities Operations Coordinator, is responsible for performing general cleaning duties for NAANDWECHIGE-GAMIG Wikwemikong Health Centre Properties. They are responsible for maintaining clean and healthy facilities by completing various tasks. This can include but not limited to mopping, vacuuming floors, disinfecting surfaces, restrooms and emptying trash and recycling.

Responsibilities

- Oversee that the facilities in our workplace are maintained well.
- Ensure that the environment is clean and tidy.
- Maintain an inventory of all the cleaning equipment and regularly replenish.
- Authorize regular security checks, health check-ups and sanitization routines such as pest control.
- Oversee that the place is appropriately shut down after hours and secure.
- Keeps building and property in clean and orderly condition.
- Performs heavy cleaning duties.
- Sweeps, mops, scrubs, or vacuums floors.
- Scrubs, sanitizes, and supplies restroom facilities.
- Dusts furniture, walls, and equipment.
- Cleans windows, mirrors, and partitions with cleansers.
- Buffing and cleaning all of the metal hardware fixtures those are being used and added the bright work
- Clean and polish the tile floor appropriately as necessary as it needs to be done
- Following all the security and workers regulations and rules
- Keeping washrooms and exam rooms free from dirt, tidy and well arranged

Qualifications

- High school diploma/GED
- At least one year of work experience in building maintenance considered an asset
- Highly motivated with the ability to work independently
- Ability to comprehend and communicate detailed instructions orally and in writing
- Ability to perform minor repair work
- Strong attention to detail
- First Aid skills and/or certificates are considered assets
- Possess a valid driver's license
- Knowledge of standard cleaning methods and procedures
- Experience with using cleaning equipment, including vacuum cleaners, floor buffers and cleaning solutions
- Knowledge of occupational hazards safety rules

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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EMPLOYMENT OPPORTUNITY Nadmadwin Mental Health Counsellor

Summary

Under the direct supervision of the Nadmadwin Mental Health Manager, the Counsellor provides professional clinical assessment, counselling, education and referral services to individuals, groups and families; and health promotion services in the form of educational and primary prevention activities to the community of Wikwemikong.

Responsibilities

- To ensure that culturally appropriate and effective clinical services are provided to the community of Wikwemikong.
- To facilitate culturally appropriate and efficient mental health services to the community of Wikwemikong.
- To ensure culturally appropriate quality of service by working under close supervision of the Mental Health Manager.
- To keep abreast of current trends, developments and issues in appropriate fields of interest and communicates information to the Mental Health staff.
- To assist with the facilitation of professional development of other staff.
- To maintain culturally appropriate professional competency on an ongoing basis.
- To promote culturally appropriate mental health services in the community of Wikwemikong.
- To participate in the "Critical Incident Response Plan" for Wikwemikong.

Qualifications

- Bachelor's degree in psychology or social work or one of the helping disciplines; or successful completion of a college diploma program in the social services field.
- Membership or membership qualification in a recognized provincial regulatory body is an asset.
- Minimum three years of social work experience in a health care setting or social service agency.
- Excellent assessment, interviewing and counselling skills.
- Expertise in mental health and substance abuse areas preferred.
- Knowledge of therapeutic interventions.
- Must possess the ability to make independent decisions when circumstances require and must know when to refer a patient for further medical assessment.
- Able to effectively communicate both verbally and in writing.
- Able to work efficiently as part of a team as well as independently.
- Good organizational, time management and prioritizing skills.
- Strong morals and ethics, along with a commitment to staff privacy.

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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EMPLOYMENT OPPORTUNITY Physical Activity Health Promoter

Summary

This position will plan, develop, implement, coach & evaluate physical activity initiatives and in various setting for adults aged 25 and over. By designing and delivering age-relevant physical activity programs, this will contribute to the overall well-being of the "healthy" populations to maintain and/ or improve lifestyle management.

Responsibilities

- Co-ordinate and delivery of physical activity programs/events for adults ages 25+;
- Assist colleagues in the delivery of programming related to physical activity programming;
- Develop strategies to promote physical activities within community;
- Participate in monthly sessions with all WHC program/services to obtain feedback in the design and implementation of the program;
- Prepare a monthly report on program statistics and outcomes;
- Use evaluation tools as measurement of success/barriers to support WHC programs/services.

Qualifications

- Post-Secondary degree or diploma is required in the area of one of the following disciplines: Physical/Health Education; Physical Fitness Management; Fitness and Health Promotion;
- Experience in developing community-based physical activity programs;
- Experience in working with Aboriginal populations;
- Standard Cardiopulmonary Resuscitation (CPR) and First Aid certification;
- Valid Ontario Driver's Licence & a reliable vehicle;
- Ability to work independently and ability to work flexible hours;
- Anishnaabemowin and knowledge of the Anishinabek culture an asset.

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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EMPLOYMENT OPPORTUNITY MENTAL WELLNESS SUPPORT WORKER

Summary

To assist in providing mental wellness to those requiring the assistance of the Mnidoo Mnising Crisis Response Team. Assist in the development of a Community Crisis Response Plan for all seven First Nations of Mnidoo Mnising. Initiate a process to assess the capacity and resources of communities. Ensure effective crisis response is provided in a timely manner. Provide referral services to individuals, groups and families and to promote the crisis response team.

Responsibilities

- Provide immediate care to individuals experiencing crisis and trauma; through mobile crisis outreach.
- Implement capacity building opportunities, facilitate circles as well as coordinating knowledge exchange opportunities so that they meet the community needs utilizing a traditional/western approach
- Aid in the development of continued treatment and safety plans.
- Act as a resource for community and continued support programs, providing accurate information as required.
- Direct individuals and families to available social services and resources within the community as required
- Provide counselling to clients, including one-on-one counselling and group therapy as required.
- Maintain sustainable working relationships with community agencies, schools, law enforcement and courts.
- Maintain accurate and detailed case notes and records of each visit, conversation and any other form of communication.
- Attend scheduled department staff meetings and in-service programs.

Qualifications

- Post-Secondary Education in one of the helping disciplines from an accredited college or university.
- Three years' experience in working with First Nations populations
- Knowledge of First Nations communities and health and social service issues
- Strong advocate in community development
- Excellent facilitation and time management skills
- Excellent interpersonal, written and oral communications skills
- Membership or membership qualification in a recognized provincial regulatory body
- Excellent assessment, interviewing, and counselling skills.
- Knowledge of service delivery systems, specialized services, First Nation community dynamics as well as all applicable legislation
- Travel is a requirement of this position – applicants must possess a valid Ontario Driver's License and own a reliable vehicle.

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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EMPLOYMENT OPPORTUNITY Nookomisnaang Counsellor

Summary

Responsible for planning and facilitating safe therapeutic counselling; ensuring care management duties are completed according to minimal standards; preparing and maintaining administrative duties, promoting a supportive, respectful and harmonious team environment. Nookomisnaang Shelter has three rotating shifts: 8 am to 4 pm; 4 pm to 12 am; 12 am to 8 am.

Responsibilities

- Plan and facilitate safe therapeutic counselling to individuals and/or families by providing:
 - Accurate and complete intake packages
 - Orientation to the environment and counselling process
- In accordance to the minimal standards, ensure case management responsibilities are current and accurate by:
 - Submitting documentation for feedback, revision and approval
 - Updating client contact sheets and case management tracking sheets
- Prepare, conduct and maintain administrative duties by:
 - Adhering to and abiding by the contents of the Shelter Service Operations Manual
 - Completing and submitting weekly time sheets and appropriate leave forms
- Promote a supportive, respectful and harmonious team environment by:
 - Working cooperatively and in coordination with all staff members
 - Communicating concerns will all staff members in a sensitive and direct manner to promote understanding and resolution

Qualifications

- Post-Secondary graduate in Social Work or relevant discipline
- Minimum of two years of work and/or volunteer experience in the provision of services regarding family violence
- Understanding of the impact of family violence on the individual family, clan, nation and community

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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NAANDWECHIGE-GAMIG Wikwemikong Health Centre
EMPLOYMENT OPPORTUNITY
ABORIGINAL CHILD HEALTH WELL-BEING
MEASURE SPECIALIST

Summary
 Under the direction of the Nadmadwin Mental Health Manager and Dr. Nancy Young, the ACHWM Specialist will be responsible for assisting research coordination relating to Aboriginal Child Health Well-Being Measure projects.

- Responsibilities**
- Provide research support.
 - Review research proposals and develop detailed implementation plans for each project. Review these plans with the partner organizations in the community and revise, as necessary, through collaborative consultations.
 - Building and sustaining relationships with Anishinaabe community members, partners and organizations.
 - Supporting the recruitment of participants for health-related studies including the creation of posters and materials and participating in community outreach and presentations.
 - Preparing for and assisting with key informant interviews and focus groups (e.g. scheduling, printing interview guides, organizing completed interview notes, etc.).
 - Supporting the collection of community level data (e.g. community demographics, health status, available health services and programs for older adults).
 - Assisting with data analysis and the sharing of results through reports, presentations and other activities.
 - Ensure secure storage of research data and supporting documentation.
 - Planning meetings including preparing agendas, booking rooms, arranging catering services, inviting and confirming participants, preparing travel expense forms, printing agendas and documenting meeting proceedings (e.g. taking photographs and meeting minutes, distributing documents to participants).

- Qualifications**
- Successful completion of post-secondary diploma in a health-related discipline.
 - Minimum two years' experience working with Indigenous people or in research.
 - Experience with outreach activities with communities, organizations and partners.
 - Experience with knowledge translation and exchange with Indigenous communities.
 - Knowledge of Anishinaabe culture, value and beliefs.
 - Ability to work both independently and as part of a collaborative team.
 - Ability to travel.

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of credentials/ diploma of degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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NAANDWECHIGE-GAMIG Wikwemikong Health Centre
EMPLOYMENT OPPORTUNITY
COMMUNICATIONS AND MEDIA SERVICES

Summary
 The Communications and Media Services will be responsible for overseeing the creation of a positive image of the organization to the media, clients, shareholders and the general public.

- Responsibilities**
- Create and oversee the implementation of an overall strategy for media services and communications with the goal of creating a strong, coherent image of Wikwemikong Health Centre.
 - Oversee the production of a monthly newsletter.
 - Plan and oversee the consistent message and image of the organization's website.
 - Plan and oversee the preparation of the production of publicity brochures, handouts, direct mail leaflets, promotional videos, photographs, films and multimedia programs.
 - Produce or oversee the production and maintenance of external media communications.
 - Analyze the effectiveness of our communications strategy.
 - Build community relations by attending events as needed.
 - Oversee the production of press releases.
 - Oversee the planning of and participation in events to foster better community relations
 - Devise and coordinate media photo opportunities.

- Qualifications**
- Diploma in Communications, Public Relations or Journalism or related discipline.
 - Minimum of two years of direct work experience in a communications or public relations capacity.
 - Proven ability to prepare and implement communications strategies in a variety of media.
 - Excellent oral, written and interpersonal communication with strong writing and editorial abilities.
 - Highly effective skills in project management, prioritization, multi-tasking, and time management.
 - Ability to plan, organize and effectively present ideas and concepts to groups. Ability to assimilate information from a variety of sources.
 - Ability to analyze information, and recommend courses of action to be taken.
 - Thorough knowledge of the principles of effective communications and mass media, publicity, advertising, policies, education, community relations, demonstration, organization structure, social service, and government relations, as they relate to our organization.

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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EMPLOYMENT OPPORTUNITY
Nadmadwin
Mental Health Manager

Summary
 Under the direct supervision of the Health Services Director, the Nadmadwin Mental Health Manager oversees and provides administrative and clinical supervision to the staff of Nadmadwin Mental Health and ensures the provision of culturally appropriate mental health services and case management system. The Nadmadwin Mental Health Manager supports and ensures effective day-to-day smooth operation of Nadmadwin Mental Health in accordance with Nadmadwin Clinical policies and procedures and maintains a manageable balance between caseload, community development and management duties.

- Responsibilities**
- To ensure that culturally appropriate and effective clinical services are provided to the community;
 - To ensure the provision of a culturally relevant case management system within a framework of person-centred and trauma informed care;
 - To ensure that cultural values, beliefs and practices and Anishinabemowin is incorporated into program delivery;
 - To maintain working relationship/partnership with other agencies/organizations, stakeholders and members;
 - To keep abreast of current trends, developments and issues in appropriate fields of interest and communicates information to the mental health staff;
 - To develop and implement annual workplans including required training & professional development for all staff;
 - To maintain culturally appropriate professional competency on an ongoing basis;
 - To facilitate team approach and work with health services and programs within Wiikwemkoong;
 - To prepare budgets and required reporting and oversee all financial expenditures within department;
 - Coordinate strategic planning activities for short & long-term program goals.

- Qualifications**
- Bachelor's degree in psychology or social work or one of the helping disciplines (Master's degree preferred)
 - Minimum three years' experience in management, personnel and finance
 - Registered or ability/willingness to register with a regulatory body (ie. Ontario College of Social Workers)
 - Ability to demonstrate positive role model and living in balance with Anishinaabe Aadziwin
 - Understanding and fluency of Ojibwe is an asset or the willingness to learn
 - CPR/first aid Training; ASIST Training, MHFA; CISM
 - Excellent interpersonal and written communication skills within an electronic environment
 - Experience in budget planning, funds development, proposal writing and working with/for non-profit organizations
 - Solid analytical and technical skills and ability to handle multiple tasks under pressure
 - Ability to plan, organize, develop, implement, and interpret goals, objectives, and policies
 - Must be able to work effectively as part of a team and as a leader when required to foster quality service to clients and to promote a good working environment
 - Knowledge of cultural services available to the seven First Nations of Manitoulin with respect to Mental Wellness Crisis Response Team

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Copy of credentials from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

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NAANDWECHIGE-GAMIG Wikwemikong Health Centre
EMPLOYMENT OPPORTUNITY
CASE MANAGEMENT WORKER

Summary
 The Case Management Worker will take an innovative approach towards providing a Culturally Appropriate Community-Based Case Management System in addressing addictions and mental health in collaboration with a team of professionals. The Case Management Worker will provide support and ensure consistent services are provided via a team approach. The team will include but is not limited to Traditional Resources, Mental Health Workers, Addiction Workers, Child and Family Service Workers and Justice Program (i.e. Probation and Parole) in addressing complex needs of those affected by addictions.

- Responsibilities**
1. Culturally appropriate case management;
 2. Ensure that culturally appropriate and effective harm reduction support services are provided to the community of Wiikwemkoong;
 3. Ensure the provision of culturally appropriate clinical assessment and counselling services of a supportive, educational and skills building nature is delivered to individuals, groups and families;
 4. Facilitate culturally appropriate and efficient addictions and mental health services to the community of Wiikwemkoong;
 5. Ensure culturally appropriate quality of service by working under close supervision of the Mental Health Manager;
 6. Keep abreast of current trends, developments and issues in appropriate fields of interest and communicates information to the Addictions and Mental Health staff;
 7. Assist with the facilitation of professional development of other staff;
 8. Maintain culturally appropriate professional competency on an ongoing basis;
 9. Promote culturally appropriate addictions and mental health services in the community of Wiikwemkoong.

- Qualifications**
- Degree / Diploma in one of the helping disciplines from a recognized institution.
 - Experience in case management.
 - Experience in First Nation's health services/mental health and addictions services.
 - Experience in delivering culturally safe practices with a strong knowledge and appreciation of Aboriginal Culture, Traditions and Language.
 - Knowledge and experience in working with First Nation, provincial and federal government systems of health.
 - Fluent in Anishinaabemowin is considered an asset.
 - Excellent communication, interpersonal and leadership skills.
 - An intimate understanding of the lived experience of Anishinaabe people.
 - Good time management and the ability to work under pressure and meet deadlines.

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution; and 4) Contact information (email, phone number) of two work-related references.

Attention: Melissa Roy
 NAANDWECHIGE-GAMIG Wikwemikong Health Centre
 P.O. Box 101, 16A - Complex Drive, Wikwemikong, Ontario POP 2J0
 Telephone: 705.859.3164 Fax: 705.859.3300 Email: mroy@wikyhealth.ca

Deadline: Open Until Position is Filled

Late or incomplete applications will not be considered and we appreciate your interest. Preference will be given to Indigenous People.



EMPLOYMENT OPPORTUNITY

CHILD AND YOUTH

MENTAL HEALTH & ADDICTIONS COUNSELLOR

Classification Level: CS-4 (\$61,200-\$74,800) + pension and benefits
Employment Status: Regular Full time
Department: Mental Health

Position Summary:

Under the supervision of the Mental Health Clinic Manager, the focus of the Child and Youth Mental Health & Addictions Counsellor will be to provide counselling to children and youth to support mental wellness by assisting with emotional regulation and resulting behavioural management. The Child & Youth Mental Health and Addictions Counsellor will provide services through a trauma-informed lens with a focus on addressing intergenerational trauma inclusive of grief & loss. The position will be responsible for providing services that include Traditional ways of Healing.

Essential Functions:

- Assess and understand the child or youth's mental health needs through a developmental and trauma informed lens and formulate methods of intervention in collaboration with the team.
- Working knowledge of mental health and addictions.
- Work within MFN elementary and secondary school environments when required.
- Develop and implement the delivery of workplan initiatives.
- Provide client needs assessments and develop treatment plans.
- Provide direct counselling to children and youth.
- Provide Trauma Informed Care services.
- Assist team with prevention, intervention, and promotion workshops/activities/awareness within the community, inclusive of both traditional and western approaches.
- Provide appropriate referrals to other services.
- Provide aftercare services and supports for children and youth.
- Maintain a case management system utilizing the Electronic Medical Record system.
- Participate in regular intake meetings and case management reviews.
- All other duties as assigned.

*For detailed job description, please email andream@mchigeeng.ca.

Qualifications:

1. College Diploma in Social Services or related field of study (i.e., Addictions & Mental Health Diploma, Social Services Worker Diploma, Child & Youth Care).
2. 3 - 5 years work-related experience in the field of child & youth mental health.
3. Knowledge and skills in mental health, alcohol and/or drugs addictions awareness and prevention.
4. Excellent public speaking and facilitation skills.
5. Applied Suicide Intervention Skills Training and Mental Health First Aid Certification an asset.

Other

Have working knowledge of Harm Reduction Philosophy.
Excellent time management and organizational skills with ability to prioritize and handle multiple tasks simultaneously.
Role model both during and after regular work hours.
Working knowledge of Outlook, Microsoft Office, and general office procedures.
Excellent interpersonal and communication skills (written and verbal).
Must obtain and keep current First Aid and CPR Certifications.
Must have knowledge and/or experience with the culture, history, and customs of the Anishinaabe.
Understanding of Anishinaabe language, culture, traditions as it relates to traditional healing.
A strong advocate of M'Chigeeng First Nation's goals and objectives along with its mission and long-term vision.
Must have own transportation and valid Ontario Class "G" driver's license.
Must be willing to work flexible hours and weekends.
Upon hire, a Vulnerable Sector Screening (VSS) must be submitted.

Closing Date: March 17th, 2023, at 4:00 p.m.

If you are interested in this new opportunity, applicants must submit cover letter, resume, with three current reference contacts (2 work related and 1 character reference) and copies of education qualifications to:

CHILD AND YOUTH MENTAL HEALTH & ADDICTIONS COUNSELLOR
c/o Human Resources
M'Chigeeng First Nation, P.O. Box 333
M'CHIGEENG, ON P0P 1G0
Fax 705-377-4980 or email to: employment@mchigeeng.ca

Miigwetch to all interested applicants, however only those selected for an interview will be contacted.



EMPLOYMENT OPPORTUNITY
VICE-PRINCIPAL

Employment Status: Full-Time Regular

Classification Level: Teacher's Approved Salary Grid, along with Vice-Principal's Allowance
Department: Education – Lakeview School (K – Grade 8)
Pension: Ontario Teacher's Pension Plan Benefits: Extended Healthcare and Dental

POSITION SUMMARY:

M'Chigeeng First Nation requires an experienced educator to support school operations and provide strong leadership to educators and staff members. The ideal candidate is active in the Anishinabek community and makes themselves available for parent consultations, taking parent suggestions and discussing the educational needs of individual students. Under the supervision of the Principal, the Vice Principal will assist with major and minor building maintenance programs and ensure that educators have the resources they need to meet local Anishinabek priorities and provincial curriculum requirements. The Vice Principal will be a school leader who is well respected and has a proven record. He/she is community and student focused, and can strategically foster growth, development, and opportunities for students in the elementary educational system. They will cultivate strong relationships to support the involvement of a 'system'; and will work in collaboration with Principal, Director of Education, Chief & Council and the M'Chigeeng community at large.

ESSENTIAL FUNCTIONS:

The main areas of responsibilities are focused on ensuring a safe and successful school:

- Promoting a positive school culture where teachers, parents and communities are partners in education.
- Implementing a long-term plan for Anishinabek student academic success and supporting the engagement of staff, parents, and the community members in a three to five- year school success plan.
- Cultivating leadership in others by modelling collaborative leadership and supporting capacity-building for staff.
- Managing people, data, and processes through fair, effective, and accountable practices.
- Facilitating, leading, and planning effective professional development for all education team members and implementing school wide initiatives tactfully, strategically, and meaningfully.
- Upholding M'Chigeeng First Nation's educational policies and supporting the integration of Ontario Ministry curriculum infused with Anishinabek language, culture, history, and perspectives.
- Support the use of provincial and local Anishinabek benchmarks for students and teachers to track progress towards learning goals.
- Other duties as assigned.

REQUIRED QUALIFICATIONS

- Valid Ontario teaching certification and a member of the Ontario College of Teachers.
- Completion of Ontario Principal's Qualifications Program (PQP) Part 1 and a commitment to take PQP Part 2.
- Minimum 5 years teaching experience.

DESIRED QUALIFICATIONS

- Completion of a Master's Degree in Education.
- Completion of Ontario Principal's Qualifications Program (PQP) Part 1.
- More than 7 years teaching experience in Ontario.
- Experience in a leadership role (formal or informal) in an Ontario school system.
- Understanding of and experience with Anishinabek education, values, history, culture.
- Fluency in Anishinaabemowin.
- Knowledge of current issues in First Nations education.

*The successful candidate will be required to submit a current thirty (30) day Police VSS; and an offer of employment is contingent of a satisfactory Police VSS record.

Closing Date: March 24th, 2023, by 4:00 p.m.

Interested applicants must submit a Cover Letter, Resume, education certifications and three (3) references (2 professional and 1 character) addressed to:

CONFIDENTIAL: VICE PRINCIPAL
c/o Human Resources
M'Chigeeng First Nation, P.O. Box 333
M'Chigeeng, ON P0P 1G0
Email: employment@mchigeeng.ca
Tel: 705-377-5362 Fax: 705-377-4980

Miigwetch for your interest, however, only applicants selected for an interview, will be contacted.
For a detailed job description, please send your request to andream@mchigeeng.ca



Frontline Shelter Worker (casual)

Job Description: Manitoulin Family Resources requires casual Violence Against Women Shelter Workers to support women and children in our emergency residence/shelter program. The Shelter Worker provides supportive counselling, crisis intervention and advocacy to women and children residing at the shelter, as well as telephone counselling and support through crisis line coverage. As a single-staff model of operation in a residential environment, responsibilities pertaining to health and safety in a fast-paced atmosphere and household duties such as cooking and cleaning are required in addition to the provision of individual counselling, in-house client workshops, safety assessments and linkages to other services.

Requirements: The successful candidate will have relevant post-secondary education (degree or diploma) and training/experience working with victims of woman abuse. Familiarity with provision of client-led, trauma informed services and harm reduction philosophy is a requirement. The successful candidate will also have excellent interpersonal, planning and communication skills, experience with data entry and computer skills, and a demonstrated commitment to diversity, cultural competency and anti-racist/anti-oppressive frameworks. Current CPR/First Aid certification, Food Handler's Safety certificate, valid driver's licence and Vulnerable Sector Screening are all required. Registration with the college of Social Workers and Social Service Workers is an asset, as is second language fluency in Ojibway and/or French.

* This position is a bargaining unit position. Flexibility in scheduling will be required to meet the needs of the shelter including, though not exclusive to, nights and weekends. Shifts will be pre-scheduled, though occasional call-ins will occur as needed, per the Collective Agreement.*

Manitoulin Family Resources welcomes and encourages applications from people with disabilities. Accommodations are available on request for candidates taking part in all aspects of the selection process.

Deadline for applications: Thursday, March 10, 2023

Please forward applications (letters of consideration and updated resumes) to:

Attn: Marissa McCreedy
Shelter Supervisor
Manitoulin Family Resources
mmccready@mfresources.net



EMPLOYMENT OPPORTUNITY
FACILITIES BUILDING MAINTENANCE

Summary

The Facilities Building Maintenance will be responsible for completing Maintenance duties primarily at all NAANDWECHIG-GAMIG Wikwemikong Health Centre locations.

Responsibilities

- Perform regular preventive maintenance on equipment
- Perform a variety of plumbing maintenance tasks as required
- Conduct general carpentry functions
- Use a variety of hand and power tools, electric metres and material handling equipment while performing duties
- Participate in various aspects of building maintenance requirements, including updates and new constructions
- Set priorities for preventive maintenance work orders, maintenance requisitions and scheduled work
- Maintain adequate supplies for the maintenance department
- Perform regular workplace inspections to determine areas that need maintenance or repair
- Ensure any required maintenance and repairs are completed in a timely manner
- Prepare, paint and decorate interior and exterior surfaces as required
- Operate groundskeeping power equipment and maintain external property
- Perform minor construction work, e.g. dismantling and erecting walls, finishing carpentry work, pouring concrete, etc.
- Troubleshoot, repair, install, and maintain various electrical components, appliances and equipment in accordance with pertinent codes, the preventive maintenance program and departmental procedures
- Perform basic maintenance and repairs on the various mechanical operating systems, including furnace systems, air conditioning systems, etc.
- Inspect the premises for burnt out light bulbs – ensure these are replaced immediately
- Change furnace and air conditioning filters as needed
- Complete daily, weekly and monthly checklists on building equipment maintenance procedures
- Prepare and set up rooms for meetings or various other activities and clean up afterwards
- Maintain outside grounds (remove snow, ice and debris, spray and remove weeds, sweep and clean gutters)

Qualifications

- High school diploma/GED
- At least one year of work experience in building maintenance considered an asset
- Ability to perform minor repair work
- Strong communication and problem-solving skills
- First Aid skills and/or certificates are considered assets
- Possess a valid driver's licence

Interested applicants **MUST** submit: 1) A cover letter; 2) Updated resume; 3) Photocopy of certificates/ diploma/degree from a post-secondary institution, and 4) Contact information (email, phone number) of two work-related references.

Attention: Melissa Roy
NAANDWECHIG-GAMIG Wikwemikong Health Centre
P.O. Box 101, 16A Complex Drive, Wikwemikong, Ontario P0P 2J0
Telephone: 705-859-3164 / Fax: 705-859-3300 / Email: mroy@wikyhealth.ca

Deadline: Open Until Position is Filled

Late or incomplete applications will not be considered and we appreciate your interest.
Preference will be given to Indigenous People.



**EMPLOYMENT OPPORTUNITY
MANITOULIN NORTHSORE VICTIM SERVICES**

In partnership with Police Services in Manitoulin and the North Shore, we provide coordinated and initial assistance to victims of crime, trauma and tragic circumstances. This program has been in existence since 1997 and has assisted hundreds of victims. The work is both challenging and rewarding.

Program Coordinator

Salary Range: \$38,334 - \$41,059 (commensurate with experience)

Manitoulin Northshore Victim Services is looking for an energetic individual to coordinate our volunteer program while working as a part of a team with our Executive Director and Victim Support Specialist. Reporting to the Executive Director, this multi-faceted position includes recruitment, training, and effective supervision of our team of volunteers, service provision scheduling and coverage, collaboration with Police, public and community stakeholders and the ability to provide crisis intervention with victims of crime and tragic circumstance. This position requires the ability to maintain a flexible work schedule and sharing staff on-call responsibilities. This position is a hybrid working model, including both onsite work out of our office in Little Current, as well as a partial work from home opportunity.

Responsibilities:

- Oversee volunteer program, including recruitment, retention, and recognition events.
- Supervise Team Leaders and Senior Volunteers, along with front-line first responders.
- Support Senior Volunteers in volunteer scheduling activities.
- Respond directly to requests for victim support and assistance.
- Receive referrals from the Victim Support Specialist for direct follow up.
- Maintain website and social media channels.
- Prepare media releases and newsletters.
- Share in providing after-hours support.

Requirements:

- Degree or Diploma in Social Services, or in a related field.
- 1-3 years' experience working with victims of crime or other social service environments, an asset.
- Experience with websites (WIX), an asset

The successful candidate will require a thorough knowledge of social services and victim issues, in addition to relevant experience/education in assisting a volunteer team and crisis intervention work. This position requires a criminal reference check, a valid driver's license, and access to a vehicle.

DEADLINE FOR SUBMISSIONS IS Friday, March 31

Please submit cover letter and resume to:

Manitoulin Northshore Victim Services
BOX 702
Little Current, ON
POP 1K0

Or can be emailed to **Tanya Wall** at mnvs@vianet.ca



Conseil des Services du District de
Manitoulin-Sudbury
District Services Board

210 boul Mead Blvd
Espanola, ON P5E 1R5
Telephone/Téléphone: (705) 862-785C
Fax/Télécopieur: (705) 862-7805
<http://www.msdsb.net>

The Manitoulin-Sudbury District Services Board is a municipal service management organization created by the provincial government to oversee the local planning, coordination and delivery of a range of services and programs divested to the municipal order of government. The specific programs our DSB is responsible for are: Ontario Works, Community Housing, Paramedic Services (Land Ambulance), and Early Learning and Child Care services.

The following Employment Opportunity is now available to anyone interested in joining our highly dedicated workforce.

Quality Assurance Coordinator

Permanent Full-Time

Competition #2023-06-IHS

Closing date: March 22, 2023

For position details, visit Job Opportunities on our website at www.msdsb.net/index.php/careers

While all responses are appreciated, only applicants selected for an interview will be contacted.



EMPLOYMENT OPPORTUNITY

The United Chiefs and Councils of Mnídoo Mnísing is seeking a

**COMPUTERIZED MAINTENANCE MANAGEMENT
TECHNICIAN**

The United Chiefs and Councils of Mnídoo Mnísing Tribal Council (UCCMM) was established in 1979 to support the First Nation communities of Mnídoo Mnísing. The UCCMM First Nation member communities are Aundeck Omni Kaning, M'Chigeeng, Sheguiandah, Shesheganing, Whitefish River and Zhiibaahaasing.

Works in conjunction with respective First Nation Department Heads to manage and maintain Water and Wastewater facilities and assets under their control through the implementation and management of a Computerized Maintenance Management Software System. Responsible for the collection of up-to-date processes on various core and non-core infrastructure assets and the regular updating of same.

Key Responsibilities

The prime responsibility of this position is to implement, manage, evaluate, perform, assist with Operations & Maintenance and Asset Management Program activities for the processes and facilities under the supervision of the HUB Lead and Overall Responsible Operator (ORO) of UCCMM's Water and Wastewater Hub System and its First Nation Treatment Facilities.

Implement through an Operating System and Productivity Software, water and wastewater asset management to streamline work and make completing tasks more efficient.

Record and maintain records of operations and maintenance processes, manuals, equipment, treatment effectiveness, through productivity software monitoring.

As part of the UCCMM Hub team, the computerized maintenance management technician (CMMT) will provide implementation and management of the UCCMM computerized maintenance management software and assisting with the development of an Asset Management Program with each community.

Monitor and implement all process control decisions within the facility that are made in accordance with regulatory requirements, operational manuals, or standard operating procedures with the aim to protect human health and the natural environment.

Requirements

- Proficient in computer and hardware computer skills
- Proficient in operating systems and productivity software
- Proficient in computerized data systems, MS Office, data collection/entry and reporting
- Understanding of Asset Management Fundamentals
- Efficient presentation and communication skills
- Valid "G" or other driver's licence designation
- Knowledge and experience with SCADA computer system
- Knowledge of the Ojibwe culture, traditions and language an asset

How to Apply

Interested candidates must submit all the following documents: 1) a cover letter addressing qualifications and skills, (2) a resume, (3) a copy of diploma(s), certificates (4) three current reference letters. Only applications with all the required documents will be considered for an interview. We thank all applicants for their interest, however, only those selected for an interview will be contacted. All interview candidates must provide a current criminal reference check at time of the interview. Salary will be commensurate with qualifications.

Closing date for applications is **1 p.m. on Friday, March 24, 2023**

**Mail To: Computerized Maintenance Management Technician Application
United Chiefs and Councils of Mnídoo Mnísing
P.O. Box 275 M'Chigeeng, On, POP 1G0
Attn: Hazel Recollet, Chief Executive Officer
Or via email to hrecollet@uccmm.ca**



**EMPLOYMENT OPPORTUNITY
MANITOULIN NORTHSORE VICTIM SERVICES**

In partnership with Police Services in Manitoulin and the North Shore, we provide coordinated and initial assistance to victims of crime, trauma and tragic circumstances. This program has been in existence since 1997 and has assisted hundreds of victims. The work is both challenging and rewarding.

Coordonnatrice ou coordonnateur de programme

Échelle salariale: 38 334 \$ - 41 059 \$ (selon l'expérience)

Manitoulin Northshore Victim Services est à la recherche d'une personne dynamique pour coordonner son programme de bénévolat tout en travaillant en équipe avec notre direction générale et notre spécialiste à l'assistance aux victimes. Relevante de la direction générale, ce poste à volets multiples comprend le recrutement, la formation et la supervision efficace de notre équipe de bénévoles, la planification et la prestation des services, la collaboration avec la police, les intervenants publics et communautaires et la capacité d'intervenir en situation de crise auprès des victimes d'actes criminels et de circonstances tragiques. Ce poste exige la capacité de maintenir un horaire de travail flexible et de partager les responsabilités du personnel sur appel. Il s'agit d'un modèle de travail hybride, qui comprend le travail sur place à partir de notre bureau à Little Current, ainsi que la possibilité de travailler à domicile à temps partiel.

Responsabilités:

- Gérer le programme de bénévolat, y compris le recrutement, le maintien en poste et les activités de reconnaissance.
- Superviser les chefs d'équipe et les bénévoles d'expérience, ainsi que les intervenants de première ligne.
- Appuyer les bénévoles d'expérience dans les activités d'établissement des horaires des bénévoles.
- Répondre directement aux demandes de soutien et d'aide aux victimes.
- Recevoir et assurer un suivi direct aux recommandations du spécialiste à l'assistance aux victimes.
- Tenir à jour le site Web et les médias sociaux.
- Préparer des communiqués de presse et des bulletins d'information.
- Participer à la prestation de soutien après les heures de travail.

Exigences:

- Un grade universitaire ou un diplôme collégial en travail social / services sociaux ou dans un domaine connexe.
- Un à trois ans d'expérience de travail avec des victimes d'actes criminels ou d'autres environnements de services sociaux serait un atout.
- De l'expérience en gestion de sites Web (WIX) serait un atout.

La candidate ou le candidat retenu devra posséder une connaissance approfondie des services sociaux et des questions relatives aux victimes, en plus d'une expérience et d'une formation pertinente qui contribuent à appuyer l'équipe de bénévoles et le travail d'intervention en situation de crise. Ce poste exige une vérification du casier judiciaire, un permis de conduire valide et l'accès à un véhicule.

Date limite pour postuler : Le 31 mars 2023

Veuillez envoyer une lettre de présentation et un curriculum vitæ à :
Manitoulin Northshore Victim Services
54, chemin Boosneck, bureau 101
C. P. 702
Little Current (Ontario)
POP 1K0
Un courriel peut également être envoyé à : mnvs@vianet.ca



**Mnaamodzawin Health Services
Employment Opportunity**

**Community Health Nurse
Full-Time Contract ending March 31, 2024
(extension pending funding)**

Overview:

The Community Health Nurse (CHN) will deliver culturally competent health, education and social services to individuals in our 5 First Nation (FN) communities, identifying and putting in place supportive mechanisms in collaboration with an interprofessional health care team. The CHN will provide competent and safe holistic care to our FN communities through consultation, clinical practice, leadership and by facilitating health promotion and disease prevention. The CHN will be digitizing client records and providing education on health prevention and promotion topics. The CHN will utilize a primary health care approach to address overall health needs of the Indigenous communities of Aundeck Omni Kaning, Sheguiandah, Sheshegwaning, Whitefish River and Zhiibaahaasing.

Required Competencies:

- Respect cultural diversity
- Knowledge of health needs for Indigenous populations
- Work effectively both independently and with others
- Familiar with electronic medical records
- Clinical expertise, critical thinking skills

Qualifications and Work Experience:

- Experience incorporating physical, mental, social/environment and emotional/spiritual practices in order to meet the needs of individuals, families and communities.
- Knowledgeable and respectful of Anishinaabe customs, culture and language
- Minimum of three years related experience as a Registered Nurse or Registered Practical Nurse, currently registered with College of Nurses of Ontario in good standing
- Current Ontario Driver's License (and vehicle)
- Current CPR and First Aid Certification.

Deadline: Friday, March 17, 2023 at 12:00pm

Submissions:

Send Resume, cover letter, Vulnerable Sector Check, 3 references and copies of credentials marked 'Confidential' in person, by mail or email to:

Human Resources
Mnaamodzawin Health Services
Postal Bag 2003, Hwy 540
48A Hillside Road, Aundeck Omni Kaning
Little Current, Ontario POP 1K0
705-368-2182 ext.271
hr@mnaamodzawin.com

***only those candidates considered for an interview will be contacted**



**Request for Proposal
Drainage Engineer
NO.2023-28**

Sealed envelopes marked "Drainage Engineer"

ISSUE DATE: Friday, March 03, 2023

QUESTION SUBMISSION DEADLINE: Friday, March 17, 2023 4:00pm EST

PROPOSAL SUBMISSION DEADLINE: Friday, April 14, 2023 4:00pm EST

PROPOSAL SUBMISSION TO:

The Township of Assiginack
156 Arthur Street
P.O. Box 238
Manitowaning, ON POP 1N0
ATTN: Alton Hobbs, CAO

***LOWEST OR ANY REQUEST FOR PROPOSAL NOT NECESSARILY ACCEPTED*
*FAXED or EMAILED PROPOSALS ARE NOT ACCEPTABLE***



Seeks a Municipal Clerk NO. 2023-29

The Township of Assiginack seeks an individual to fill the vacancy of Municipal Clerk. The Municipal Clerk reports directly to the Chief Administrative Officer and is part of the Management Team. The successful applicant will perform all statutory duties of the Municipal Clerk as found in the Municipal Act, Planning Act, Municipal Elections Act and other provincial legislation. The Municipal Clerk will also perform the Council Secretariat functions.

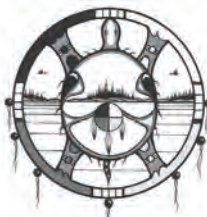
The successful candidate should possess knowledge of municipal government administration processes, municipal law and council procedures, possess a diploma or degree in Public Business Administration, Political Science, Law or related fields and have a minimum of three years progressive experience in a municipal setting.

Membership in AMCTO, municipal election experience, familiarity with provincial legislation, excellent written communication and diplomacy skills are considered assets.

A full job description and pay grid are available upon request.

Sealed applications with resumes attached will be received by the undersigned until 4:00 pm Friday, March 31, 2023. Please note "Clerk" on your envelope.

**Alton Hobbs, CAO
Township of Assiginack
PO Box 238
156 Arthur Street
Manitowaning, ON POP 1N0
ahobbs@assiginack.ca**



**Mnaamodzawin Health Services
Employment Opportunity**

**2SLGBTQ+ Community Activities Coordinator
F/T multi-year contract ends March 31, 2026**

Overview:

The 2SLGBTQ+ Community Activities Coordinator will collaborate with community health teams and local agencies to provide ongoing activities and engagement for 2SLGBTQ+ youth, adults and elders. They will research, assess and document the needs of the 2SLGBTQ+ community on Mnídoo Mnising. They will develop a 2SLGBTQ+ advisory panel to advocate for safety and inclusion in education, social services and health care. The 2SLGBTQ+ Community Activities Coordinator will develop a systemic approach to training and collaborate with local agencies to identify and put in place the supportive mechanisms that will provide competent and safe holistic care to the 2SLGBTQ+ community.

Required Competencies:

- Respect cultural diversity
- Sensitive to needs of the 2SLGBTQ+ individual and community
- Work effectively both independently and with others
- Knowledgeable of social media platforms and marketing
- Exceptional organisational skills

Qualifications and Work Experience:

- Experience in planning, organizing, and facilitating group sessions, events and meetings.
- Knowledge and proficiency in program development, delivery, and evaluation.
- Administrative skills including strong computer skills, completing annual works plans, developing policies, managing budgets.
- Knowledgeable and respectful of Anishinaabe customs, culture, and language
- Current Ontario driver's licence (and vehicle)
- Current CPR and First Aid Certification.

Deadline: Friday, March 17, 2023 @ 12:00pm

Submissions:

Send Resume, cover letter, Vulnerable Sector Check, 3 references marked 'Confidential' in person, by mail or email to:

Human Resources
Mnaamodzawin Health Services
Postal Bag 2003, Hwy 540
48A Hillside Road, Aundeck Omni Kaning
Little Current, Ontario POP 1K0
705-368-2182 ext.271
hr@mnaamodzawin.com

*** only those candidates considered for an interview will be contacted**



**MNAAMODZAWIN HEALTH SERVICES
EMPLOYMENT OPPORTUNITY
Home & Community Care Manager - 2nd posting**

Mnaamodzawin Health Services is seeking a reliable and committed individual to provide leadership and support to the Home and Community Care health team that includes CHNs, RNs, RPNs and PSWs. The Home & Community Care Manager is responsible to ensure the effective and coordinated delivery of community-based and client focussed health services to First Nation community members of Aundeck Omni Kaning, Whitefish River, Sheguiandah, Sheshegwaning and Zhiibaahaasing. The Home & Community Care Manager will provide direction with program planning and development, quality assurance, risk management and ensure that daily operations and service delivery meet the goals, objectives and mission of the organization.

Skills and Qualifications:

1. Experience working with First Nations communities and knowledge of Ojibway culture, language, traditions and treatment approaches an asset
2. Post-secondary Degree or Diploma in clinical health-related services
3. Must be a member of registered healthcare body and in good standing
4. Two (2) years of related management experience
5. Three (3) years' direct experience in the delivery and/or coordination of home care services or experience in Indigenous community health nursing
6. Be able to demonstrate sound clinical knowledge and experience in home care case management and/or community-based home care service delivery
7. Proven ability to apply clinical case management skills in the development, assessment, planning, coordination and monitoring of services
8. Ability to liaise as appropriate with other health care institutions and First Nation internal and external providers to ensure appropriate continuum of care
9. Ability to work independently and collaboratively
10. Must have a valid Ontario Driver's Licence and dependable vehicle
11. Possess Standard First Aid/CPR certification or be willing to take training
12. Experience working with electronic medical records (EMRs)
13. Ability to prepare annual budgets and submit quarterly and annual reporting submissions to funders
14. Administrative skills include management of scheduling, health records, annual work plans and tracking of services provided

Closing Date: Friday, March 31, 2023 at 12:00 p.m.

Qualified individuals are invited to submit a cover letter, current resume, recent VSS (within the last year), credentials, proof of registration with registered body, along with three current work-related references, marked CONFIDENTIAL, to:

Human Resources
Mnaamodzawin Health Services
Postal Bag 2003, Hwy 540
48A Hillside Road, Aundeck Omni Kaning
Little Current, Ontario POP 1K0
Phone: (705) 368-2182 ext. 271
Fax: 705-368-2229
hr@mnaamodzawin.com

***Only those candidates considered for an interview will be contacted**



Mnaamodzawin Health Services Employment Opportunity

Mental Health Clinician
Full-Time Contract ends March 31, 2026

Mnaamodzawin Health Services is seeking a reliable and committed individual to provide community-based client centered mental health services to First Nation community members of Aundeck Omni Kaning, Whitefish River, Sheguiandah, Sheshegwaning and Zhiibaahaasing. The counsellor will work in a confidential environment that is interdisciplinary and values the cultural philosophy of First Nations communities.

Skills and Qualifications:

1. Experience working with First Nations communities and knowledge of Ojibway culture, language, traditions and treatment approaches an asset
2. Bachelor of Social Work Degree preferred
3. Social Service Worker Diploma will be considered
4. Must be a member or eligible for membership with the Ontario College of Social Workers and Social Service Workers
5. Ability to provide mental health assessment and evidence-based treatment services to individuals, couples and families
6. A minimum of two years' experience in a mental health setting is an asset
7. Ability to liaise as appropriate with other First Nation, internal and external providers to ensure appropriate continuum of mental health services
8. Ability to work independently and collaboratively
9. Must have a valid Ontario driver's licence and dependable vehicle
10. Possess Standard First Aid/CPR certification or be willing to take training
11. Experience with Microsoft computer software
12. Experience working with electronic medical records (EMR) is an asset
13. Ability to assist in the development and planning of community mental health resources
14. Possess administrative skills including management of scheduling, health records, annual work plans and tracking of services

Closing Date: Friday, March 17, 2023 at 12:00 p.m.

Qualified individuals are invited to submit a cover letter, a current resume, a recent Vulnerable Sector Screening (within the last year), credentials, registration with their appropriate College, along with three current work-related references, marked CONFIDENTIAL, to:

Human Resources
Mnaamodzawin Health Services
Postal Bag 2003, Hwy 540
48A Hillside Road, Aundeck Omni Kaning
Little Current, Ontario P0P 1K0
Phone: (705) 368-2182 ext. 271
Fax: 705-368-2229
hr@mnaamodzawin.com

***only those candidates considered for an interview will be contacted**



JOB POSTING: PUBLIC WORKS MANAGER

Aundeck Omni Kaning First Nation (AOKFN) is looking for a dynamic, energetic professional experienced in First Nation administration of Public Works. We are seeking a superior performer who is confident and self-motivated. The Public Works Manager oversees the operation of the Road Crew, Grounds Crew, Water Delivery operations and the Water and Wastewater department.

The Public Works Manager provides leadership in strategic planning and advising on policy, development and implementing work plans for AOKFN's Public Works Department. Reporting to the Band Manager, this is a management position responsible for the management, administration, and delivery of all AOKFN's Public Works programs and services to ensure that the needs of AOKFN are met in a reasonable, effective and efficient manner.

The Public Works Manager is responsible:

- Hiring, plan, direct, co-ordinate, administer and supervise Public Works staff and Public Works budget.
- Submitting reports on time.
- For strategic planning and project management.
- For final inspection of Public Works projects.
- For all tendering and Request for Proposal preparation for Public Works services.
- As the liaison and to communicate with local officials of various Ministries, Crown corporations, and government agencies on all functions pertaining to Public Works.
- For reviewing cost reports and construction progress of AOKFN projects to ensure standards of quality and conformance with budget appropriations.
- In working in compliance with Occupational Health and Safety Act and any other relevant legislation.
- Certified in leadership or experience in leadership would be an asset.
- Be available to travel as needed.

The ideal candidate will have the following:

- A university degree or college diploma in Civil Engineering or other related field, or certification as a Certified Engineering Technologist (CET). An equivalent combination of education and experience may be considered.
- Certified Road Superintendent (CRSS) Level I and Level II required or must be committed to complete.
- A minimum of 5 years' experience, with 3 years at a management role, in a public works setting.
- Level 2 certification in EOCP Water Distribution and EOCP Wastewater Treatment would be an asset. OIT will be considered.
- Working knowledge of heavy equipment and certified to operate an asset.
- Working knowledge or education in Wastewater, Water and Storm water utility planning and management.
- Strong knowledge of federal/provincial legislation and policy that affects the operation of public works.
- Computer literate.
- Knowledge of Anishnaabemowin language and culture.
- Must be willing and able to work outside of regular work hours and weekends.

Interested applicants who meet the qualifications as listed above must submit a SIGNED cover letter, current resume, photocopy of degree/diploma, credentials & three current work references with phone numbers to:

Attention: Public Works Manager
13 Hills Trail,
LITTLE CURRENT, ON P0P 1K0

Only qualified applicants will be contacted for an interview. The successful candidate will be asked to provide a current Criminal Record Check (CPIC).

DEADLINE DATE: March 24, 2023 at 2:00 p.m
There will be no return of submissions.
Posted: March 9, 2023



PHYSIOTHERAPIST FULL-TIME

Manitoulin Health Centre requires a Physiotherapist to work on a full-time basis. The Physiotherapist utilizes diagnostic and assessment procedures and tools in order to develop and implement preventive and therapeutic courses of intervention.

QUALIFICATIONS (Education, Certifications, Experience, Licensure):

Required:

- Registration with the College Physiotherapy of Ontario
- Mandatory proof of fully immunized COVID-19 vaccine status

Preferred:

- Previous experience in a hospital physiotherapy department

COMPETENCIES/BEHAVIOURAL:

- Teamwork and Collaboration
- Service and Quality Orientation
- Leadership Presence

COMPETENCIES/TECHNICAL:

- Proficiency in computer software applications: Meditech Client, Microsoft Outlook, Physio-tools, Policy and Procedures and Learning Management System
- Knowledge of Bill of Patient Rights
- Proficiency and knowledge of infection control policies and procedures including hand hygiene and isolation protocols
- Proficiency in the use of department equipment
- Proficiency and knowledge of assessment tools for physiotherapists including the ability to decide which are best suited for each patient's assessment needs
- Knowledge necessary to make competent clinical decisions
- Knowledge of treatment modalities and exercises necessary to maximize each treatment outcome
- Knowledge of contraindications, limitations and hazards of treatments and pathologies encountered in the practice

SELECTION PROCESS:

- Please email a cover letter and resume to the attention of Human Resources at recruitment@mhc.on.ca
- Please reference Job Posting # 2023-OP-03 in your subject line and cover letter.
- Applicants with the required qualifications may be interviewed. Thank you to all who apply.

"Manitoulin Health Centre is strongly committed to diversity within its community and especially welcomes applications from racialized persons / persons of colour, women, Indigenous / Aboriginal People, persons with disabilities, LGBTQ persons, and others who may contribute to the further diversification of ideas."



Northern Ontario's oldest newspaper has openings for

Qualified Freelance Reporters

Successful applicants must be capable of writing both news and feature stories. Some stories will be assigned, others may be self-generated in consultation with the paper's editor. Photos to illustrate news and feature stories are an expectation.

Preference will be given to applicants who:

- Have had experience in journalism
- Can demonstrate the ability to work to a firm deadline
- Can demonstrate a good knowledge of Manitoulin Island, or at least the area of it in which they live
- Have a class G driver's licence and access to a vehicle

If you feel you meet these minimum requirements and would like to join a team of professionals dedicated to telling the interesting stories of this unique place, please send your resume, including writing samples to:
editor@manitoulin.com.

GORE BAY MEDICAL CENTRE

MEDICAL OFFICE ASSISTANT/RECEPTIONIST

FULL and PART TIME POSITIONS AVAILABLE

The Gore Bay Medical Centre is looking for persons with the following qualifications:

- Experience in a medical environment preferred
- Excellent communication and interpersonal skills
- Strong computer skills needed, EMR experience preferred
- Ability to work as a team member
- Willingness to learn new skills
- Ability to multi-task and be independently motivated

If you feel you possess these qualifications, please submit a cover letter and resume by hand, mail or e-mail (phone call not accepted) at:

gmcallister@gorebaymedicalcentre.ca
 Gore Bay Medical Centre
 Box 219
 Gore Bay, ON
 P0P 1H0

Closing dates for applications will be 5:00 pm March 29, 2023. We thank all applicants but only those chosen to be interviewed will be contacted by April 3, 2023.



KINA Gbezhgomi Child and Family Services

Kina Gbezhgomi Child and Family Services (KGCF) is a designated Child Welfare Service delivering Child Protection Services within seven member First Nations in the Districts of Sudbury and Manitoulin. KGCF honours and supports our families' and community's inherent authority to care for their children based on unity, traditions, values, beliefs and customs. **Preference will be given to Anishinaabe Candidates (please self-identify) in your application.**

We are now accepting applications for the following **FULL-TIME** positions which include pension and benefits:

Manitoulin Island:
 Case Aide: Closes March 24, 2023

We are now accepting applications for the following **CONTRACT** positions:

Manitoulin Island:
 Education Support Worker: Closes March 20, 2023

Sudbury:
 Case Aide Contract: Closes March 24, 2023

Manitoulin Island OR Sudbury:
 Database IT Specialist: Closes March 20, 2023 at 4 pm
 Health & Safety Officer: Closes March 24, 2023 at 4 pm

Apply to: Human Resources at hr@kgcfs.org and quote the position title in the subject line.

To view the postings and detailed job descriptions, visit our website at: <https://www.kgcfs.org/employment-opportunities>

At KGCF we are committed to providing a barrier-free work environment following the Accessibility for Ontarians with Disabilities Act and the Ontario Human Rights Code. Accommodations are available upon request for candidates taking part in the recruitment process. Miigwetch for your application, however, only those candidates selected for an interview will be contacted. As a condition of employment, the successful candidate must submit the following: satisfactory Criminal Reference Check (within three months of application date), Vulnerable Sector Check, and Driver's Abstract.



WAUBETEK
 Business Development Corporation
 A Community Futures Development Corporation



BUSINESS DEVELOPMENT OFFICER INDIGENOUS WOMEN'S ENTREPRENEURSHIP PROGRAM

The Waubetek Business Development Corporation is seeking a Business Development Officer who will work with individuals applying to our Indigenous Women's Entrepreneurship Program (IWE).

Qualifications:

This important position in the organization requires an individual with post-secondary education in business administration and work experience in banking and/or assisting small businesses. All applicants require:

- a) The ability to prepare business analyses, as well as financial projections/cash-flow statements;
- b) Proficiency in the use of various types of business and communications software and databases (word processing, spreadsheets, loan databases, etc.);
- c) Excellent written and oral communication skills; and
- d) Experience in delivering workshops and public presentations related to business programs, entrepreneurship, marketing, etc.

Duties:

- a) Providing business development services to guide applicants through the development process;
- b) Preparing business analyses along with financial projections to assess business viability for management/Board approval;
- c) Establishing and administering a business mentorship program;
- d) Organizing online and in-person business workshops to support new and existing Indigenous women entrepreneurs; and
- e) Tracking program deliverables and preparing program reports.

Salary is commensurate with qualifications and experience. The deadline for applications is **Friday, March 31st, 2023**. Please submit a letter of application, your resume and two (2) work related letters of reference to Waubetek's General Manager at the following email using the subject reference "IWE Business Development Officer Position": dmdahbee@waubetek.com

dmdahbee@waubetek.com

While all applications for the position are appreciated, only those invited for an interview will be contacted.

This Opportunity is Proudly Supported by:



WAUBETEK
 Business Development Corporation
 A Community Futures Development Corporation



FINANCE OFFICER

The Waubetek Business Development Corporation is seeking a Finance Officer with excellent financial skills, organizational abilities and a strong, proven work ethic who will work alongside our Manager of Finance.

Qualifications:

This important position in the organization requires an individual with post-secondary educational background and work experience in accounting. All applicants require:

- a) Knowledge and experience with SAGE accounting software and Excel.
- b) Proficiency in business math;
- c) Proven ability to meet deadlines;
- d) Strong organizational skills and self-motivational skills; and

Duties:

- a) Preparing, processing and recording accounts payable and accounts receivable;
- b) Performing data entry, preparing bank reconciliations, reviewing/verifying all cheque requisitions, processing client claims for payment, preparing expense claims, administering petty cash and filing; and
- c) Preparing financial reports for the organization and assisting with budget preparations along with other duties as assigned.

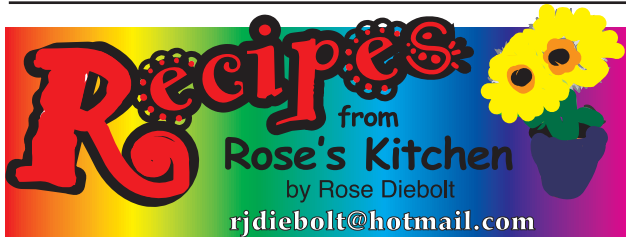
Salary is commensurate with qualifications and experience. The deadline for applications is **Friday, March 31st, 2023**. Please submit a letter of application, your resume and two (2) work related letters of reference to Waubetek's General Manager at the following email using the subject reference "Finance Officer Position":

dmdahbee@waubetek.com

While all applications for the position are appreciated, only those invited for an interview will be contacted.

This Opportunity is Proudly Supported by:





Change doesn't happen overnight, especially when it comes to healthy eating. You can take small steps or a huge leap. I have done both, but small steps work best with my family and the recipe this week is the evolution of a healthy cookie. It has taken me 27 years to perfect a chocolate chip cookie recipe that is healthy and that my adult kids and Grandkids will eat and say 'yummy.'

1988

In my quest to make sure the family eats healthy and on a budget I will not bring home store-bought cookies for my kids (the ingredient list is scary and cost prohibitive). I will make homemade cookies with enriched white flour, brown and white sugar and butter.

2006

Over a phone conversation with a friend she talks about the engineering of wheat. I listen and then do some more research. I switch from white flour to spelt flour—low in gluten, rich in protein, fibre, iron and other minerals. Spelt becomes my go to flour and it works in a 1:1 ratio all the time.

2007

I read numerous articles listing about 150 ways sugar destroys our health. I switch to unrefined turbinado sugar. The articles are still out there and as my father used to say to me all the time sugar is "white death" and so is "white flour!" My Dad was ahead of his time.

2011

I buy a book about the miracles of coconut oil and start swapping out butter with coconut oil and find out it can be done!! Around the same time I see coconut sugar and date sugar in a store and realize it's even healthier than the turbinado sugar.

2015

Knee deep in "the maple syrup season" I asked myself "why am I buying sugars when I can use the best that nature can give us?" I switched my baking methods and replace sugar with our maple syrup and local honey only. It's still sugar but much more easily digested by our bodies.

2017

The buzz words were vegetarian, vegan and gluten free. I try flax gel eggs and realize that you can bake by not using eggs. I go back and forth between flax gel eggs, no eggs and then eggs. I still think eggs are important in our diet so I use eggs! I start experimenting with gluten free flours because of family allergies (oat and almond flour).

2019

I discover chocolate chips made with only 3 ingredients: cocoa mass, cocoa butter and cane sugar. No emulsifiers!

2023

Now even better, you can buy chocolate chips with only two ingredients: cocoa mass and cocoa butter and also chocolate chips sweetened with Stevia extract. They are more expensive but my philosophy is you don't need to eat cookies ever day but when you bake use only the best and healthiest of ingredients.

A Better Chocolate Chip Cookie

This is my go to, quick, cookie recipe that I bake. You can make your own oat flour by grinding rolled oats either in a food processor or blender. If the recipe needs to be gluten free make sure it says on the package "gluten free." I switched the tahini with sunflower seed butter. USE ONLY the natural nut or seed butter that you like. Remember, health.

1 1/4 cups oat flour
1/2 tsp baking soda
1/4 tsp salt
1/2 cup tahini
1/2 cup pure maple syrup
1 Tbsp pure vanilla extract
1/4 cup dark chocolate chips

Preheat the oven to 350°F and line a cookie sheet with parchment paper.

In a large bowl, whisk together the oat flour, baking soda and salt.

In a small whisk together the tahini or your choice, maple syrup and vanilla.

Add the wet ingredients to the dry and the chocolate chips and mix thoroughly. Don't worry about overworking the dough; it doesn't contain gluten and so can't become tough.

Scoop heaping tablespoons or a cookie scoop of dough onto the prepared cookie sheet, and flatten into disks by using a fork, spoon or clean hand dipped in water.

Bake for 8 to 10 minutes, or until the bottoms have browned. Use a spatula to take a quick peek. Allow the cookies to rest on the cookie sheet for 10 minutes before transferring to a wire rack to cool completely. DO NOT transfer the cookies straight out of the oven. They will fall apart!!!

If you don't eat them within three days you can store them in your freezer for three months. Ha, I have never been able to store cookies in my freezer for 3 months.

*Try this recipe and if you like it triple the batter the next time. My thought always is once you are in the mess might as well make it worthwhile.

News from the Mindemoya Library Book Mice

by Claire Cline

Claire's Picks

1. '3 Days To Live' by James Patterson
2. 'Murder At Haven's Rock' by Kelley Armstrong
3. 'Nowhere For Very Long' by Brianna Madia
4. 'The Sun Walks Down' by Fiona McFarlane
5. 'Old Babes In the Wood' by Margaret Atwood

'3 Days To Live:' There are three thrillers in this book. '3 Days To Live' is about a CIA agent bride on her European honeymoon when she and her husband are poisoned, leaving her 72 hours to take revenge. 'Women & Children First' - When a deal goes bad on a tech executive in Washington he turns an order to kill his family into a chance to relive his military glory days. 'The Housekeepers' - A doctor trusts her two housekeepers, but when she's murdered in a botched attempt to steal drugs, the pair of drifters trying to control their former employer's estate face off against the Russian mob. These three stories were okay although I would rather have one full length novel.

'Murder at Haven's Rock:' Deep in the Yukon wilderness, a town is being built. A place for people to disappear, a fresh start from a life on the run. This is not the first town of this kind, something Detective Casey Duncan and her husband, Sheriff Eric Dalton, know firsthand. They met in the original town of Rockton, but greed and deception led the couple to finance a new refuge for those in need. A different but good read.

'Nowhere For Very Long:' The unexpected road to an unconventional life. In this vividly detailed memoir, a young woman chronicles her adventures travelling across the deserts of the American West in a van named Bertha and reflects on an unconventional approach to life. 'Nowhere for Very Long' is the true story of a woman learning and unlearning, from back roads to breakdowns, from married to solo, and finally, from lost to found to lost again—this time on purpose. A different read.

'The Sun Walks Down:' In September 1883, a small

...continued on page 33



IMPORTANT NOTICE TO ADVERTISERS

CHANGE OF DEADLINE FOR DISPLAY ADVERTISING IN THE MANITOULIN EXPOSITOR

The current printer The Expositor uses is downsizing and the paper has been successful in finding a new printer, also in the GTA.

Because of existing business already on their press, the new printer requires the completed newspaper files to be in their hands by early afternoon Mondays to ensure timely printing and the usual Wednesday publishing day. This means that there is one weekday less in our office for all aspects of producing the newspaper.

Our deadline for advertising that is to be created or modified will be 5 pm the Thursday prior to publishing day. This way, we can ensure clients receive proofs in the usual way.

If advertising is created by the client and no proof is required, the deadline for their material is Fridays at 4 pm.

The new deadlines are effective Thursday, March 16 for the Wednesday, March 22 edition.

For questions, please contact:

Hope Gulyas at 705-368-2744

or sales@manitoulin.com

or

Rick McCutcheon at 705-968-1879

Ontario creating internship opportunities in Algoma-Manitoulin

MANITOULIN—The Ontario government is providing more than \$582,000 through the Northern Ontario Heritage Fund Corporation (NOHFC) for 22 job placement opportunities in Algoma-Manitoulin. This investment will help four businesses in the area, including a business and

town on Manitoulin expand operations and develop Northern Ontario's workforce.

"Our government is helping businesses create real opportunities for diverse local talent to gain essential skills and build careers right here in the North," said Greg Rickford, minis-

ter of Northern Development. "Together with our northern partners, we are creating highly skilled, good-paying jobs that will boost economic growth in Algoma-Manitoulin."

The Corporation of the Town of Northeastern Manitoulin and the Islands (NEM) has received \$35,000

to hire a municipal modernization intern to develop new asset management, geographic information system (GIS) and route tracking software.

"The Town of Northeastern Manitoulin and the Islands is grateful for the financial support we received from NOHFC,

which has allowed us to modernize and streamline our asset management and GIS processes, enhance our municipality's technical skillsets and create a specialized employment opportunity in Northern Ontario. Thank you again for supporting our project and our community," said NEMI Mayor Al MacNevin.

Funding of \$21,528 is being provided to Split Rail Brewing Company Inc. in Gore Bay to hire a marketing and sales intern to develop and lead the compa-

ny's marketing plan, establish cross-sector partnerships and assist with sales and distribution.

"Recruiting and retaining key team members is essential to small businesses," said Andy (Andrea) Smith president, Split Rail Brewing. "NOHFC support has enabled us to grow Split Rail's workforce during challenging economic times. We are deeply appreciative of the existence and impact of this important program."

...News from the Mindemoya Library Book Mice

by Claire Cline

...continued from page 32 town in the South Australian outback huddles under strange, vivid sunsets. Six-year-old Denny Wallace has gone missing during a dust storm and the entire community is caught up in the search for him. As they scour the desert and mountains for the lost child, the residents of Fairy—newlyweds, farmers, mothers, Indigenous trackers, children, artists, schoolteachers, widows,

maids, policemen—confront their relationships, both with one another and with the landscape they inhabit. A bit different again, I don't think I really liked this one.

'Old Babes in the Woods:' Another kind of book I don't normally read. This has a total of 15 stories in it and Atwood explores the warp and weft of experience with her characteristic insight and humour from two best friends disagreeing about their

shared past, to the right was to stop someone from choking, to a daughter determining if her mother really is a witch. They feature beloved cats, a confused snail, an alien tasked with retelling human fairy tales and a cabal of elderly female academics and more.

These tales by turn devastate, illuminate, delight and entertain, so they say.

In the next Claire's Picks I am going back to reading a good novel by J.D. Robb or Grisham or Kellerman, although I do believe it is a good thing to try something different once in awhile.

The Pyansky Egg Workshops March 23 and 25 are filled. Please leave your name and number if you would like us to see if we can do another egg workshop or if you have any ideas on what other kind of workshop you would like to do or if you would be willing to teach one.

We also have several activities for children dur-

ing the March break, check our Facebook page to see what's happening.

And starting March 21 every Tuesday from 1 to 3pm we will be having a Knitting/Crocheting Club. Bring your knitting/crocheting and enjoy a couple of hours working and socializing. And if you need a refresher course or would like a few lessons come out and meet these talented people and learn a new skill.

And of course, we are still having the Mahjong ladies coming every Wednesday from 10 am to 12 noon playing this fun game. Everyone is welcome.

We are trying to do many of the activities etc that you asked for on the survey we sent out a few months ago. We are now open Thursdays evenings which is what many of you wanted to see but we certainly are not seeing the numbers we hoped. Reminder we are open Thursdays from 12 until 6 pm until the end of March and then our hours change on Thursdays from 1 until 7 pm. Tuesdays, Wednesdays, Fridays and Saturdays we are open from 10 am to 4 pm.

Hope to see you at your library!

in memoriam

MCGREGOR—In loving memory of Dean McGregor. The best times in our lives were not about what we had but who we were with. You are always with me Dean. P.S. I tell her all about you Naomi

43c

Death Notices

BARBARA KAREN FURST



Barbara Karen Furst (75), ever elegant, intelligent and witty, passed away on March 5, 2023 with her loving husband, Dag Furst, by her side. After a long journey with Alzheimer's Disease, she leaves behind many adoring relations and friends, including her sister Sharon Durie; daughter Jennifer; son

Thomas; daughter-in-law Sarah Lusina and grandchildren Ryder and Stella. She is predeceased by her parents, Stella and Ronald MacDougall of Manitowaning. The family is forever grateful for the compassionate and skilled care of an in-home support worker, the VCH older adult mental health care team, the HOpe Centre, and especially The Village Langley Care Home. A Celebration of Life will be held on Tuesday, March 28, 2023 at 2 pm at the West Vancouver Yacht Club. RSVP here [https://forms.gle/qwj6vLwzUXrbMgvp7]. Donations, in lieu of flowers, can be made to the Alzheimer's Society of British Columbia. A more detailed obituary and an opportunity to leave a note can be found at www.myalternatives.ca/richmond/obituaries.

NOTICE

Effective March 31, 2023

Morley and Cathie Runnalls' Egg Grading Station and egg production business will close.

We want to thank all of our loyal customers who have supported us over the years. We are no longer able to do the work.

All aspects of the business are for sale:

- Laying hens are \$2.00 each
- Commercial coolers are half price
- Eight ton hopper bottom feed bin with enclosed ladder, blower pipe filler, trap door with cleaning, auger discharge mounted on a movable cement pad for \$3000.00.

What are we going to do now? We are going to become consultants like spayed and neutered cats, so if want to know something about nothing call us. We'll tell you everything we don't know about nothing.

Thank you once again,

Morley and Cathie

The Mortgage Centre

Relax and let us get you a better

MORTGAGE



Joel Glaude
Serving Manitoulin Island for 15 Years



Richard Glaude
M08003672

(705) 368-2186 ~ (705) 524-0844 ~ toll free 1-877-266-7126
10875 www.mortgagecentre.com
Access to most major banks including Scotia, TD & CIBC



Having an Event?

Consider the M'Chigeeng Community Complex for your next occasion.

Ideal for:

- **Weddings**
- **Stag & Does**
- **Conferences**
- **Workshops**
- **Meetings**
- **Fundraising events**

M'Chigeeng Arena Ice Rentals available until March 31st.

Call for great off peak rates!

For more information or to book, contact Jeff Bebonang at 705-377-5360 or email jeffb@mchigeeng.ca

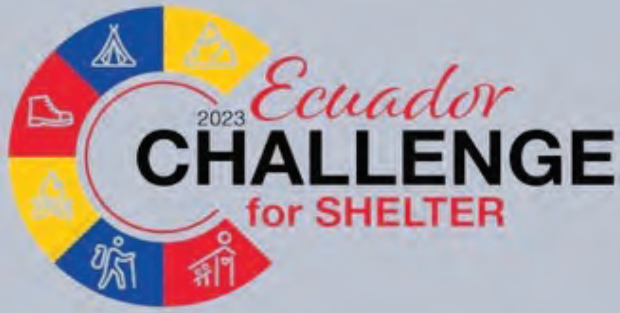
notice

Gore Bay United Church Food Cupboard is open every Thursday from 12 noon to 3 pm. Come to the church side door (facing McQuarrie Motors). You will be invited into the Food Cupboard to choose your food items. If you don't have a bag, there are some available. Please wear a mask. If you have questions, please call 705-282-2011. Messages are checked daily. Everyone is welcome.

NOTICE TO CREDITORS

All claims against the estate of Andy Maxwell Bowerman of Tehkummah, Ontario who died October 12, 2022 must be filed with the undersigned on or before March 30th, 2023.

Linda J. Bowerman
945 Lakeshore Road
Tehkummah, Ontario
P0P 2C0



Join me in making a difference!
Follow the link below:



Agent Spotlight



Winfred Pasveer
Sales Representative



winfredroyalpage.ca
Sudbury - Manitoulin
289-213-4503 cell

Winfred Pasveer grew up in Holland and moved to Canada in 1975. He started his Real Estate career in 1982 in Timmins and moved to the Niagara Region in 1985 where he excelled in and became a certified Commercial and Residential agent. In 2018 Winfred decided to move to Manitoulin Island to leave city congestion behind him. In 2022 Winfred joined The Lewis Team and has been enjoying helping new clients move to the Island. Winfred's number one goal is to make sure that every real estate transaction gets done with the upmost quality and honesty.

The Lewis Team

Royal LePage North Heritage Realty Brokerage
thelewissteam@royalpage.ca

Helping You Find Your Place!

EXCLUSIVE



88 Eastview Lane, Manitowaning
\$999,000



1028 Bay Estates
MLS®#: 2106952, \$645,000



5202 Hwy 551, Mutchmor St
MLS®#: 2109838, \$325,000



N/A Con 6 West, Tehkumma
MLS®#: 2109612, \$287,000



406 B&C Checkerboard Lane
MLS®#: 2108181, \$329,000



NEW LISTING

1159 Whitefish Falls Road, Whitefish Falls
MLS®#: 2109922, \$447,500



31 Worthington Street
MLS®#: 2104028, \$689,000



41 Duke Street, Mindemoya
MLS®#: 2109468, \$329,900

NEW PRICE



406E Checkerboard Lane
MLS®#: 2106888, \$399,000



190 Old Highway 6
MLS®#: 2109173, \$147,500

NEW PRICE



26 Meredith Street
MLS®#: 2104555, \$274,000

VACANT LAND



N/A Beach Road
MLS®#: 2109746, \$174,900



55 Meredith Street
MLS®#: 2108288, \$485,000

PENDING



9379 Hwy 542, Spring Bay
MLS®#: 2101252 \$799,000



98 Steven Street
MLS®#: 2109184 \$350,000

NEW PRICE



63 Waterview Lane
MLS®#: 2106809, \$89,900

WATERFRONT



39 Moody Lane
MLS®#: 2104841, \$945,000



12205A HWY 540 Gore Bay
MLS®#: 2109624, \$529,000



757 Con 6 West Tehkumma
MLS®#: 2109663 & 2109614,
\$675,000



Lot 8 River Road,
Providence Bay \$319,000

VACANT LAND



N/A Walnut Lane, Mindemoya
MLS®#: 2107098, \$139,500



209 Tucker Road
MLS®#: 2105708, \$225,000



5 Noble Blvd, Gore Bay
MLS®#: 2109539, \$589,000

Leanne Lewis 705-626-5723 • Andrew Rocha 705-207-8588 • Winfred Pasveer 289-213-4503 • Adam Rocha 705-280-6343 • Karen Bond 705-497-4006 • Corey McCutcheon 705-562-3496



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**LAKE MINDEMOYA
SOLID LOG COTTAGE**

Ketchankookem Trail - Ideal Central Manitoulin location, all the amenities of Mindemoya nearby & the recreation opportunities on Lake Mindemoya! Nestled neatly in Old Growth Forest - this custom built 24 x 26 log cabin is exceptional. A very comfortable, cozy 3 season country get-away cottage with the potential for 4 season use. Yard & surrounding treed area are all well-groomed with a fire-pit & lots of room for fun, games & guest camping. Property Includes a well-built 14 x 20' garage/workshop and the waterfront comes with set of docks (with a great view of Treasure Island!).

MLS#2110020



215 ACRE FARM

4 km south of Manitowaning on Hwy 6. Very scenic farm with great sunsets. Approx. 100 acres workable, 80 acres tile drained, rest bush and pasture. Century house, good barn and shed. Many apple trees and great deer hunting. Asking \$1,050,000. Please call Listing Agent - Al Frank at 705-859-3297.

MLS#2108356



SOLD

WATERFRONT HOME

Bay Estates \$885,000
MLS#2109114



ESTATE SIZE ACREAGE

Silver Water \$369,000
MLS#2109984



WATERFRONT HOME/COTTAGE

Manitowaning \$589,000
MLS#2108763



COMMERCIAL SPACE

Little Current \$180,000
MLS#2108753



HURON MOTOR LODGE

South Baymouth \$1,499,000
MLS#2108533



NORTH CHANNEL FULL-SERVICE MARINE

Little Current, Call for details
MLS#2107129



OPPORTUNITY ABOUNDS

Little Current \$269,000
MLS#2109580



3.5 ACRE BUILDING LOT

Lower Slash Rd. \$89,900
MLS#2109967



COZY WATERFRONT HOME

Manitowaning \$559,000
MLS#2109084



ASSIGNACK TWP. ACREAGE

131 Acres \$250,000
MLS#2108355



LOCATED JUST OUTSIDE OF MANITOWANING

141 acres \$499,000
MLS#2104402

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SOON**

50 PLUS YEARS

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PLUS YEARS **50**



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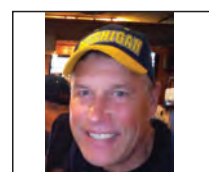
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Broker of Record
Evenings: 705-348-2381



Al Rolston,
Sales Person
Evenings 705-368-2381



Al Frank,
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Evenings: 705-859-3297



J. Alan Wright
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Cell: 705-869-7568



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LUCKY LISTINGS



PENDING

25 ACRES IN KILLARNEY AREA WITH WATER ACCESS
MLS 2109678 \$199,000



37 ACRES IN KILLARNEY AREA WITH WATER ACCESS
MLS 2109676 \$220,000



BUSINESS OPPORTUNITY ON LITTLE CURRENT HARBOURFRONT
MLS 2105298 \$279,000



WATERFRONT COTTAGE WITH 8 ACRES IN NEMI
MLS 2100265 \$399,900



3 BED, 2 BATH WATERFRONT HOME MINUTES TO SOUTH BAY FERRY
MLS 2109326 \$689,000



2 BED, 2 BATH WATERFRONT HOME IN SILVER WATER
MLS 2105161 \$450,000



4 BED, 3 BATH WATERFRONT HOME ON NORTH CHANNEL
MLS 2104776 \$899,000



NEW PRICE

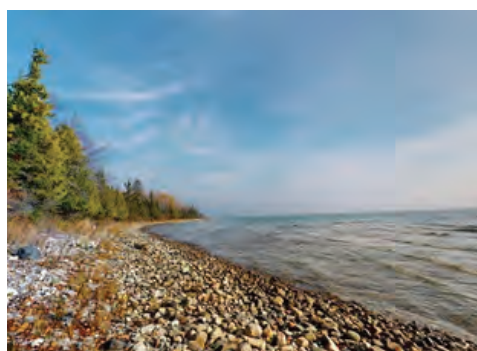
100 ACRE OFF-GRID SEASONAL HOME ON POPLAR ROAD
MLS 2108972 \$339,900



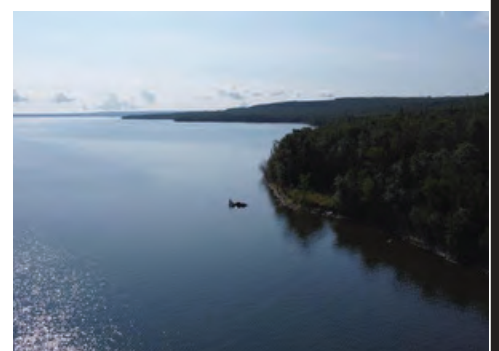
3 BED, 2 BATH WATERFRONT HOME IN KAGAWONG
MLS 2109516 \$739,000



HALF ACRE BUILDING LOT IN MINDEMOYA
MLS 2109372 \$59,000



WATERFRONT LOT IN NEW SANDY POINT DEVELOPMENT AREA
MLS 2108685 \$299,000



11 ACRES WITH WATERFRONT ACCESS ON 10 MILE POINT
MLS 2100267 \$199,900



SOLD

WATERVIEW LOT IN SUNSITE ESTATES, ACCESS TO ALL AMENITIES
MLS 2109857 \$69,900



27 ACRES WITH WATERFRONT ACCESS ON SILVER LAKE ROAD
MLS 2101697 \$199,000

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