



# Niijaansinaanik

Child and Family Services

## *Alternative Care* **Newsletter**



## October 2020

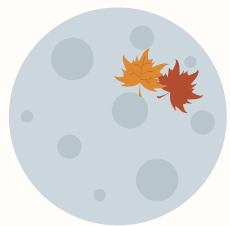
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## *Binaakwü Güzis*

### Falling Leaves

### Moon





# Cultural Connections

## *Children Bring Many Gifts*

Children are sacred beings that bring many gifts and teachings with them when they are placed in our care as parents, family, community and nation. Being fresh from the spirit world they are still strongly connected to their spirit and others that may be near. They teach us about truly living by the Seven Grandfathers when they question the choices we make as adults when saying one thing but doing another. They challenge us to use those teachings as we raise them to make us better parents and human beings. When they enter this world they bring these gifts with them to share with us and the world. They see the world with promise and beauty but are often tainted by our actions as adults. Children remind us of what our innocence once was and more importantly what it could still be. This is why in every moment of every day, Every Child Matters!



All My Relations,  
**Perry McLeod Shabogesic**



## First Aid & CPR Training (Level C)

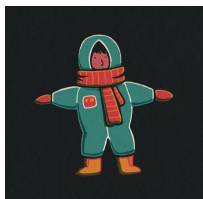
Upcoming 2-Day Training. All costs covered by agency.  
*Additional locations to be determined.*



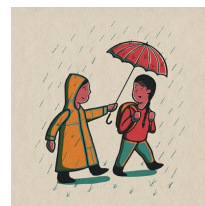
**Parry Sound, ON** - 10 Miller Street  
October 26, 27 -9a.m.-5p.m.

**North Bay, ON** - St. Johns Ambulance- 375 Sherbrooke Street  
October 26, 27 - 9a.m.-5p.m.

Please contact your Alternative Care Worker for information.



**Giizhoozi -They are warm**



**Gizhewaadizi - They are kind, generous**



Miigwech to Joshua Mangeshig Pawis-Steckley for sharing his images with us. Pawis-Steckley is an Ojibwe woodland artist from Barrie, ON. He is a member of Wasauksing First Nation.

“When it rains look for rainbows,  
when its dark look for stars.”

*Unknown*

”



# National Caregivers Week

**October 19-23**

**During the third week of October, families across Canada are celebrated for their dedication and commitment to the children and youth they open their hearts and homes to. This week is a time to reflect and appreciate our Alternative Caregivers for all that they do for and for providing a safe, caring and nurturing home environment for children and youth in need. Niijaansinaanik recognizes your invaluable assistance and input from our alternative, customary, kin and relief families.**

*Chi-Mügwetch*

## Family Friendly Fall Recipe - Three Sisters Soup

The weather is cooling, and fall is in the air. There is something special about a warm bowl of soup on a chilly fall day. Today we'll share a quick story and recipe that you can read, create and share, with all members of your household! There are many stories about the Three Sisters in North American Indigenous cultures. There are many different stories about the three sisters who were very different but who relied on each other to grow: Corn, Beans and Squash. The beans grow up the corn, the corn supports the beans, and the squash covers the ground. Each plant had a specific purpose, and their harvest would often help families eat through the winter. Corn, Beans and Squash always worked together in order to sustain our communities. Today, we recognize that these Three Sisters are obliged together by three principles: peace, friendship and respect. While you enjoy your time with friends and family creating your meal, take comfort in Mino Bimaadiziwin and the good nourishment and comfort the creation has given to all who helped prepare and eat.

[Click here for more on Three Sister Soup and other Indigenous Food](#)

### Ingredients

- 4lbs favourite winter squash (butternut, acorn, sunshine)
- 4 quarts vegetable stock (or water)
- 2 small yellow onions, diced
- 1/4 cup olive oil
- 1/4 garlic, chopped
- 2 tsp thyme
- 1 tsp ground black pepper
- 1 lb fresh or frozen corn kernels
- 4 (23-ounce) cans white kidney beans
- 1 bunch green onions, sliced
- 1 large bay leaf



### Directions

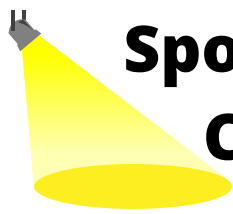
Preheat the oven to 350F. Halve the squash and scoop out the seeds; roast for 40 minutes, or until soft. Remove from the oven, cool, and scoop the flesh of the squash into a large bowl (save any liquids). Puree the cooled squash in a blender or food processor (add liquid if needed). In a large stockpot, heat the oil over medium heat and sauté the onions until they begin to brown. Add the garlic, thyme, and black pepper. Cook, stirring often, until the garlic turns light brown in color. Add the stock, bay leaf, and squash and bring to a simmer. Add the remaining ingredients and salt, and simmer for 15-20 minutes. Taste and adjust as needed. Let cool, and enjoy!

“

**Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow'.**

*Mary Ann Radmacher*

”



# Spotlight on Area Indigenous Child and Youth Services

There are many services available to children and youth in Nipissing Parry Sound. Our workers and culture staff are able to provide information and services Nijjaansinaanik offers for alternative caregiver families. We can also help you find a service you need. In addition to what we can help you with, many First Nations offer their own services, and there are many organizations such as:

## **North Bay Indigenous Friendship Centre**

Healthy Children - Healthy Babies, Akwe:go, Urban Indigenous  
Healthy Living - Kids, Wasa-Nabin, Waaban, Youth Life  
Promotion, Community Support/FASD, and more

## **Parry Sound Indigenous Friendship Centre**

Akwe:go Urban Indigenous Children's Program, Community Action  
Program for Children, Healing and Wellness Program, Cultural  
Resource Program, Healthy Living Program, Health Outreach and  
more

## **North Bay Indigenous Hub**

Primary Health Care and Early Childhood Development and  
Learning Services to First Nations, Inuit, Metis People,  
without distinction of status, non-status or residence.

## **Hope for Wellness Helpline**

Toll-free Help Line 1-855-242-3310, 24 hours a day, 7 days a week, or  
use the chat box online to connect with a counselor. The Hope for  
Wellness Help Line offers immediate mental health counselling and  
crisis intervention to all Indigenous peoples of all ages, across Canada.

## **One Kids Place (OKP)**

Community-based rehabilitation and related support  
services for children and youth and their families living in  
the Districts of Muskoka, Nipissing and Parry Sound.  
Occupational Therapy, Speech-Language Therapy,  
Physiotherapy, Social Work, Therapeutic Recreation, Infant  
Hearing Program, Autism Services, Loan Equipment  
Program, Clinics and more.

## **HANDS - the Family Help Network**

Hands helps families with a child or youth who have mental  
health concerns, autism and developmental disabilities. We offer  
specialized services for families with infants to give children the  
best start in life. Hands also offers services for adults.

## Road Safety Tips

Whether children are walking, cycling, skating, scootering, around the neighbourhood, or a passenger  
on a bus or car, it is always a good idea to talk about traffic and road safety. Ontario Road Safety  
Resource is a great start for primary, junior, intermediate and secondary school students to learn about  
road safety. The site has curriculum-approved, age-appropriate resources for every grade and topic.  
The site features games, exercises, checklists, posters, activities and videos.  
[www.ontarioroadsafety.ca](http://www.ontarioroadsafety.ca)



## Contact us

We love to hear from you.

Your role as caregiver is crucial in many aspects. Thank you for choosing your role and making a sincere difference  
in the lives of many. Thank you for believing in our Agency and helping keep Indigenous, Métis and Inuit children in  
our/your communities. Together we can provide positive and healthy experiences for children and youth, who can  
grow up with true and strong connections.

Miigwetch!



**1-855-223-5558**



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