



# Niijaansinaanik

Child and Family Services

## Alternative Care Newsletter



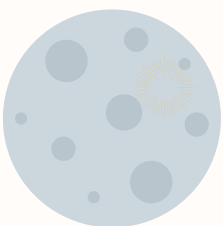
### December 2021

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### Mnidoons Güzisoohg

Little Spirit  
Moon





# Cultural Connections

*Little Spirit Moon*

*Signalling the winter solstice*

Ahniin, Boozhoo Kina Weya,

Little Spirit Moon is a messenger signalling the Winter Solstice. It is a preparation time for the Great Spirit Moon, Gchi Mnidoo Giizis (January). As Creation slows down and our great Mother prepares for her winter rest under a blanket of snow we also prepare ourselves. Food and supplies have been stored for the long winter months ahead. All of Creation does the same. From the smallest of plant seeds that carry the fire of life from their dying relatives, to the great creatures like the cow Mooz who carry their young within their vessels through the cold healing land, all beings ready themselves.

As we enter Bi-boon (winter), the cold winds of the Giiwaydin (North) bring purifying snows to cleanse Mother Earth. Some plants have died and returned their bodies to their Mother. Other plants fall into a deep sleep as do some animals like the great Mukwa (Black Bear) who wait in their dens for the signal to turn and guide the new life that will come in the spring if Creation allows.

The Earth is resting, and there is a stillness reminding us to rest. It is a time to spend listening to the stories and teachings from our Nokomisak (grandmothers). This is the way of Creation.

Na'how, Miigwetch,

Culture Team

## Car Seat Training

Our Trainer/Recruiter has completed Car Seat Technician Training. We will be able to offer this training to Alternative Caregivers in the near future.



**Children's Christmas Party**  
**Saturday, December 11, 2021**  
**10 a.m. - 3 p.m.**  
**86 Gibson Street**  
**Parry Sound, ON**

*Your presence is required and we look forward to seeing you!*

Join us for a special jolly visitor, presents, and a turkey luncheon! Your worker will contact you for confirmation of attendance and to discuss any food allergies.

Please RSVP to: [Sophie.Lablanceniijcfs.com](mailto:Sophie.Lablanceniijcfs.com)  
 (705) 763-2000 ext: 3005



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# ROUND DANCE

SATURDAY, DECEMBER 4, 2021

HENVEY INLET FIRST NATION  
FIREHALL

5:00P.M. - 10:00P.M.

Bino No Gee Yuk Nzaagwinden

5:00p.m. - Feast	MC - Gordan Sands
6:00p.m. - Pipe Ceremony	Co-MC - Marie Gaudet
6:30p.m. - Round Dance	Elder - Tony Tyson
9:30p.m. - Giveaway	Pipeman - Jimmy Dick
10:00p.m. - Closing Ceremony	Stickman/Singer - Gabe Gaudet

Invited Singers:

Darren Nakogee \* Rodney Stanger \* Dave Hookimaw \* Jordan Mowat  
Lester Mianskum \* Vidal Nicotine Sands \* Nathan Roy \* Wayne Moberly

Provincial health and safety measures in place. Please wear masks, maintain social distancing and practise hand hygiene.

For more information contact Rod Nettagog, Cultural Helper - NCFS  
rod.nettagog@niijcfs.com 1-855-223-5558

## North Bay Battilion

NORTH BAY MEMORIAL GARDENS

DECEMBER 12, 2021

2:00 PM

North Bay Battalion Vs Barrie Colts  
Tickets & Coupons Available For Youth  
and Their Families. Contact your  
worker if you are interested in  
receiving a free ticket and coupon.



## Children's Corner Colouring



Colour your own holiday sweater and decorations!

Click the picture or [here to find a full-size version of the colouring page.](#) You can also request one from your Worker. Each month the submissions go into a draw.

## AC Home Engagement Activity

Your Worker will be dropping off a Family Gingerbread baking activity in the weeks to come.



Please send a photo of your completed project to be entered into the prize draw by December 24, 2021.  
Draw Date: January 7, 2022

## Pre-Service Training

Congratulations to our new AC homes that have completed their Pre-Service training !

Our next upcoming Heart & Spirit Pre-Service Training will be:

North Bay - Location TBD  
January 22 & 23  
January 29, 30

Heart  
& SPIRIT

# Brighter Days: An Indigenous Wellness Program Kids Help Phone

An Indigenous Wellness Program by Kids Help Phone was developed by Indigenous educators, school counsellors and community program workers to empower First Nations, Inuit and Métis youth with skills, tools and resources to support their well-being. The program is offered to any group of Indigenous youth from six to 29 years old in both audio and video format. [For more information click here.](#)

## A Big Drum Story Parry Sound Friendship Centre

Led by Deina Bomberry

Tuesday, December 7, 2021

5p.m. - 7 p.m.

70 Isabella St.

**\*Zoom Link Also available\***

For Zoom Link and to register please email [crc@psfc.ca](mailto:crc@psfc.ca)

Potluck dinner (bring your favorite dish to share if you can). [To view poster click here.](#)



Happy  
holidays

**from the Alternative Care team !**

Holiday Reminders

## FIRE SAFETY



### KEEP LIVE AND FAKE TREES AWAY FROM HEAT SOURCES

If you have a live tree, make sure it stays hydrated. If you buy an artificial tree, make sure it's labeled "fire resistant." Fire-resistant trees are less susceptible to catching fire.



### WORK AS A TEAM

When stringing lights and decorations above your normal reach, make sure you use a proper ladder with someone supporting the base.

### USE UNBREAKABLE ORNAMENTS

If you have fragile ornaments, place them out of reach from pets and kids.

### CHECK & TURN OFF LIGHTS

Replace any lights with frayed wires, broken sockets, and loose connections. Turn off all lights when you go to bed and before leaving the house to avoid a short that could start an electrical fire. Prevent electrical cord damage. Don't mount lights in a way that might damage the cords, and avoid using nails or tacks. Use hooks or insulated staples instead.



## HAPPY HOLIDAYS!



### BEWARE OF POISONOUS PLANTS

Poinsettias, holly and mistletoe are poisonous when eaten, so keep them out of reach of kids and pets.

### SMALL ITEMS AND PIECES

Be mindful of small items and pieces from food (such as toothpicks, bread ties, bags, etc) and small pieces from cutting toys out of packing, and batteries.

### CORRECT AGE RANGE TOYS

Buy toys that are labeled for the correct age range. Age recommendations on toys are typically about safety, not based solely on the ability of the child.

### CANDLES

Secure candles. Keep candles on a sturdy base to prevent tipping. Never leave a lit candle unattended. Ensure matches and lighters are stored away from children.



### MAKE SURE YOU HAVE WORKING FIRE ALARMS AND CARBON MONOXIDE DETECTORS.

### REVIEW EXIT PLAN AND LOCATION OF FIRE EXTINGUISHERS WITH ALL MEMBERS OF HOUSEHOLD.



This is not a complete list. For more information visit:

[Ontario Native Fire Fighters Society](#)  
[Ontario Association of Fire Chiefs](#)



## Contact us

We love to hear from you.

Your role as a caregiver is crucial in many aspects. Thank you for choosing to be a care provider 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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