



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



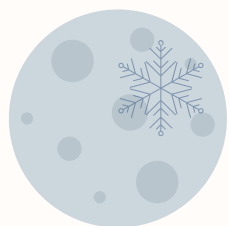
March 2022

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Naabdin Güzis

Snow Crust
Moon





Cultural Connections

Naabdin Giizis

Snow Crust Moon

Ahniin, Boozhoo Kina Weya,

The water is busy during this month. The ice begins to shift and melt. In the distance, loud thundering noises can be heard from the ice breaking, cracking, and shifting on the waterways.

Naabdin Giizis marks the end of Winter from hard crust snow to Ziisbaakwat (maple sugar time). The Aninaatig (maple tree) is also known as the Tree of Life, as it gives food and nourishment to the people, through its beautiful sweet water. The Tree of Life is honoured because of the gift it brought to Anishinaabe. The Aninaatig saved Anishinaabe from starvation when game was scarce and the people were weak from lack of food.

The women and elders petitioned to Gizhay Manido, the Creator to give them strength and guidance during this difficult time. The spirit of Aninaatig showed the women and elders its gift of sap and the women, grandmothers, and elders learned how to collect the sweet water and share it with their families.

Another beautiful story, Mukwa (bear) shows a young man the gift of the Aninaatig by scratching the tree trunk and exposing the sweet water to the young man who left his village to find food. He gains strength by drinking the sap and runs across the hard crust snow back to his village and shares the sweet water with the people who were weakened by hunger. The Aninnatig is honoured for its life-giving sweet water and Mukwa is also thanked for his knowledge of the Aninaatig.

**Na'how, Miigwetch,
Culture Team**

My Life Book Workshop

All materials required will be provided at the Workshop.

Saturday, March 26
Parry Sound
10 Miller Street
1-4p.m.

Sunday, March 27
North Bay
Best Western Conference Centre
1-4p.m.

Your Worker will contact you to confirm, and with more details.

Q&A for Prospective Caregivers

March 9
1:30-2:30p.m.



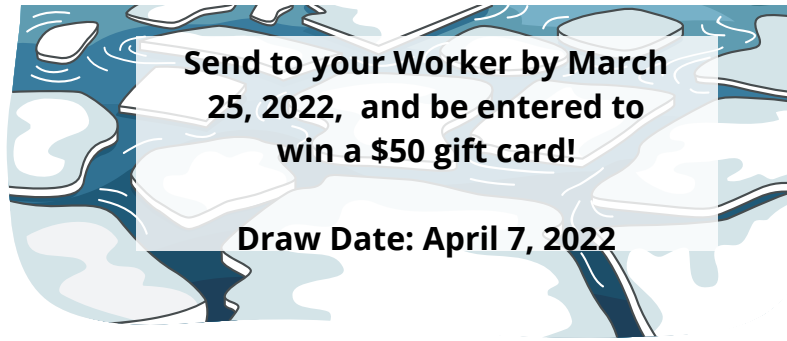
March 23
6 -7p.m.

To register and receive zoom link please contact Lillian Couchie at Lillian.Couchie@niijcfs.com or at 1-855-223-5558

March AC Home Engagement Activity

After a long winter, we are looking forward to Springtime! During the month of February, we are asking our AC children, youth, and families to send 3 photos, a short video, poster, or recording of the:

Signs of Spring!



Send to your Worker by March 25, 2022, and be entered to win a \$50 gift card!

Draw Date: April 7, 2022

5 Kid-Friendly Signs of Spring - Ontario Parks

Children's Colouring Corner

The March colouring page will be dropped off by your worker, or you can click the picture or [here to find a full-size version of the colouring page](#). If you don't receive a dropped-off page, please request one from your Worker. Each month the submissions go into a draw.

This month's draw winner will receive: a \$25 gift card!

World Water Day is on March 22, 2022. This year's theme is groundwater Making the Invisible Visible. Each year this event celebrates water and raises awareness about the estimated 2 billion people living without access to clean and safe water. To learn more visit: worldwaterday.org



Spring Solstice

On Sunday, March 20, 2022, we will have an equal amount of day and night. In addition to the noticeable increase in daylight, it is an important celestial event that gives can be reflected upon and celebrated as another beautiful change of the season. Take a few moments outside to see, feel and hear the signs of spring returning.

Family Recipe (Adult Supervision Required)

Weesida! Let's eat!

FRY bread
Ekwezhgan - Bread or Biscuit

Also known as *osone*, *fy bread*, *bannock*.

When our ancestors' lives were changed and limited to lands reserved for Indians, some suggest that we were given to the community included flour and lard. The new food staples helped sustain our grandparents, our great-grandparents, and their families. Today, we modify the lard for vegetable oil.

Wookmis (my grandmother) made Bhoweghan for breakfast, dinner or to share at community potlucks. She taught me the craft of Bhoweghan or 'osone' making when I was young and encouraged me to make it when I was a young mother especially if we were out of conventional bread. The recipe below is for frying in vegetable oil or high heat oil of your choosing, e.g. avocado oil, refined coconut oil, safflower oil, canola oil, sunflower oil, or vegetable oil.

DIRECTIONS

- Mix ingredients together with a fork in a medium bowl, until no lumps.
- Grease your hands with vegetable oil and shape dough into a ball. Leave the dough in the bowl and cover with a cover and set it aside for a few minutes.
- Heat vegetable oil, at least 1-inch-deep or deeper in a frying pan. Test a small ball of dough in grease. It should float to grease, rest on the bottom. If it rises immediately float, the oil is not hot enough.
- When oil is ready, grab a ball of dough a little larger than a golf ball and stretch out to your greased hands until the dough is flattened and about one inch of dough thick. Poke a small hole in the center of the dough with your fingers, and carefully lay in the hot oil.
- Let dough brown in a golden brown before turning over and frying another side.
- Place finished pieces of bread on paper towels and serve immediately.

BEFORE COOKING CAUTION: NEVER COOK WITH OIL THAT IS TOO HOT. NEVER PAN FRY OVER THE COVER PAN. ALWAYS COVER PAN WITH COOKING OIL. OIL WILL COOL AND SPATTER.

READY IN: 30 mins
SERVES: 6
YIELD: 6 pieces of bread

INGREDIENTS:

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon sea-salt or 1 teaspoon table salt
- 1 cup hot water
- vegetable oil (for frying)

SWEETEN BREAD WITH SWEET WATER ALSO KNOWN AS MAPLE WATER, MAPLE SAP

[CLICK HERE](#)

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:

April 23 & 24, 2022
April 30 & May 1, 2022

Participants will be notified

Heart & SPIRIT

March Break

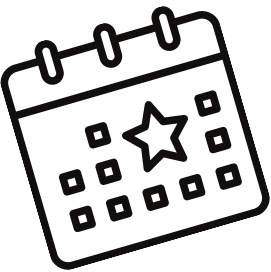
We hope all students enjoy a well-earned, relaxing, and fun March Break. Whether you are sticking around the house or want to check out some events around your First Nation or municipalities, they are sure to be lots of fun to be had! Due to recently changing provincial guidelines, some March Break Activities may require registration, and/or amended schedules. Check with your First Nation, or visit the webpage/Facebook page of the organization to check out what activities they have.

The Parry Sound Charles W. Stockey Centre will be announcing its March Break activities shortly. Check the Stockey Centre [website](#) and Facebook page for more information.

Check the Greater City of Sudbury Website or Facebook page for more information closer to the start of the March Break.

REGISTRATION REQUIRED - North Bay EarlyON will be holding March Break Activities including Winter Olympics, Snow Shoeing, Skating, and Sledding from March 14 - 17. Visit the [Early ON website](#) for more info.

Please check directly with your First Nation for events they may be holding over March Break. Check out your local nearby Indigenous friendship Centers and organizations for programming.



Social Work Week 2022: March 7 - 13
Chi-Miigwetch to our devoted staff.

March 8 - International Women's Day

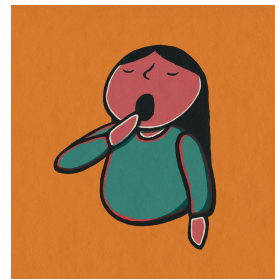
To learn more about this year's International Women's Day campaign theme: #BreakTheBias., visit www.internationalwomensday.com

Car Seat Training

We will be holding car seat training in May 2022. More details coming soon!



**Gitige
Planting**



**Naanibaayawe
Yawns**

Miigwetch to Joshua Pawis-Steckley of Wasauksing First Nation for sharing these images with us!

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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