



# Niijaansinaanik

Child and Family Services

## Alternative Care Newsletter



### August 2022

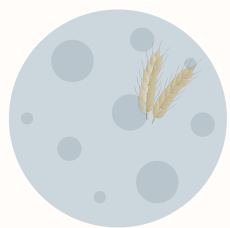
#### WHAT'S INSIDE

Cultural Connections.....	2
Youth Summer Camping.....	2
Cultural Workshops.....	2
Spirit Name Workshop.....	2
Family Engagement Activity.....	3
Children's Colouring & Raffle.....	3
My Life Book Workshop .....	3
Medicine Walk .....	3
Heart & Spirit.....	4
Alternative Care Information Booths.....	4
Contact Us.....	4

*Mnoomni*

*Güzis*

Grain Moon





# Cultural Connections

*Mnoomni Giizis - Grain Moon*

Ahniin, Boozhoo Kina Weya,

Wild Rice is a grain known to the Anishinaabek as manoomin. Manoomin is part of the Anishinaabek migration story and prophecy where the Seven Fires Prophecy given to the Anishinaabek from the spirits,

stated in the first fire that the Anishinaabek "...will know the chosen ground has been reached when you come to a land where food grows on water."

Full Moon: Thursday, August 11

Na'how, Miigwetch,  
Culture Team

Source: *Eating with the Seasons, Anishinaabeg, Great Lakes Region*

## Youth Summer Culture Camp Ages 7-12

August 8-12

Three Mile Lake

Wasauksing First Nation



A week long culture camp featuring fun in the sun, swimming, arts, crafts, cultural land-based activities, storytelling, medicine walks, harvesting, fishing and making new friends!

For more information or to register contact:

Sophie Leblanc, *Administrative Support*

Tel: (705) 763-2000 ext: 3005 [sophie.leblanc@nijjcs.com](mailto:sophie.leblanc@nijjcs.com)

## Naming Ceremony Information Session

Wednesday, August 3

*Link to be sent via email to those who register*

Please register with

Sophie Leblanc, *Administrative Support*,

Tel: (705) 763-2000 ext: 3005 [sophie.leblanc@nijjcs.com](mailto:sophie.leblanc@nijjcs.com)

An open virtual information session for staff, caregivers, and families to ask questions and learn the protocols for requesting your Nishnaabe Nooswin (Spirit Name). Register with your worker.

For one to receive a Spirit Name, they must offer Semma (tobacco) to someone who has the gift of finding a name; this process may take up to one year or longer for the Spirit Name to arrive. During this time, you are asked to choose "Sponsors". Sponsors are individuals who will take on the role of a personal life/spiritual guide for the one receiving their name. The Sponsors are also offered Semma (tobacco) when asked to take on this role. The one who will be gifting the name will inform you when your name has been received and to begin preparing for your ceremony. At the ceremony, your Spirit Name will be acknowledged and announced to all of creation and a feast and small giveaway will occur.



# Community Pow Wow

Saturday, September 17  
*Save the date!*  
*More information to follow.*

## Community Medicine Walk

August 18  
2:00p.m.-4:00p.m.  
6 Serenity Lane, North Bay

Come join the Culture Team for an afternoon on the land learning about mshkiki (medicines). Perry McLeod-Shabogesic will lead the walk and share knowledge of the many plants that surround us. Register: Sophie Leblanc, Administrative Support  
Tel: (705) 763-2000 ext: 3005 [sophie.leblanc@nijcfs.com](mailto:sophie.leblanc@nijcfs.com)

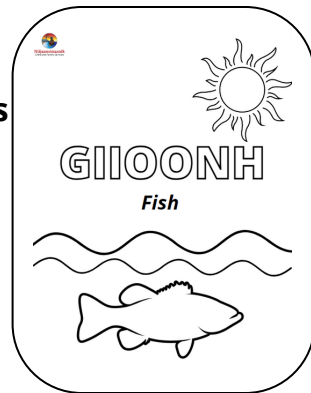
## Children's Colouring and Raffle



We have so many great artists!  
Each month all submissions go into a gift card draw.  
Miigwetch to all who sent in their colouring page pictures!

The June colouring page is available for print here: [Giioonh - FISH](#)  
You can also request a printed sheet from your Worker. All ages and skill levels are encouraged to submit to get entry to the draw. Raffle winners will be notified. You can send photos of completed work to:  
[sophie.leblanc@nijcfs.com](mailto:sophie.leblanc@nijcfs.com)

Submission Date: Tuesday, August 30  
Draw Date: Thursday, September 8  
Prize: \$25 Walmart Gift Card



## Monthly Family Engagement Activity

Theme: Poster, Drawing or Photo about "Summer"  
Submission Date: Tuesday, August 30  
Draw Date: Thursday, September 8  
Prize: \$50 Walmart Gift Card



## My Life Book/Scrapbooking

Date to be Announced Sudbury	Date to be Announced North Bay
---------------------------------	-----------------------------------

Keep important photos, certificates, drawings, or any other items a child/youth may like to add to their book! Contact: Sophie Leblanc, Administrative Support  
Tel: (705) 763-2000 ext: 3005 [sophie.leblanc@nijcfs.com](mailto:sophie.leblanc@nijcfs.com)

# Alternative Care Program Drop-In Information Sessions

## Drop by our Information Booth and BBQ @

Thursday, August 11  
11:00a.m. – 2:30p.m.  
*Niijaansinaanik Office*  
702 Main Street, Dokis First Nation

Thursday, August 25  
11:00a.m. – 2:00p.m.  
*Niijaansinaanik Office*  
295 Pickeral River Road, Henvey Inlet First Nation

## Drop by our Information Booth @

Saturday, August 20  
Pow Wow - Wahnapiatae First Nation  
*Traditional Grounds*

Sunday, August 21  
Pow Wow - Shawanaga First Nation  
*Traditional Grounds*

For more information please contact:  
Lillian Couchie at [Lillian.Couchie@nijcfs.com](mailto:Lillian.Couchie@nijcfs.com) or at 1-855-223-5558

## Family Seasonal Recipe

### Tomato Salsa

#### Directions:

- Cut tomatoes and remove the seeds
- Dice tomatoes
- Place in a medium size bowl. Add onion, cilantro, oregano, garlic, olive oil, lime juice and salt and pepper to the bowl and mix.
- Let sit loosely covered to allow flavours to blend
- Serve immediately or refrigerate and serve with in four hours.

#### Ingredients:

- 4 large ripe tomatoes
- ¼ cp chopped onion
- ¼ cp cilantro
- 1 t fresh oregano
- 2 cloves garlic minced
- 1 t olive oil
- 2 t lime juice
- Salt and pepper to taste



Heart  
& SPIRIT

October 22 - 23, 2022 &  
November 5 - 6, 2022  
10 Miller Street, Parry Sound, ON  
\*Participants will be notified\*

## 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 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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