



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



April 2023

Bokwaagmi Güzis/ Züisibaakadake Güzis



Broken Snowshoe Moon /
Sugar Moon
April 6, 2023

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Cultural Connections

Bokwaagmi Giizis - Broken Snowshoe Moon

Ziisibaakadake Giizis - Sugar Moon

Ahniin, Boozhoo Kina Weya,

The water is very busy in its work. 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. This is the time that we release our bundles we made in the Mukwa Giizis-Bear Moon. The powerful water will take our bundles away.

This moon marks the end of winter. The snow is hard and crusty and it is the time of year where snowshoes needing mending, after helping us through the zoogpo-snow.



Na'how, Miigwetch,
Culture Team



April 22, 2023
Earth Day
Shkaakaamik-we
(Mother Earth)



Office will be closed on
April 7, 2023 & April 10, 2023

Our After Hours Team will be
available for emergencies at

1-855-223-5558



**DID YOU KNOW THAT FIRST AID CPR/AED LEVEL C
IS A REQUIREMENT FOR ALL ALTERNATIVE CAREGIVERS,
SEE PAGE 3 FOR AVAILABLE DATES.**



Alternative Care Upcoming Training

Heart
& SPIRIT

April 29 - 30, 2023 &
May 13 - 14, 2023
Holiday Express Sudbury, ON
Participants will be notified



October 21 - 22, 2023 &
November 4 - 5, 2023
Location: North Bay, ON



January 27 - 28, 2024 &
February 10 - 11, 2024
Location: Parry Sound, ON

Participants will be notified

Non-Violent Crisis Intervention

May 9 - 10, 2023 in North Bay
July 11 - 12, 2023
Sep 19 - 20, 2023
Nov 11 - 12, 2023



Trauma-Informed Care

Register at:
<https://TIC2023.eventbrite.ca>



Quality Standard Framework

Online Training
Details to be provided by email

First Aid CPR/AED level C

Offered by St. Johns Ambulance

8:30am - 4:30pm (both days)

**Select two date as we
are unable to
guarantee availability**

North Bay

- April 13-14, 2023
- April 15-16, 2023
- April 26-27, 2023
- May 6-7, 2023
- May 10-11, 2023
- May 24-25, 2023
- June 10-11, 2023



Sudbury

- April 29-30, 2023
- May 3-4, 2023
- May 10-11, 2023
- May 17-18, 2023
- May 25-26, 2023
- May 31-June 1, 2023



Registration required.

Please advise your worker, contact (855) 223-5558 ext 3005 or registration@nijcfs.com

Car Seat Safety

Did you know that car seat safety is a requirement for all Alternative Care Homes?

Our Trainer/Recruiter is available for One-on-One training.

For more information please contact:

Lillian Couchie at Lillian.Couchie@nijcfs.com or at 1-855-223-5558 ext. 3003



Available One-on-One Training dates:

North Bay
April 25, 2023
April 26, 2023

Sudbury
May 3, 2023
May 4, 2023

Parry Sound
May 24, 2023
May 25, 2023

Anishinaabemdaa Let's speak/talk Ojibway

Apiish (apeesh)

Aniish-pii (Aneesh-pee)

Aniish-dush (Aneesh-dush)

We-nesh

Weg-nesh

Aniish mi-nik (Aneesh mi-nik)

Where

When

Why

Who

What

How many

Family Engagement Activity

Theme: Send a picture or drawing of "Earth Day"

Prize: \$50 Walmart Gift Card

Submission Date: April 27, 2023

Draw Date: May 18, 2023



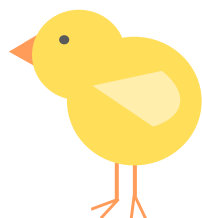
Children's Colouring

All ages and skill levels are encouraged to submit to get entry to the draw. Raffle winners will be notified.

Submission Date: April 27, 2023

Draw Date: May 18, 2023

Prize: \$25 Walmart Gift Card



Wiisnidaa- Let's eat!

Hominy Corn Soup

Source: LTBB Odawak FDPIR and Community Health programs

Ingredients

- 1 to 1½ pounds pork loin, chops, cubed
- 4 - 15.5 oz. cans hominy, drained and rinsed
- 5 or 6 medium-sized potatoes, peeled and diced
- 2 or 3 - 15.5 oz. cans kidney beans, drained and rinsed
- Salt and pepper

Instructions:

1. Wash your hands before preparing food.
2. Place pork pieces in large pot with 1½ quarts of water. Add ½ teaspoon salt and simmer for about 1 hour.
3. Add the drained and rinsed hominy to pot. Continue to boil together gently for another hour.
4. In the meantime, boil the potatoes separately in a pan of salted water until just tender. Drain, and discard water. Cool potatoes to prevent from further cooking.
5. After 2 hours, add the potatoes and drained and rinsed kidney beans to cooking pot. Add additional 1 quart of water, or more to desired consistency. Reheat to boiling and serve with salt and pepper.

Notes and Ideas:

- You may add more cans of hominy, if you prefer.
- If you use a fattier cut of pork, you may decide to remove and discard any excess fat from the meat and skim the fat from the cooking water, before adding the hominy.

March 2023 Art Work



CULTURAL EVENTS

To find out more about any Cultural events listed or to register, please contact: 1 (855) 223-5558 ext. 1201 or registration@nijcfs.com

★ Events only offered to Alternative Care Caregivers

Nishnaabemwin Bingo

April 5, 2023

Time: 6:00 - 8:00pm

Location: Zoom

Come and play the Anishinaabe way!

Prizes to be won!

Please register by April 4, 2023 at 4:00pm

Bear Bundles part 2

April 6, 2023

Time: 5:00 - 6:00pm

Location: Zoom

Please register by April 5, 2023 at 4:00pm

Zisbaakwadaaboo: Sweet Water Teachings and collecting

April 8, 2023

Time: 11:00am - 3:00pm

Location: 6 Serenity Ln, North Bay

Facilitators: Perry McLeod-Shabogesic & McKenzie Ottereyes-Eagle

Please register by April 6, 2023 at 4:00pm

Circle of Beginnings Teachings

April 12, 2023

Time: 5:00pm - 7:00pm

Location: Dokis First Nation

Facilitators: McKenzie Ottereyes-Eagl.

Please register by April 6, 2023 at 4:00pm

Goose Hunting Teachings

April 17, 2023

Time: 5:00 - 7:00pm

Location: 6 Serenity Lane, North Bay

Facilitators: McKenzie Ottereyes-Eagle

Please register by April 12, 2023 at 4:00pm

Tiknaagan Making Workshop

April 14, 2023 Time: 6:00 - 8:00pm

April 15-16, 2023 Time: 10:00am-3:00pm

Location: 10 Miller St, Parry Sound

Please register by April 11, 2023 at 4:00pm

Circle of Beginnings Teachings

April 19, 2023

Time: 5:00pm - 7:00pm

Location: 6 Serenity Ln, North Bay

Facilitators: McKenzie Ottereyes-Eagl.

Please register by April 11, 2023 at 4:00pm

Community Drum Social

April 22, 2023

Time: 6:00-8:00pm

Location: Shawanaga Recreation Centre, 2 Village Rd, Nobel ON

Come dance, listen to singing and socialize! This is an open event, everyone welcome and encouraged to attend.

Please register by April 17, 2023 at 4:00pm

Hand Drum Songs

April 25, 2023

Time: 6:00 - 8:00pm

Location: 10 Miller Street, Parry Sound

Facilitators: Deina Bomberly, Wasauksing

Come and learn hand drum songs!

Please register by April 19, 2023 at 4:00pm

Smelt Fishing

April 29, 2023

Time: 7:00pm-2:00am

Location: N Nipissing First Nation

Facilitators: Perry McLeod-Shabogesic & McKenzie Ottereyes-Eagle

Please register by April 24, 2023 at 4:00pm

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



nijcfs.com



ANISHNAABEMWIN BINGO

"Baa be shin Geep kinah gay"! I won!

Wednesday April 5, 2023
Zoom!

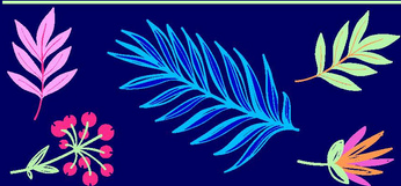
Anishinaabemowin caller: Lila Rice
RSVP TO: registration@nijcfs.com by April 4, 2023

Bear Bundles part 2, releasing your bundle.

April 6, 2023
5pm to 6pm

Zoom
RSVP: registration@nijcfs.com by April 5,
2023

Ziisbaakwadaaboo – Sweet Water teachings and collecting



• Sat 8th
April

• 11am •
to 3pm

• Arbour and Tipi •
6 Serenity Ln, North Bay

Hot chocolate • hot dogs

Open to community. Fire in Tipi.
RSVP: registration@nijcfs.com by April 6, 2023

ZIIGWAN

CIRCLE OF NEW BEGINNINGS SPRING TEACHINGS

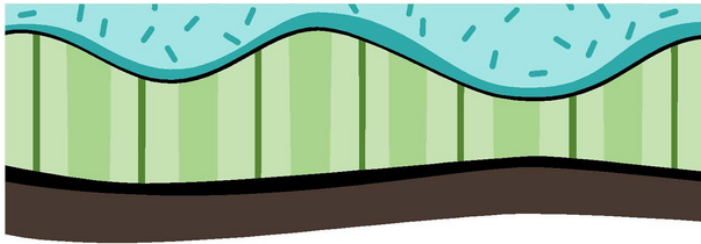
WITH MCKENZIE OTTEREYES-
EAGLE

APRIL 12, 2023

5PM TO 7PM

Dokis First Nation

RSVP: registration@nijcfs.com
by April 6, 2023



You're invited to
Tiknaagan Making Workshop!!

April 14, 2023, 6pm-8pm

April 15-16, 2023, 10am-3pm

Nijjaansinaahik Parry Sound office 10 Miller Street

Please RSVP to Gail by April 11
registration@nijjcs.com



ZHIGWAN

**CIRCLE OF NEW
BEGINNINGS**

SPRING TEACHINGS

WITH MCKENZIE OTTEREYES-
EAGLE

APRIL 19, 2023
5PM TO 7PM

Arbour North Bay and Zoom
RSVP: registration@nijjcs.com
by April 11, 2023



April 17th, 2023, | 5 – 7 p.m.

Arbour, North Bay

Goose Hunting Teachings

With McKenzie Ottereyes-Eagle

RSVP: registration@nijjcs.com by April
12, 2023

**10 Miller St.
Parry Sound**

Hand drumming

With Deina Bomberly

Bring your hand drum and come to
learn a song or two!

RSVP: registration@nijjcs.com by
April 19, 2023

**April 25, 2023
6pm – 8pm**



COMMUNITY DRUM SOCIAL

Come out to celebrate Spring!
Join us for a community drum social with
James Pegahmagabow, Nancy Pawis,
Nijjaansinaanik Deywaygun and special
guests.

Saturday April 22, 2023

Snacks and Drinks provided

RSVP: registration@nijcfs.com by April 17, 2023

SHAWANAGA RECREATION CENTRE

Across from

SHAWANAGA FIRST NATION

2 Village Rd, Nobel, ON

6pm – 8pm

Join us for an evening/night of net fishing!

Smelt Fishing

Fine mesh hand nets, hip waders and flashlights! RSVP:
registration@nijcfs.com by April 24, 2023

Where: Nipissing First Nation

When: April 29, 2023

Time: 7pm into the night

