



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



March 2023

Naabdin Giizis

Snow Crust Moon
March 9, 2023



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Cultural Connections

Naabdin Giizis - Snow Crust Moon

Ahniin, Boozhoo Kina Weya,

The snow begins to melt during the day and freezes at night. It signals the beginning of Spring. The crust allows for some walking on top of the snow. The temperature changes also signal to Ninaatig (Maple tree) to flow sap. In other areas of Anishinaabek territory this time of year is also called Sugar Moon. The Maple trees releasing their sap.

Mkwa showed man how to pierce the bark to allow the sap to flow by digging Mkwa's claws into the bark and slurp up the sap dripping from the tree. This was very helpful to Man who was learning how to survive the long cold winters. The sap was a welcome gift to give man strength after he was weakened from the harsh winter.

Na'how, Miigwetch,
Culture Team



Coming Soon

REGALIA WORKSHOP

Caregivers will be receiving an online survey to help us determine interest, location and other details.

Reimbursable Policy for Cultural Ceremonies/Regalia

The designated agency will pay the cost of the child/youth's cultural needs included but not limited to regalia, ceremonial items, etc. The amount reimbursed will not exceed \$1,500.00

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

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: TBD



January 27 – 28, 2024 &
February 10 – 11, 2024
Location: TBD

Participants will be notified

Non-Violent Crisis Intervention

March 4 – 5, 2023 in Parry Sound

May 9 – 10, 2023 in North Bay



Trauma-Informed Care

Register at:

<https://TIC2023.eventbrite.ca>

To be completed by July 1, 2023.



Quality Standard Framework

Online Training

Details to be provided by email by in
March 2023

To be completed by July 1, 2023.

First Aid CPR/AED level C

Offered by St. Johns Ambulance, North Bay ON
375 Sherbrooke St, North Bay, ON P1B 2B9
8:30am – 4:30pm (both days)

Available Dates

- March 6 & 7, 2023
- March 11 & 12, 2023
- March 15 & 16, 2023
- March 29 & 30, 2023

Registration required.

Please 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



Winter tips- Infant

- Dress your baby in layers and add blankets over top once he or she is safely buckled.
- Bulky coats and bunting bags are not safe for the car seat.
- The harness should be flat with no twists.
- Place the car seat in the back seat, facing the back of the vehicle
- Always check your manual before installing your car seat

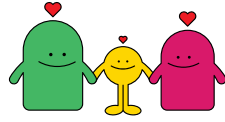
Family Engagement Activity

Theme: Send a picture of your March Break Activities

Prize: \$50 Walmart Gift Card

Submission Date: March 29, 2023

Draw Date: April 20, 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: March 29, 2023

Draw Date: April 20, 2023

Prize: \$25 Walmart Gift Card



February 2023 Art Work



Wiisnidaa- Let's eat!

Maple candy – Zisbaakdoonhs

- Bring maple syrup to a boil in the saucepan over medium-high heat, stirring occasionally, until syrup reaches 235 degrees F (110 degrees C).
- Remove from heat and cool to 175 degrees F (80 degrees C) without stirring, about 10 minutes.
- Stir mixture rapidly with a wooden spoon until thick, creamy, and lighter in color, about 5 minutes.

CAUTION:

Adult supervision required

Anishinaabemdaa Let's speak/talk Ojibway

Ziigwan
Ni-nookmik
Ninaatig
Zisbaakwad
Zisbaaktokaan
Ninaatig zisbaaktowaaboo
Zisbaakdoonhs

Spring
Early Spring
Maple tree
Maple sugar
Maple super bush
Maple water
Maple candy



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

Long Hair Teaching

March 1, 2023

Time: 6:00 - 7:30pm

Location: Zoom or North Bay Arbour

Facilitators: Perry McLeod-Shabogesic &

McKenzie Ottereyes-Eagle

Learn the teachings of long hair.

Open for all NCFS children & families to attend

Nishnaabemwin Bingo ★

March 8, 2023

Time: 6:00 - 8:00pm

Location: Zoom

Come and play the Anishinaabe way!

Prizes to be won!

Please register by March 3, 2023 at 4:00pm

Regalia Teachings: Men's Style ★

March 20, 2023

Time: 6:00-8:00pm

Location: Zoom

Facilitators: McKenzie Ottereyes-Eagle & David

Trudeau

Join us virtually and learn about the two different men style dances, Men's Traditional and Men's Grass.

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

Tikinaagan Workshop (3 day)

March 24 - 26, 2023

Location: 10 Miller St, Parry Sound

Facilitators: Pilar Wellings & RS Gustafson Tutorial Video

Learn how to make a Tikinaagan, Only 10 Kits available.

Lunch provided Saturday & Sunday.

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

Regalia Teachings: Women's Style ★

March 6, 2023

Time: 6:00-7:30pm,

Location: Zoom

Facilitators: Mariette Sutherland & Liz Shense

Eshkibok

Join us virtually and learn about the two different women style dances, Women's Jingle and Women's Fancy Shawl

Please register by March 3, 2023 at 4:00pm

Community Drum Social

March 18, 2023

Time: 6:00-8:00pm

Location: North Bay Indigenous Friendship

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

No registration required

Hand Drum Songs ★

March 22, 2023

Time: 6:00 - 8:00pm

Location: 10 Miller Street, Parry Sound

Facilitators: Pilar Wellings

Come and learn hand drum songs!

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

MARCH BREAK ACTIVITIES

Open to CIC, AC & KIN Youth 12-17 years
See attached flyer for dates and activities

Please register by March 3, 2023



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!

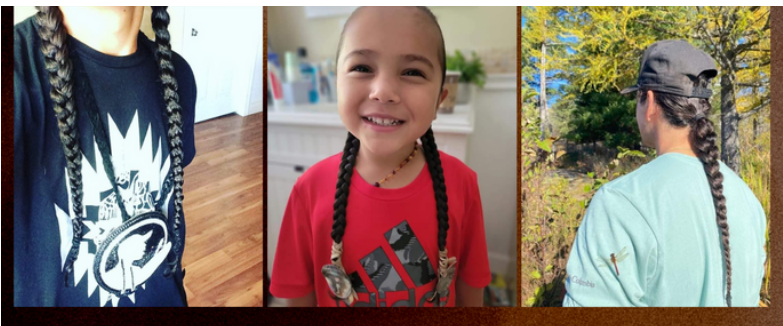


1-855-223-5558



nijcfs.com





LONG HAIR TEACHING

with
Perry McLeod-Shabogiesic & McKenzie Ottereyes-Eagle

Join us virtually or in person and learn the teachings & significance of boy's and men's hair.

DAY	TIME	LOCATION
MARCH 1	6PM	ZOOM or 6 Serenity Lane, North Bay

Please register by February 27, 2023 at 4:00pm
registration@nijjcs.com



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ALL AGES AC EVENT

Nishnaabemwin BINGO!

MARCH 8
6:00-8:00PM

Play from the comfort of your own home!
VIRTUAL EVENT via ZOOM

Nishnaabemwin gpkinaagewin giiqod
Bingo Caller, Lila Ann Rice

PLEASE REGISTER AT
registration@nijjcs.com

DEADLINE to Register
March 3, 2023 at 4:00pm



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Regalia Teachings: Women's Style

WOMEN'S
JINGLE

WOMEN'S
FANCY SHAWL



Liz Shense Eshkibok

Mariette Sutherland

Please register by
March 3, 2023 at 4:00pm

registration@nijjcs.com

Monday March 6, 2023

6PM - 8PM

ZOOM



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MARCH BREAK ACTIVITIES

YOUTH 12 - 17 YEARS OF AGE

**WEDNESDAY
MARCH 15**

Gathering Place,
Wasauksing FN
10:30am-3:00pm

Snowshoeing
Sliding
Camp fire
Outdoor Cooking



**THURSDAY
MARCH 16**

Ramsey Lake,
Sudbury
11:00am-2:00pm

Public Skating
*Please bring
your own skates

LUNCH
PROVIDED
FOR THE 3 DAYS

**FRIDAY
MARCH 17**

Nature's Harmony,
Mattawa
11:00am-3:00pm

Snow Tubing
Snowshoeing
Kicksledding
Obstacle Course



DEADLINE TO REGISTER: MARCH 6, 2023 AT 4:00PM

registration@nijjcs.com



COMMUNITY DRUM SOCIAL

COME AND SOCIALIZE WITH US

 **Grandfather Drum & Hand Drums**
There will be a Grandfather Drum, Hand Drums and singers that will share their different songs

 **Dancing & Regalia**
You are more than welcome to bring your regalia and dance. It's okay if you don't have one, still show up and learn how to dance!

 **Socialize**
Bring your family and/or friend & come on out to watch listen and socialize!

Everyone Welcome!!

SATURDAY MARCH 18, 2023 6:00-8:00PM
NORTH BAY INDIGENOUS FRIENDSHIP CENTRE, NORTH BAY



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Regalia Teachings: Men's Style

MEN'S TRADITIONAL



McKenzie Ottereyes-Eagle

MEN'S GRASS



David Trudeau

Monday March 20, 2023
6PM - 8PM
ZOOM

Please register by
March 17, 2023 at 4:00pm
registration@nijcfs.com



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Tikinaagan Workshop

Three (3) Day Workshop
Come join us for a weekend of learning how to make your very own Tikinaagan!



FACILITATORS: PILAR WELLING & MCKENZIE OTTEREYES-EAGLE

MARCH 2023
FRIDAY 24, 6:00-9:00PM
SATURDAY 25 & SUNDAY 26
10:00AM - 3:00PM
ALL SUPPLIES PROVIDED. LUNCH PROVIDED.

10 MILLER STREET, PARRY SOUND

Deadline to Register: March 17, 2023 at 4:00pm
registration@nijcfs.com