



Niijaansinaanik

Child and Family Services

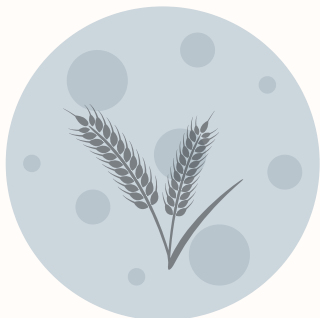
Alternative Care Newsletter



August 2023

Mnoomni Giizis

Grain Moon
August 1, 2023



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Cultural Connections

Mnoomni Giizis - Grain Moon

Ahniin, Boozhoo Kina Weya,

Corn, Wild Rice - The month we look to Mother Earth to help prepare for the winter months ahead. All the beautiful work, tending and caring for the planting earlier in the season, begins to reap the rewards with the harvesting of the corn, wild rice, etc. Crops are tall and wide.

The Grain Moon can be seen as a representation of balance, harmony, and the future, as we prepare for the coming months and season.

Na'how, Miigwetch,
Culture Team



BINOOJIIYAG GBESHWIN - CHILDREN'S CAMP

Ages 7yrs to 15 yrs

Registration Open

Second Camp: August 11, 12 & 13, 2023

**Location: Spirit Point Wilderness Academy
and Camp Mink Lake Road, Trout Creek, ON**

**Hosted by: Cultural, Alternative Care,
Children in Care and Prevention Workers**

See flyer for more details

RSVP: registration@nijcfs.com request registration form from your worker

August 12, 2023

*International Youth Day a day for
awareness to draw attention to
cultural and legal issues
surrounding youth.*



Office Closed

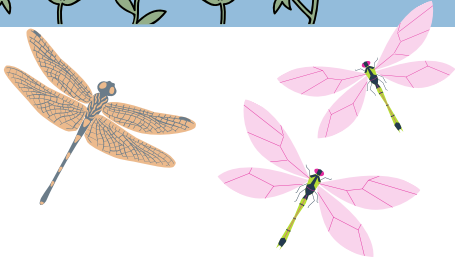
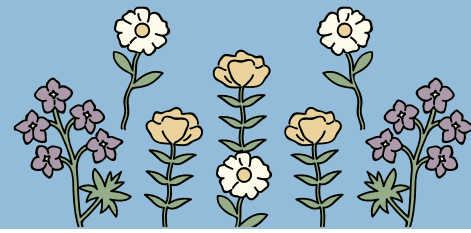
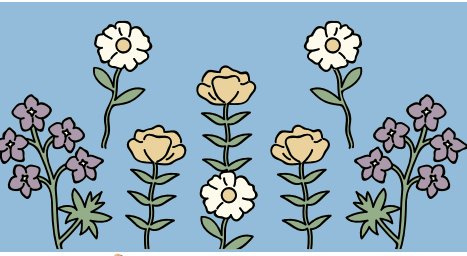
August 7, 2023

September 4, 2023

**Our After Hours Team will be
available for emergencies at**

1-855-223-5558

ALTERNATIVE CARE UPCOMING TRAINING



**Non-Violent
Crisis
Intervention**

- Sep 23 & 24, 2023 in North Bay
- Oct 21 & 22, 2023 in Sudbury
- Nov 18 & 19, 2023 in Parry Sound



Standard First Aid + CPR C class

Offered by St. Johns Ambulance
8:30am - 4:30pm (both days)

North Bay.

- Sept 6/7
- Sept 20/21
- Oct 4/5
- Oct 18/19



Sudbury.

- Aug 26/27
- Sept 6/7
- Sept 20/21
- Oct 4/5
- Oct 18/19

**Please select two date as we are unable to
guarantee availability**



Life Book



Returning in the Fall 2023



Heart & SPIRIT

is a 4 day
training
total 28 hrs.

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



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



Car Seat Safety

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

For more information please contact:

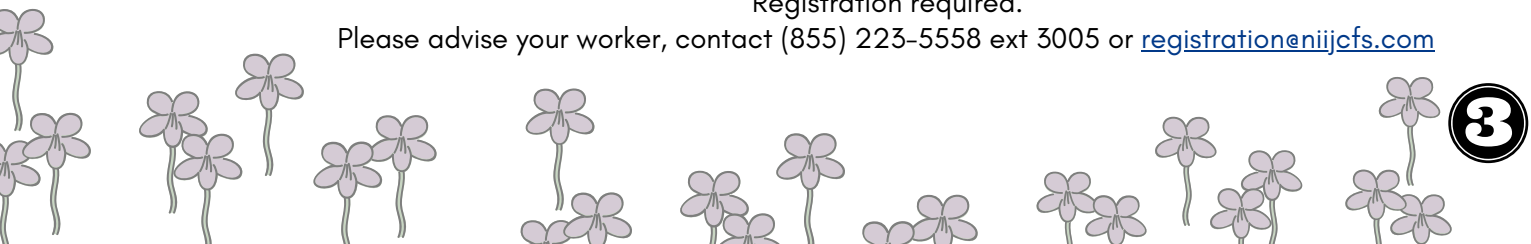
Lillian Couchie at

Lillian.Couchie@nijcfs.com or

1-855-223-5558 ext. 3003

Registration required.

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



Family Engagement Activity

Theme: Poster, Drawing or Photo about "Summer"

Prize: \$50 Walmart Gift Card

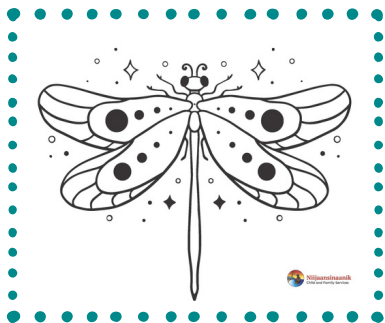
Submission Date: July 19, 2023

Draw Date: July 27, 2023



(AC Caregivers can be reimbursed for purchasing supplies up to \$15.00, please submit receipts to your Worker)

Children's Colouring



Theme: Dragonfly

Prize: \$25 Walmart Gift Card

Submission Date: July 19, 2023

Draw Date: July 27, 2023

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



July 2023 Art Work



August CULTURAL EVENTS

To attend any cultural events, please register at registration@nijcfs.com or contact: 1 (855) 223-5558 ext. 1201

AC Children/Youth Hand Drumming and Pizza Dinner

August 28, 2023

Pizza Dinner at 5:00 pm

Hand Drumming with Deina Bomberly at 6:30pm – 7:30pm

Location: 10 Miller St, Parry Sound ON

Please register by August 23, 2023 at 4:00pm



Medicine Wheel Wreaths for Alternative Care Families

August 23, 2023

Dinner at 5:00 pm: Scone Dog

Craft start at 6:30pm – 7:30pm

Location: 10 Miller St, Parry Sound ON

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

7 SAFETY TIPS

return to school

- do NOT put identifying information on outside of school bag (name, address, phone number)
- have a SECRET WORD that only child and caregiver(s) know
- child to know phone number and address
- NO ONE is allowed to touch your body
- never go anywhere with a stranger
- if you get lost, stay where you are
- do NOT eat anything given by a stranger





WIISINAADAA! LET'S EAT!



Corn Soup

Wash and put 1 1/2 quarts of "lyed" Indian White Corn in an 8 quart pot. Fill with water 3/4 full and cover. Bring to a boil and keep at a rolling boil for 1 1/2 hours, corn should open full. You may want to cook corn a while longer . If the corn is not fully open, stir occasionally.

Do not let it stick to the bottom of the pan.

While the corn is cooking, cut up 1 1/2 lbs of pork shoulder butt steaks into 3/4" square pieces. Do the same with 3/4 lbs of salt pork. Place meat in a separate pan and boil for 1 hour. Water should cover pork 4" or so. Add if necessary...you will need this for stock.

After the corn opens to your satisfaction or two hours maximum, remove from stove and pour through strainer. Do not rinse corn. Rinse out pot and put corn back into pot. Add the cooked pork along with the stock.

Open three 1 lb cans of dark red kidney beans and add.

Rinse cans, add water to cover mixture 3 inches or so.

Boil mixture for another 1 1/2 to 2 hours, adding water in necessary. Stir occasionally, do not let it stick to the bottom of the pot.



Anishinaabemdaa
Let's speak/talk Ojibway

Mandaamin corn, a kernel of corn
Mandaaminaak an ear of corn
Manoomin wild rice
Manoominaatig a wild rice stalk



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



BINOJIIYAG GBESHWIN CHILDRENS CAMP

WHEN:

Camp Full - July 7-9, 2023

August 11- 13, 2023

WHERE:

Spirit Point Wilderness

Academy and Camp

Mink Lake Road, Trout Creek, ON

WHO :

Ages 7 years to 15 years

REGISTRATION@NIIJCFS.COM

**REGISTRATION FORM PROVIDED FROM YOUR
WORKER**

**CULTURE, AG,
CIC,
PREVENTION**

DAY 1

**3pm Arrival
Introductions -
Ice breakers -
Dinner -
Evening games and
storytelling**

DAY 2

**Breakfast Morning
activities Lunch
Afternoon activities
Dinner
Evening drum social**

DAY 3

**Breakfast
Closing activities
Lunch
Safe travels home**

ACTIVITIES

**Fishing
Medicine walks
Swimming
Crafts**