



Niijaansinaanik

Child and Family Services

Alternative Care Newsletter



Baashkaakodin Güzis



Freezing Moon

November 2023

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Cultural Connections

Baashkaakodin Giizis - Freezing Moon

Full Moon: November 27, 2023

Ahniin, Boozhoo Kina Weya,

Mother Earth and her inhabitants, the two-legged, the four-legged, winged ones, insects, the plant life, Tree people and water prepare Turtle Island for a period of sleeping. The breath from Creator changes the temperature of the air flow. The rain morphing into frost and snow, bodies of water will start to freeze eventually to ice, a hard surface which becomes a blanket of protection for Mother Earth.

A time for beginning sleep, a time for replenishing, a time for preparing the Mnidoo-giizoons- Little Spirit Moon. The two-legged prepare for winter outdoors with tobagganing, skating, playful in the snow, appreciating warmth and ice fishing. A season for eating foods that sustain our body, mind, and spirits for the cold weather days going forward.

Na'how, Miigwetch,
Culture Team



Lest we forget



Indigenous Veterans Day
November 8, 2023

Remembrance Day
November 11, 2023

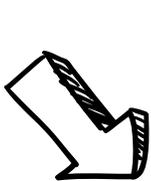


Office Closed

Nov 13, 2023 - Remembrance Day
December 25, 26 & 27, 2023

Our After Hours Team will be available for emergencies at

1-855-223-5558



WE ARE LOOKING FOR ALTERNATIVE CARE, EMERGENCY & RESPITE HOMES!

Did you know... if you refer a family member or friend to become a caregiver and they completed the assessment and approved you will receive a \$50.00 Gift Card.

Contact Lillian Couchie at lillian.couchie@nijcfs.com or 855-223-5558 ext. 3003.

Chi-Miigwetch

To our guest, the speakers and those who attended
our Alternative Care Caregiver / Volunteer
Appreciation Dinner on October 19, 2023.



Anishinaabemdaa

Let's speak/talk Ojibway

White - - - - -	Waabishkaa
There is snow - - - -	Goonkaamigad
It is cold - - - - -	Gsinaa
Blanket - - - - -	Weboowaan



RED & GREEN CHILDREN'S CHRISTMAS PARTY

Sunday, December 3, 2023

11a.m. - 3p.m.



Best Western North Bay Hotel
700 Lakeshore Dr,
North Bay, ON P1A 2G4



Please RSVP by November 17, 2023
to: registration@nijcfs.com
(705) 763-2000 ext: 3005

We are asking that caregivers purchase and wrap the gifts for the Children's Christmas Party.

These gifts purchases are not to exceed \$50.00 per child this includes for all children/youth in your household.

We are asking that this be completed by November 19th to be prepared for the event.

Please note that you will be reimbursed for the gift so please keep your receipts and add them to your expenses.



Alternative Care Upcoming Training

STANDARD FIRST AID + CPR C CLASS

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

North Bay.

- Nov 15/16
- Nov 21/22
- Nov 28/29
- Dec 5/6
- Dec 13/14

Sudbury.

- Nov 15/16
- Nov 29/30
- Dec 13/14

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

COMING
SOON

TRAUMA INFORMED CARE

HEART & SPIRIT

4 DAY TRAINING TOTAL 28 HRS.

January 27/28 & February 10/11, 2024
Location: 10 Miller St., Parry Sound, ON

LIFE BOOK



Time: 4:45pm to 7:00pm (dinner provided)
December 6 - Location: 10 Miller St. Parry Sound
December 7 - Location: Sudbury

NON-VIOLENT CRISIS INTERVENTION

Time: 9:00am to 4:00pm

- January 13/14, 2024 : 10 Miller St. Parry Sound
- February 10/11, 2024: North Bay
- April 6/7, 2024: Location TBD



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

To attend any training, please register
at registration@nijcfs.com or contact:

1 (855) 223-5558 ext. 3005

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Family Engagement Activity

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

Theme: Cake/Cupcake Decorating

Prize: \$50 Walmart Gift Card

Submission Date: November 27, 2023

Draw Date: November 30, 2023



Children's Colouring

Theme: Fall Geese by Hawlii Pichette

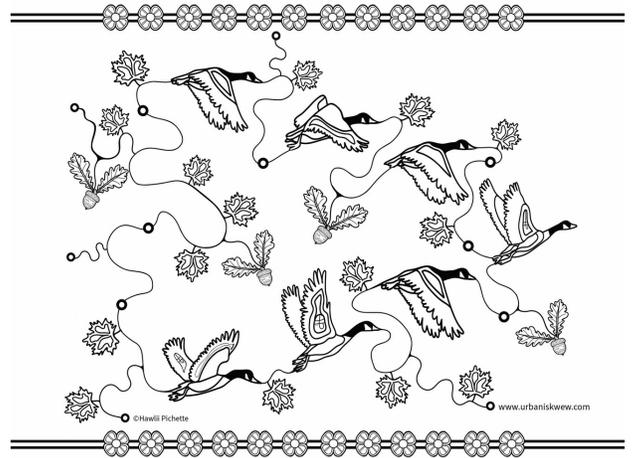
Prize: \$25 Walmart Gift Card

Submission Date: November 27, 2023

Draw Date: November 30, 2023

All ages and skill levels are encouraged to submit to get entry to the draw.

Raffle winners will be notified.



October 2023 Art work



CULTURAL EVENTS

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



Nov 14th - Anishinaabemowin Bingo

Via Zoom 5pm to 7pm

Location: Online via zoom.

Please register by Thursday, Nov 9, 2023

Nov 16th - Big Drum Social with Rod Nettagog and special guests.

OPEN TO COMMUNITIES

5pm to 7pm

Location: 295 Pickeral River Road

Henvey Inlet Fire Hall.

Light Dinner at 5pm.

Please register by Friday, Nov 10, 2023



Nov 22nd - Shaker Making

5pm to 7pm

Location: 10 Miller St. Parry Sound

Please register by Nov 17, 2023

Nov 27th - Full Moon Ceremony

5pm to 7pm

Location: Wasauksing Trailer & Arbor 1120 Geewadin Rd

Wasauksing First Nation.

Please register before Wednesday, Nov 22, 2023



WIISINAADAA! LET'S EAT!

Curried Squash Soup



Ingredients:

- 5lbs squash
- ½ T oil
- 1 medium onion
- 1 apple-peeled, cored, and diced
- ½ t curry powder
- ¾ t Worcestershire sauce
- 1 cp vegetable stock
- ¾ cp whole milk
- Salt, pepper, cayenne, honey to taste



Directions:

1. Puree squash in blender.
2. Heat oil in a large pot over medium-high heat. Sauté onion, apple, and garlic in oil until softened, about 10 minutes. Puree in blender and add to the pureed squash.
3. Add seasonings, vegetable broth and milk. Bring the soup to a boil. Reduce heat to medium-low and simmer about 20 minutes.



Freezing Moon Safety



Keeping off ice; be mindful of ice safety around creeks, stream, rivers and lakes. Do not be tempted to walk on ice that is not completely frozen. Must you be on the ice, walk with a thick tree stick, if you go through ice, this Tree Spirit will assist you if necessary.



Be aware of a daily forecast to prepare the body physically and mentally each day for the weather. Warm clothes, winter coats, hats, mittens, boots and scarfs.



Now is the time to make sure heat in the homes is working, insulate windows, insulate plumbing pipes if necessary. Is a supply of wood ready if heating by woodstove. Fire extinguishers must be available in homes, as is a smoke detector. Warm fuzzies in home for winter comfort might include slippers, house coats, blankets, heating pads and sitting side by side for body heat when the chill is within.



Do you have the means and tools to prepare for snow removal? Each home, driveway and pathway to the entrance of the home is different. Snow removal helps to prevent slip and falls. Shovels of all kinds, snowblowers, a contracted snow removal service, salt or sand and salted sand for spreading on the snow and ice, ice scrapers and ice chippers are some means to consider.



Prepare your four-legged pets for winter. Our precious four-legged pets need tender loving care, each species is unique with its winter caring needs. Creator gifts us the four-legged, respect and love them with kindness and care.



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

