



# Niijaansinaanik

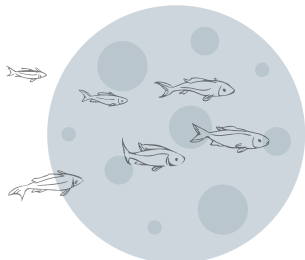
Child and Family Services

## Alternative Care Newsletter



### May 2024

## NMEBINE GIIZIS



### Sucker Moon

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# Cultural Connections

Ziisbaakadake *Giizis* - *Sugar Moon*

Full Moon: May 23, 2024

Ahniin, Boozhoo Kina Weya,

This time of year, is a time that fasting ceremonies may happen around Anishinaabek territory. One story or teaching talks about the time when the Anishinabek had a difficult time during the winter and were rationing and sometimes going without food. Nmebine, sucker fish offered him/herself so Anishinaabe would not starve.

Another story or teaching also mentions going without and the Gimaa of all berries, the strawberry helps break the fast that was happening. More about the strawberry next month.

Na'how, Miigwetch,  
*Culture Team*

## Office Closure

May 20, 2024 for Victoria Day

June 21, 2024 for National Aboriginal Day

July 1, 2024 for Canada Day

August 5, 2024 for Civic Provincial Holiday

Our After Hours Team

will be available for  
emergencies

at 1-855-223-5558

## BINOOJIIYAG GBESHWIN

### CHILDREN'S CAMP

Ages 7yrs to 15 yrs

First Camp: July 30 - August 1, 2024

Second Camp: August 13 - 15, 2024



Hosted by:

Cultural, Children in Care,

Alternative Care, and Prevention Workers

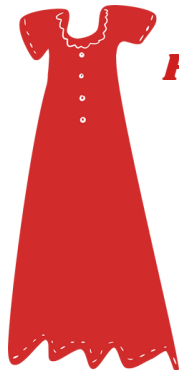
Location:

Spirit Point Wilderness Academy and

Camp Mink Lake Road, Trout Creek, ON

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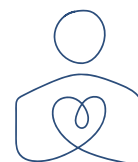
# Upcoming Dates of Observance



## **Red Dress Day - National Day of Awareness MMIWG**

May 5 is Red Dress Day, a day which honors the spirits of Missing and Murdered Indigenous Women, Girls and Two-Spirit people (MMIWG2S+). The red dresses act as a visual reminder of all of the missing women, girls, and Two-Spirit people. Check your local area for organization events.

## **National Children and Youth in Care Day**

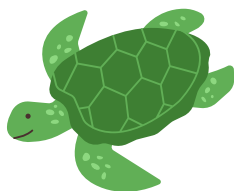


May 14 - Celebrating it's 10th Anniversary! Children and Youth in Care Day is a day focused on recognizing the strength and bravery that children and youth in care show through challenging situations. We know that all children, youth, and families deserve to have Mino-Bimaadiziwin (The Good Life). Every day, and on May 14th, we take time to reflect on the importance of allied support, advocacy, understanding, respect, and care required to help children and their families through challenging times.

**#ForgetMeNot** Forget-me-nots symbolize love and respect and represent a promise of remembrance. These children and youths are known for their resilience and their ability to grow in difficult circumstances and across environments.

- Children's Aid Foundation of Canada. -

## **World Turtle Day**



May 23rd is World Turtle Day! The day was created as a yearly observance to help people celebrate and protect turtles and tortoises and their disappearing habitats around the world. A great variety of turtle types live in Canada and can be found in lakes, ponds, rivers, marshes, and bogs.

As the Turtle is featured in many Indigenous, and Anishinaabe Creation Stories, we are giving the turtle a shout-out today! The turtle gave humans life by offering its shell, leading to a commonly known reference to North America as Turtle Island. Anishinaabe and Haudenosaunee storytellers have spoken of the turtle's back as a calendar, with its pattern of thirteen large sections of the shell (scutes), representing the thirteen moons of each year. The twenty-eight smaller scutes around the edge of the shell represent the twenty-eight days in each moon cycle.



# Alternative Care Upcoming Training

To attend any training, please register at [registration@nijcfs.com](mailto:registration@nijcfs.com) or contact: 1 (855) 223-5558 ext. 3005

## ★ STANDARD FIRST AID + CPR C CLASS

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

### North Bay.

2024

- May 1/2
- May 15/16
- May 29/30
- June 12/13
- June 26/27



### Sudbury.

2024

- May 1/2
- May 15/16
- May 22/23
- May 29/30
- June 12/13
- June 26/27

Did you know...  
That all training listed is part of the Licensing Requirement

## SPIRIT PRE-SERVICE

One-on-One training now available

## CULTURAL COMPETENCY • Zoom

Offered by Dnaagdawenmag Binnoojiyag Child & Family Services

- May 11 - Time: 10:00am - 2:30pm
- June 10 - Time: 10:00am - 2:30pm
- September 17/18 - Time: 10:00am - 12:00pm
- October 21/23 - Time: 6:00pm - 8:00pm
- November 13 - Time: 10:00am - 2:30pm
- December 3/5 - Time: 10:00am - 12:00pm



Caregivers and staff must register individually so that they can provide their contact information and we can verify attendance. Agencies, please send the following registration link with your caregivers and staff.

Registration Link: [To Register Click Here](#)

## TRAUMA INFORMED CARE

Delivered by The Child and Parent Resource Institute (CPRI) is a free three (3) module training webinar series about Trauma-Informed Care for caregivers who are caring for children and youth. This training takes approximately 8 hours. (2hours each + surveys)

Link and step-by-step guide how to register will be emailed

## NON-VIOLENT CRISIS INTERVENTION

▶ Time: 9:00am to 4:00pm

● October 26/27: Location TBD

## CAR SEAT SAFETY

For more information please contact: Lillian Couchie at [Lillian.Couchie@nijcfs.com](mailto:Lillian.Couchie@nijcfs.com) or 1-855-223-5558 ext. 3003

◆ One-on-One training available

## LIFE BOOK

Caregivers be receiving coaching directly as part of their scheduled visits



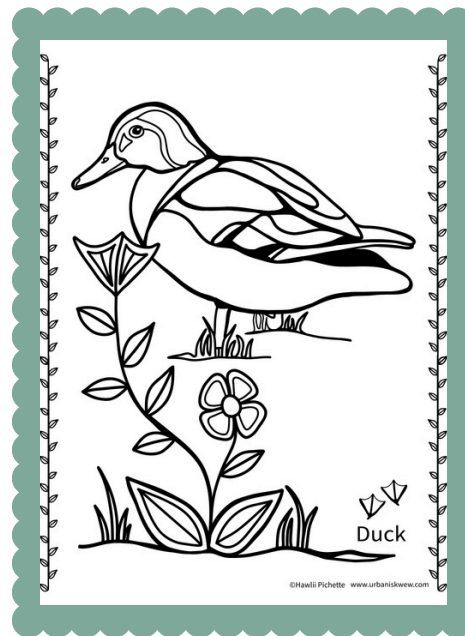
# Children's Colouring

Duck, Artwork by Hawlii Pichette

Prize: \$25 Walmart Gift Card

Submission Date: May 28, 2024  
to your Alternative Care Worker

Draw Date: May 31, 2024



## April Art Work



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

## Family Engagement Activity

Theme: May Flowers – Plant flowers, draw or create

Prize: \$50 Walmart Gift Card

Submission Date: May 28, 2024 to your Alternative Care Worker

Draw Date: May 31, 2024

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

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

Contact Lillian Couchie at [lillian.couchie@nijcfs.com](mailto:lillian.couchie@nijcfs.com) or 855-223-5558 ext. 3003.



# CULTURAL EVENTS

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

★ Event only offered to Alternative Care Homes



## May 6, 2024 Copper Shaker Making with Hilton King

Time: 5:30pm to 7pm

Location: 10 Miller St. Parry Sound ON

Please register by Friday May 3, 2024



## May 23, 2024 - Full Moon Ceremony

open to the communities 

Time: 6pm - 8pm

Location: Nijjaansinaanik Trailer,

1120 Geewadin Rd Wasauksing arbor.

Please register by Thursday May 20, 2024

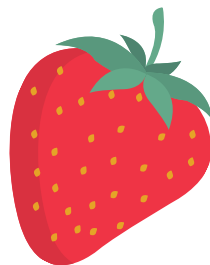
## ★ May 31, 2024 - Ribbon skirts Making With Audrey, Veronica, and Leslie ★

Time: 5:30pm - 7pm

Location: 10 Miller St, Parry Sound

**LIMITED SPACE** 

Please register by Wednesday May 29, 2024



## POW WOW DATES

May 17-19: Voices of Today, North Bay, ON

June 8/9: Henvey Inlet First Nation

June 8/9: North Bay Indigenous Friendship Centre, North Bay ON

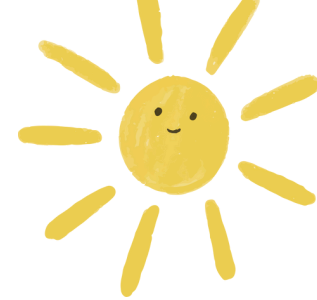
June 22/23: Dokis First Nation

August 17/18: Shawanaga First Nation

August 17/18: Wahnapiatae First Nation

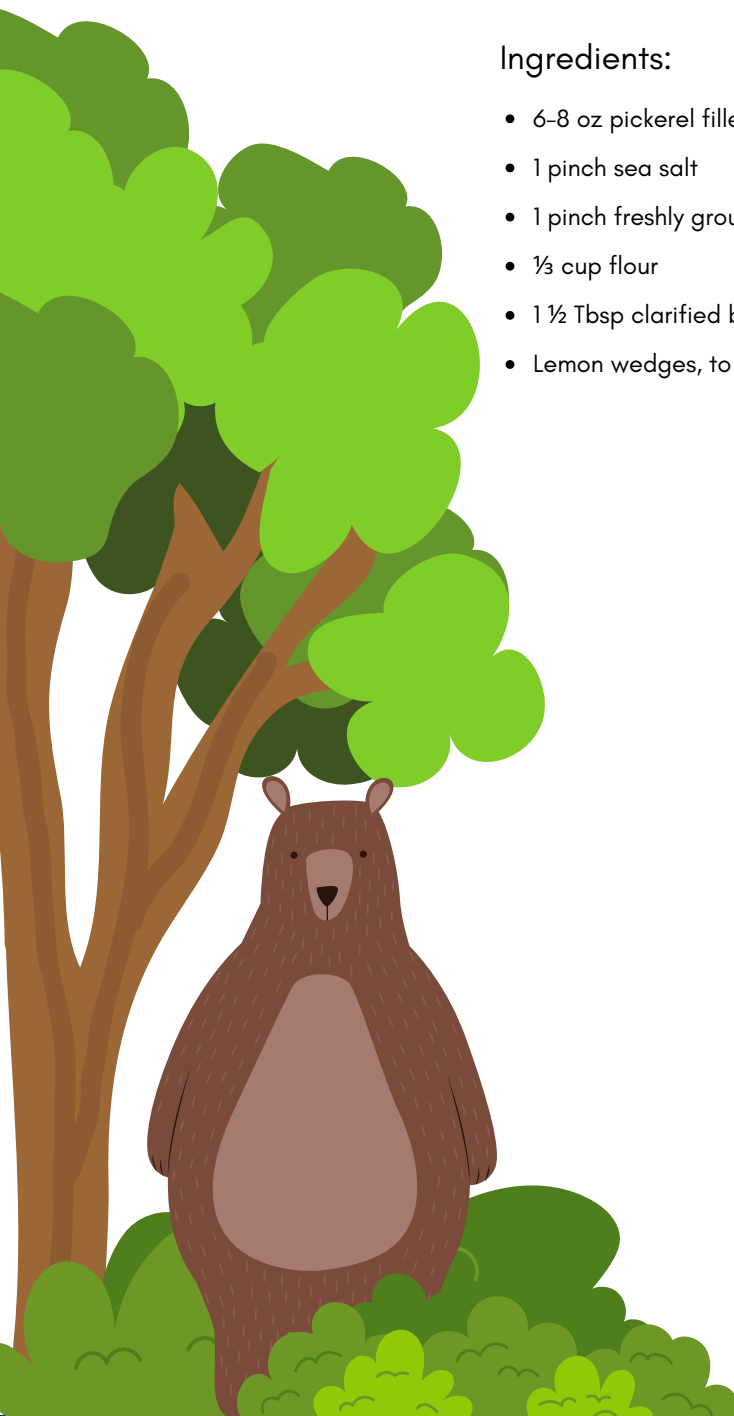


# WIISINAADAA! LET'S EAT!



## Pan-Fried Pickerel

By: Patrick Hearn, as told to Devon Scoble



### Ingredients:

- 6-8 oz pickerel fillet
- 1 pinch sea salt
- 1 pinch freshly ground pepper
- 1/3 cup flour
- 1 1/2 Tbsp clarified butter
- Lemon wedges, to serve

### Directions:

- Step 1
- Lightly season fillet with salt and pepper.
- Step 2
- Cover a plate with flour; dredge each side of fillet to lightly coat.
- Step 3
- Melt clarified butter in cast-iron skillet over medium-high heat; panfry fillet for about 4 minutes or until golden brown.
- Step 4
- Flip and fry on other side until golden brown and fish flakes easily.
- Step 5
- Top with freshly squeezed lemon, or try it with hollandaise sauce. Serve for breakfast with eggs, hash browns and toast.

**Anishinaabemdaa**  
**Let's speak/talk Ojibway**

Niibiish .....	Leaf
Niibiishenhs .....	Small (flat) leaf
Magkii .....	Frog
Giigoonh .....	Fish
Ogaa .....	Pickerel
Nahme .....	Sturgeon

## 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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