



# Niijaansinaanik

Child and Family Services

## Alternative Care Newsletter



## August 2024

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# Cultural Connections

**Mnoomni Giizis - Rice Moon**

**Full Moon: August 19, 2024**

**Ahniin, Boozhoo Kina Weya,**

In the Anishinaabe calendar, the moon for August is known as Mnoomni giizis, or Rice Moon. This lunar phase marks the time when wild rice (manoomin) is ripe for harvesting in the lakes and rivers of the region. Wild rice holds deep cultural and spiritual significance for the Anishinaabe people, symbolizing sustenance, tradition, and their close connection to the natural world.

Gathering manoomin is a communal endeavor that strengthens unity and cooperation within the community. The Rice Moon thus represents gratitude and the continuation of ancestral practices that sustain both body and spirit.

**Na'how, Miigwetch,  
Culture Team**

## COMMUNITY BARBECUE

**Everyone Welcome**

● **Shawanaga First Nation - August 6, 2024**

See attached flyers for details

Thank you   
for joining us

Wahnapiitae First Nation  
July 15, 2024

Dokis First Nation  
July 26, 2024



### Office Closure

August 5, 2024 for Civic Provincial Holiday

September 2, 2024 for Labour Day

September 30, 2024 for National Day of Truth and Reconciliation

**Our After Hours Team**

**will be available for emergencies**

**at 1-855-223-5558**



# 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

- Aug 14/15
- Aug 28/29
- Sept 9/10
- Sept 23/24
- Oct 2/3
- Oct 16/17
- Oct 30/31
- Nov 13/14
- Nov 27/28
- Dec 11/12



### Sudbury.

#### 2024

- Aug 14/15
- Aug 28/29
- Sept 4/5
- Sept 18/19
- Oct 2/3
- Oct 16/17
- Oct 30/31
- Nov 13/14
- Nov 27/28
- Dec 11/12
- Dec 18/19



## STANDARD FIRST AID + CPR C - ONE DAY RENEWAL

Offered by St. Johns Ambulance 8:30am - 5:30pm

**NOTE: For a renewal you cannot have expired**

### North Bay.

#### 2024

- Aug 23
- Sept 20
- Oct 18
- Nov 28



### Sudbury.

#### 2024

- Aug 26
- Sept 26
- Oct 24
- Nov 21

## SPIRIT PRE-SERVICE

One-on-One training  
now available

## CAR SEAT SAFETY

For more information please contact your Alternative Care Worker for arrangements.

## NON-VIOLENT CRISIS INTERVENTION

▶ Time: 9:00am to 4:00pm ● October 26/27: Location TBD



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

## 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



## CULTURAL COMPETENCY • Zoom

Offered by Dnaagdawenmag Binnoojiiyag Child & Family Services

- 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](#)



# Children's Colouring

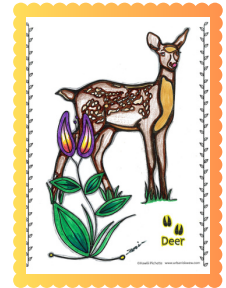
Skunk, Artwork by Hawlii Pichette

Prize: \$25 Walmart Gift Card

Submission Date: August 28, 2024

to your Alternative Care Worker

Draw Date: August 30, 2024



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

## July Family Engagement



## Family Engagement Activity

Theme: August Family Activity – submit picture or drawing

Prize: \$50 Walmart Gift Card

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

Draw Date: August 30, 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.

# AUGUST 2024 CULTURAL EVENTS



**Arts & Crafts: Sweet grass braids/baskets, Medicine Bundles, Hand drums, Regalia, and Beading projects** – One-on-one Appointments!



**Family Teachings on Medicine Walk: Harvesting Sweet grass & Cedar** – Register to book a date One-on-One Appointments!



**Youth Drum Group** – Registration required!

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

## BINOOJIIYAG GBESHWIN - CHILDREN'S CAMP

**Second Camp: August 13 - 15, 2024**

Registration **Closed**

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

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

### POW WOW DATES

August 17/18: Shawanaga First Nation








































August 17/18: Wahnapiatae First Nation

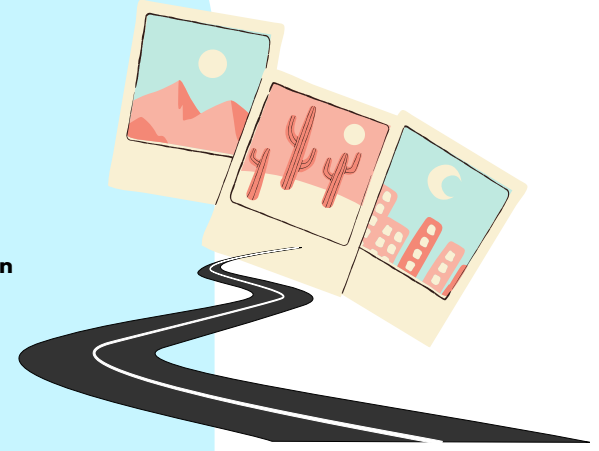


# Anishinaabemdaa

## Let's speak/talk Ojibway

Theme: Words for a road trip

Naasanaa!	  	Look out! Come on!
Gwekibizon!		Turn!
Bekaa!	  	Hold on; slow down; wait!
Waazakonenjigen!		Use your signal!
Maada'amaazoodaa!	  	Let's start singing!
Giminwendaan ina o'ow nagamowin?		Do you like it this song?
Booshke giin (pc disc)	  	It's up to you; it's your decision
Aaniin apii waa-ezhaayan?		When do you want to go?
Naagaj	  	Later
Wayiiba		Soon
Noongom dibik	  	Tonight
Waabang		Tomorrow
Aaniindi ezhaayan?	  	Where are you going?
Agwajiing indizhaa		I'm going outside
Zaaga'amo-wigamigong indizhaa	  	I'm going to the bathroom
Bagizoodaa!		Let's swim!
Giwii-bagiz ina?	  	Do you want to swim?
Aaniindi ateg izhi-nitaa-bagizoyang?		Where is it located the good swimming place?
Aaniindi daa-bagizoyang?	  	Where should we swim?



Source: <https://www.nativetech.org/shinob/ojibwelanguage.html>

## Camping Safety Tips

### STAY HYDRATED

drink plenty of water

### PRACTICE CAMPFIRE SAFETY

#### DO'S

- keep fire at least 15 feet from tent, shrubs and trees
- distinguish fire when leaving
- have a pail of water near
- verify for local fire bands

#### DON'T

Leave fire unattended

### STAY UP-TO-DATE WITH THE WEATHER FORECAST BEFORE YOUR TRIP

pack essential example:  
rain coat/boots,  
umbrella

### CHOOSE THE RIGHT SHELTER AND SITE

### PACK AND STORE FOOD SAFELY

#### DO'S

- use waterproof containers,
- use insulated coolers,
- wash hands before cooking,
- separate raw food
- store food in vehicle

#### DON'T

Leaving food unattended

### PROTECT YOUR SKIN

- apply sunscreen
- apply bug spray
- bring first aid kit

### WATCH OUT FOR WILDLIFE

store food in your car or cabin  
prevent unwanted wildlife visitors





# WIISINAADAA! LET'S EAT!

## Maple Wild Rice Pudding with Coconut Milk

### INGREDIENTS:

- 2 cups wild rice (1/2 of your package)
- 3 cups coconut milk (thick, canned)
- 5 tbsp maple syrup
- 1 dash cinnamon
- 1 pinch salt
- 1 bag of seeds & coconut plus a bag of apricot and cranberry

(Other ideas: Chia seeds, flax seeds, sunflower seeds, dried cranberry, dried apricots, raisins, sliced almonds, pecans, sliced coconut, shredded coconut)



### RECIPE:

1. WE ADVISE COOKING THE WILD RICE EARLIER IN THE DAY.
2. Follow the instructions on your wild rice bag for 2 cups of cooked rice (or make more for your stew).
3. Chop the apricot as desired.
4. Add all of the ingredients in a bowl.
5. Let sit for at least an hour
6. The longer you let sit, the more the rice will absorb the liquids.

*You can adjust any amount of ingredients to your desired preference.*



## 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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**Niijaansinaanik**  
Child and Family Services



# Community **BARBECUE**

**TUESDAY, AUGUST 6, 2024**  
**11:00A.M. - 2:00 P.M.**



**SHAWANAGA FIRST NATION  
RECREATION CENTRE**

- Hot Dogs / Hamburgers
- Vegetarian Option
- Bounce House
- Crafts/Culture Activities
- Juice & Water

*Everyone Welcome!*



**1-855-223-5558**

**NIIJCFS.COM**