

CULTURE TEAM

MONTHLY NEWSLETTER

NAABDIN GIIZIS - SNOW CRUST MOON
MARCH 2025



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Niijaansinaanik
Child and Family Services

Monthly Teaching

Ninaatig Ziisbaaktoowaaboo Maple Water:

March welcomes Ziisbaakwad Giizis, the Sugar Moon, a time of renewal and gratitude. As the maple trees share their gift of sap, communities come together to harvest and give thanks. This sacred process teaches patience, respect, and the importance of balance in life.

The flowing sap reminds us of our deep connection to the land and the cycles that sustain us. It is a time to reflect, share stories, and prepare for the season ahead. As winter fades, the Sugar Moon guides us forward with gratitude and respect for the gifts of creation



MAPLE WATER BENEFITS

Maple water is used to eliminate toxins from the body, that have accumulated from having limited physical activity during the winter months.

it is full of electrolytes, vitamins and minerals. (specifically high manganese, iron and calcium) It helps balance our blood and heals us.

Meet the Culture Team



Perry
Manager of Cultural
Services



Paige
Supervisor of Cultural
Services



Gail
Team Assistant



Brooklyn
Cultural Services
Helper



Jacob
Cultural Services
Helper



Echo
Cultural Worker for
Children in Care

Elders



Joyce
Wasauksing FN



Tony
Wahnapiatae FN



Veronica
Dokis FN



Irvin
Henvey Inlet FN



Leslie
Magnetawan FN



Audrey
Wasauksing FN



Patricia
Shawanaga FN

Language Words: Anishinaabemowin

Ziigwan - Spring

Ninaatig - Maple Tree

Ziisbaaktowaaboo - Sap

Ziisbaaktokaan - Sugar Bush

Ziisbaakwad Giizis - Sugar Moon

Aabwaa - Mild

Ziisbaaktoke - To make maple syrup



Pronunciation

Ziigwan - Zee - gwun

Ninaatig - Neh - Nah- Tig

Ziisbaaktowaaboo - Zees - buk - tuh- wuh - bow

Ziisbaaktokaan - Zees - buk - tuh - gone

Ziisbaakwad Giizis - Zees - buk - wud Gee - zis

Aabwaa - Ah - bwuh

Ziisbaaktoke - Zees - buk - tuh - kay

Language Words: ililmowin

Sîkwan - Early Spring
Miloskamin - Late Spring
Mêstan - Sap
Nipiy - Water
Kîsôwâw - It is warm



Pronunciation

Sîkwan - Sea-kwun
Miloskamin - Mil-ah-skuh-min
Mêstan - Mesh-tun
Nipiy - Ni-Pay
Kîsôwâw - Kee-soo-wow

CULTURAL ACTIVITY

Sugar Moon Word Search

E	N	W	N	I	W	Y	P	L	N	A	M	G	M
W	I	I	R	M	I	P	W	A	L	S	O	I	G
G	A	A	N	Y	A	I	M	Z	T	W	I	G	W
I	P	O	A	A	T	M	A	P	L	E	A	S	R
S	B	A	S	I	A	A	U	L	A	S	B	P	A
S	Y	R	U	P	A	T	P	P	A	P	G	R	G
L	U	M	A	W	S	U	I	G	R	I	B	I	U
N	Z	S	B	S	A	S	N	G	G	O	O	N	S
T	O	A	G	M	P	A	A	N	I	G	A	G	I
B	A	P	G	O	N	A	I	L	S	N	N	U	A
N	Y	M	O	G	M	O	O	N	G	I	Y	I	S
T	G	S	G	P	P	A	S	A	N	E	L	P	W
G	I	I	Z	I	S	T	A	Z	P	I	N	A	G
W	N	Z	I	I	G	W	A	N	N	Y	S	S	I

NINAATIG

ZIIGWAN

SAP

MAPLE

AABWAA

BOIL

SUGAR

SYRUP

SPRING

TAP

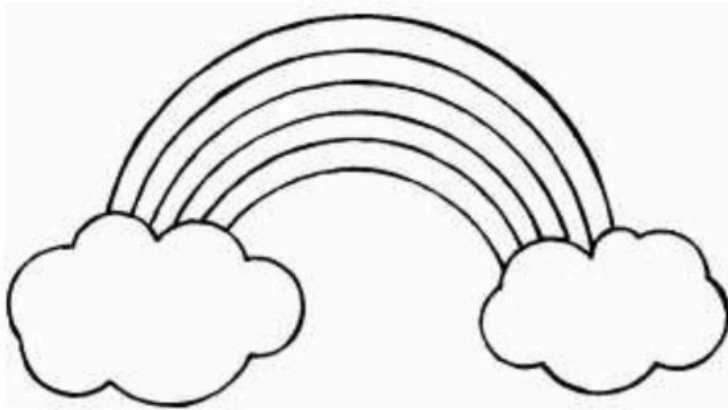
MOON

GIIZIS

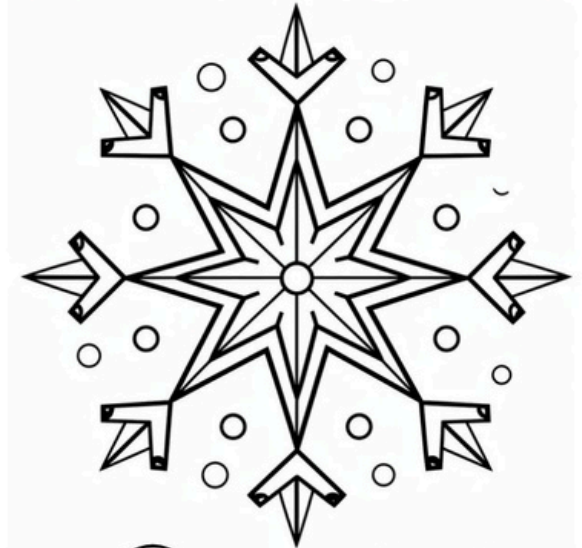
CULTURAL
ACTIVITY
Colouring Page



Naabdin-giizis (Snowcrust Moon)



Ngwaagan
(Rainbow)



Goonens
(Snow flake)



Niiwin-niibiish-
nesoobagak
(Four leaf clover)

Wiisinaadaa! Let's Eat!

Chewy Maple Cookies

This recipe connects to Ziisbaakwad Giizis (the Sugar Moon) through its use of pure maple syrup, one of the most sacred gifts of this season.

Making chewy maple cookies is a modern way to honor this tradition, incorporating the rich, natural sweetness of maple syrup into something that can be shared with family and community.

Ingredients

2 ½ cups all-purpose flour

1 tsp baking soda

½ tsp salt

1 cup unsalted butter, softened

1 cup brown sugar, packed

½ cup pure maple syrup

1 large egg

1 tsp vanilla extract

INSTRUCTIONS:

Heat oven to 350°F (175°C). Line a baking sheet with parchment paper.

In a bowl, whisk together the flour, baking soda, and salt. Set aside.

In another bowl, beat the butter and brown sugar until light and fluffy.

Mix in the maple syrup, egg, and vanilla extract until smooth.

Gradually add the dry ingredients to the wet mixture, stirring until just combined.

Chill dough for 30 minutes for best texture.

Scoop tablespoon-sized dough balls onto the baking sheet, spacing them apart. Bake for 10-12 minutes or until edges are lightly golden.

Let cookies cool on the baking sheet for a few minutes, then transfer to a wire rack.

CULTURAL EVENTS MARCH 2025





Information booths to be present

Community Drum Social

Come out for an evening of singing and dancing! Grandfather drum, hand drums and dancers in regalia.

Bring your hand drum Practice singing!

Bring your regalia Practice dancing!




Guest Dancer
Brooklyn Sawyer

Guest Dancer
Cody McKenzie-Sackaney

Dinner and Beverages provided

February 25, 2025 & March 25, 2025
5:00 - 8:00 PM

North Bay Indigenous Friendship Centre
980 Cassells Street,
North Bay, ON

Presented by: Niijaansinaanik Child and Family Services, North Bay Indigenous Friendship Centre and Canadore College.

P.A. Day WILD MEAT COOKOUT

MARCH 7 TH, 2025 10 AM - 3 PM

JOIN US TO COOK WILD MEAT OVER THE FIRE!

- Sagabou
- Boiled Goose & Dumplings
- Fish Fry
- Moose Kebabs

Learn how to cook over the fire and prepare wild meat!







Niijaansinaanik
 Child and Family Services

DROP IN STYLE AT:
 12, SERENITY LANE W, NORTH BAY ON.


Niijaansinaanik
 Child and Family Services

AGES 5+
AGES 5-12 MUST BE ACCOMPANIED BY CAREGIVER OR WORKER

Storytelling & Teachings

SEW MUCH FUN: March Break Camp

Join us for a March break crafting camp!
 Meals & Drinks Provided



LIMITED SPOTS REGISTER NOW!

CHOOSE ONE PROJECT TO CREATE!
 Split Toe Moccasins - Brooklyn - 3 spots
 Shaker or Hand Drum - Jacob - 6 spots
 Ribbon Skirt or Vest - Echo - 4 spots
 Storytelling & Teachings - Pilar

MARCH 10TH 10:00 - 4:00 10 MILLER ST, PARRY SOUND
MARCH 11TH 9:00 - 4:00 10 MILLER ST, PARRY SOUND
MARCH 12TH 10:00 - 4:00 12 SERENITY LANE W, NORTH BAY
MARCH 13TH 9:00 - 4:00 12 SERENITY LANE W, NORTH BAY

MUST BE ABLE TO ATTEND BOTH DAYS


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 Child and Family Services

OUR WAYS YOUTH PROGRAM

After School Drop-in
 4:00-6:00 pm with a snack

Ages 7-12

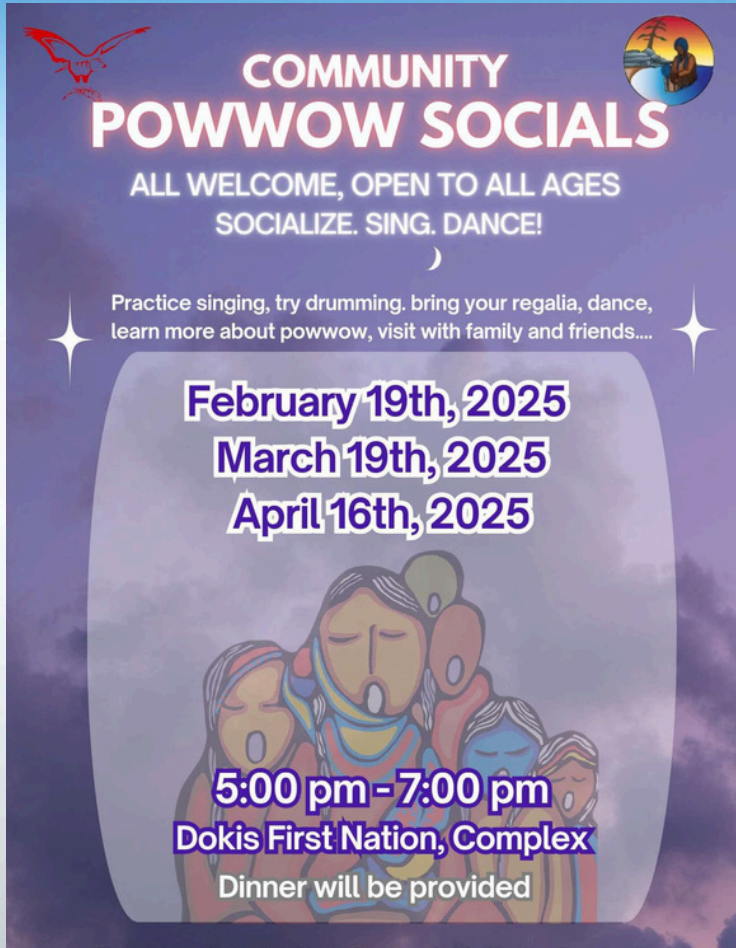
upcoming themes:

Session 1: Nature explorers
 January 29, 2025
 Session 2: Cultural games & stories
 February 26, 2025
 Session 3: Outdoor adventures
 March 26, 2024

Location: Wasauksing Arbor

PLEASE REGISTER FOR EACH SESSION AT
 REGISTRATION@NIJCFCS.COM

CULTURAL EVENTS MARCH 2025



**COMMUNITY
POWWOW SOCIALS**

ALL WELCOME, OPEN TO ALL AGES
SOCIALIZE. SING. DANCE!

Practice singing, try drumming, bring your regalia, dance,
learn more about powwow, visit with family and friends....

February 19th, 2025
March 19th, 2025
April 16th, 2025

5:00 pm - 7:00 pm
Dokis First Nation, Complex
Dinner will be provided

The poster features a purple background with a red eagle logo in the top left and a circular inset image of a person in a canoe on the water in the top right. At the bottom, there is a colorful illustration of several people in traditional regalia.



Niijaansinaanik
Child and Family Services

Lil' Cooks Academy Presents:

**Shamrock
Sweets &
Treats**

Ages 7-12

REGISTER NOW

Baking & Cupcake decorating
March 17, 2025
4:00pm - 6:00pm

Location:
Shawanaga Healing Centre
19 Shebeshekong Road North,
Nobel, ON P0G 1G0

For More Information and Registration:
Registration@nijcfs.com

The poster has a green background with a circular inset image of three decorated cupcakes. A green banner with the text 'REGISTER NOW' is positioned below the cupcakes.

*For more information on events or to
get posters please contact the culture
team at:
cultureteam@nijcfs.com*

Miigwech from the Niijaansinaanik Culture Team