



Please look in on
the elders in your
area, they
may need
help, or just
a good visit
from you.



Garden River First Nation February 2015 Community Calendar

Colour Coding

Wellness Centre Program
 Education Unit Program
 Youth Program
 Newsletter Program
 Food Bank Program
 G.R. Community Trust
 Community Event

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Food Bank Open Garbage Day—GRE Tutoring Youth Group Winter Walking Prg Feeling good about yourself	3 Garbage Day—GRW Tutoring Youth Group Language Prg Men's Wellness Seminar	4 Food Bank Open Tutoring Youth Group Busy hands, creative minds Parent Craft Social	5 Tutoring Youth Group— Family Movie Night Traditional Mitt Making (2 of 8)	6 Food Bank Open Winter Walking Prg	7 Family Swim
8	9 Food Bank Open Garbage Day—GRE Tutoring Youth Group Winter Walking Prg Drop In Social Social Networking addiction	10 Garbage Day—GRW Tutoring Youth Group Language Prg Menopause Sppt Grp	11 Food Bank Open Tutoring Youth Group Drop In Clinic Prenatal Prog Busy hands, creative minds Foot Soak	12 Tutoring Youth Group Craft Day You & Your Baby Women's sharing circle Traditional Mitt Making (3 of 8)	13 Food Bank Open Winter Walking Prg Farmer Bob's Sleigh ride	14  Family Swim Family Tumbling Tots Heart Fit Valentine Challenge
First Nations Public Library Week - Feb. 9 - 14						
15	16  Offices Closed	17 Garbage Day—GRW Tutoring Youth Group Language Prg Women's Wellness Seminar	18 Food Bank Open Tutoring Youth Group Teen/Tween/Adult Movie Night Elders Luncheon CWS Busy hands, creative minds	19 Tutoring Youth Group You & Your Baby Traditional Mitt Making (4 of 8)	20 Food Bank Open Newsletter Subs Due Winter Walking Prg Traditional Mitt Making (5 of 8)	21 Family Swim
22 Communi- ty Kitchen	23 Food Bank Open Garbage Day—GRE Tutoring Youth Group Winter Walking Prg Coffee house	24 Garbage Day—GRW Tutoring Youth Group Language Prg Elders Make & Take Spice up your life— nutrition	25 Food Bank Open Tutoring Youth Group Drop In Clinic Parent N Tot Busy hands, creative minds	26 Tutoring Youth Group You & Your Baby Traditional Mitt Making (6 of 8)	27 Food Bank Open Winter Walking Prg Traditional Mitt Making (7 of 8)	28 Family Swim

Community Notices & Community Submissions



Happy New Years!!!

Chi Miigwetch to the guys (Greg Solomon, Justin Romano & Jeff Lariviere) who put on New Years Eve Fireworks for all too see in the Sweetgrass Park neighbourhood. It was a beautiful display. Happy New Year to you's !! ~Tracy S.~

Chi Miigwetch

The family of the late Betty Lou Grawbarger wish to express their sincere appreciation to all of our relatives and friends for their wonderful tributes; generous donations; foods prepared for the feast; serving and cleanup; caring words of comfort and encouragement; floral tributes and personal calls and visits. And of course, the prayers which continue to comfort and sustain us. Our mother was a most appreciative person, who thanked God each day for the many blessings especially the people in her life. She loved unreservedly and was loved in return. No words could ever express the deep love and appreciation we feel for the support shown to us, her family and the love and respect shown to her. Chi Miigwetch.



Happiness is...
Hot soup on a cold day!

LUNCH FUNDRAISER

Come support our Garden River LNHL Hockey All Stars!
Monday, February 23, 2015
11:30 - 1pm
GR Community Centre

ONLY \$5
Soup & Sandwich



YOUTH WORKSHOP THE TRUTH ABOUT TOBACCO

Batchewana First Nation, Batchewana Learning Centre

Saturday February 21, 2015

9am-4pm

2 WAYS TO REGISTER

1. Click the link & register online:
<https://www.eventbrite.ca/e/the-truth-about-tobacco-tickets-1490980362>
2. Call & sign up with Cynthia Morriseau or Lisa-Marie Naponse

North Shore Tribal Council youth between the ages 12 to 26 are invited to attend.

Facilitated by
Youth Advocacy Training Institute & Cancer Care Ontario

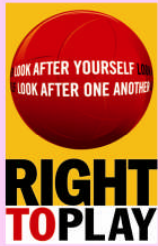
*Travel subsidies available for groups from east end

Learn about the harmful effects of tobacco, the tobacco industry, how to make positive change & the sacred use of tobacco.



West End Cynthia Morriseau
Cell: (705)849-7136
Cynthia.morriseau@nmninoeyaa.ca

East End Lisa-Marie Naponse
Cell: (705)862-1114
Lisa-marie.Naponse@nmninoeyaa.ca



The Garden River Valentine's Day Strong Heart Challenge



Saturday, February 14, 2015
from 11 a.m. to 1:30 p.m. at the Recreation Centre

This event is about raising awareness and funds to fight heart and stroke related illnesses. Admission by donation to the Heart & Stroke Foundation. Those who donate \$10 or more will receive a tax receipt.

Event Agenda:

11:15 a.m. to 12:00 p.m.
Fitness Circuit &/or boot camp style
fitness class for ages 13 and up

12:00 p.m. to 12:30 p.m.
Obstacle Course featuring the
traversing wall for ages 6 years and up

12:35 p.m. to 1:20 p.m.
Tumbling Tots Activity Circuit for ages
new born to 5 years and their parent
or guardian

Refreshments will be available for all participants!
This event is for all ages and fitness levels! Come move with us!

Contact Colleen Crowley or Daniel Jones
at 946-4006 ext. 2 or 3 or by email:
ccrowley@grfnrec.com or djones@grfnrec.com
for more information.



Education Unit

Garden River Education Unit Telephone Extension List 705-946-3933

Irene M. Gray, Receptionist/ Resource Centre Coordinator	210
Dianne Roach, Education Manager	203
Kerry Boissoneau, Finance Clerk	219
Stephanie Jones Administrative Support Worker	208
Sherri Kitts, Education Support Services Coordinator	217
Anne Marie Jones, Post-Secondary Counselor	202
Phil Jones, Secondary Liaison Worker	209
Leah-Anne Pine, Elementary Liaison Worker	201
Natalie Barry, AIM Teacher/Coordinator	206
Michelle Thibault, AIM Administrative Assistant	205
Joanne Thiessen, AIM Co-op Teacher	211
Melissa St. Louis AIM Teacher (Bonnie is on Maternity Leave)	231

Attention Elders



Anishinaabemowin Teg



The Garden River First Nation and the Education Unit will once again cover the registration fee for our **Band Member Elders, aged 65 years and older.**

Please call Irene at 705-946-3933 to register.

The following information will be required when you call:

- **Name,**
- **Address,**
- **Phone Number**
- **Age**

Registration Deadline will be Friday, February 27, 2015 by 4:30 p.m.

This deadline will ensure that all registrations are sent in to ensure your space.

Please note, the Banquet ticket is not included in the registration fee.

Miigwetch,
Irene M. Gray

AIM Transportation Route

A.M. Route: Begins at 8:30 am

- 📍 Corner of Hwy 17B & Sweetgrass St.
- 📍 Corner of Eagle St. & Blue Jay St
- 📍 Corner of Sweetgrass St. & Sage St.
- 📍 Corner of Hwy 17 East and Gemah
- 📍 Band Office
- 📍 Big Arrow Variety
- 📍 Corner of Whiskey Jack Drive and Moccasin St.
- 📍 Corner of White Birch & Wolf St.
- 📍 Perrault's Gas Bar

AIM Departure: 12:00 Noon
PM Pick-up: Begins @ 12:30 pm
AIM Departure: 3:00 pm

FIRST NATIONS PUBLIC LIBRARY WEEK

CREATING CONNECTIONS
BUILDING BRIDGES TOGETHER

NAPI AND THE ROCK



FEBRUARY
9 to 14
2015

THE LESSONS OF NAPI:

RECIPROCITY
Treat everything equally. Give your relationships on respect & sharing.

COLLABORATION
Pool your resources. Bring together talents and efforts to create worthwhile connections.

PARTNERSHIP
Overcome challenges by working together towards common goals & interests.



ola
the ontario library association

Resource Centre News

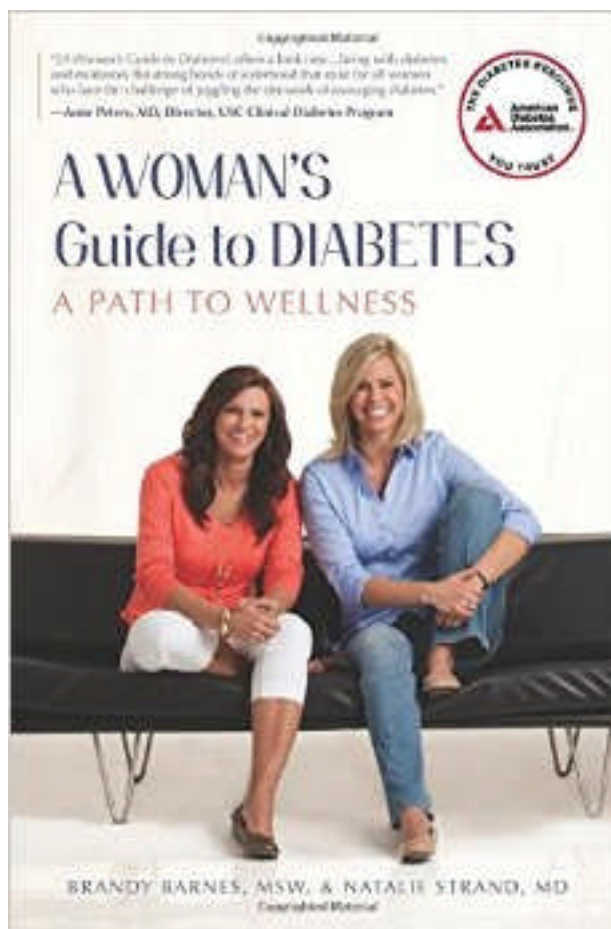
"You are not your bra size, the width of your waist, or the slenderness of your calves. You are not your hair colour, your skin colour, nor are you a shade of lipstick. Your shoe size is of no consequence. You are not defined by the amount of attention you get from men or women. You are not the number of sit-ups you can do or the number of calories or carbs consumed in a day. You are not the number on your glucometer or your scale. You are not the hair on your legs. You are not a little red dress.

You are no combination of these things.

You are the content of your character. You are the ambitions that drive you. You are the goals you set. You are the things you laugh at and the words you say. You are the thoughts you think and the things you wonder. You are beautiful and desirable not for the clique you are part of, but for the spark of life within you that compels you to make your life a full and meaningful one. You are beautiful not for the shape of the vessel, but for the volume of the soul it carries."

"A Woman's Guide to Diabetes, a path to wellness." Brandy Barnes, MSW & Natalie Strand, MD. Is now available in the library.

"[A Woman's Guide to Diabetes] offers a look into . . . Living with diabetes and reinforces the strong bonds of sisterhood that exist for all women who face the challenge of juggling the demands of managing diabetes." - Anne Peters, MD, Director, USC Clinical Diabetes Program.



Resource Centre



HOURS OF OPERATIONS

Monday—Friday
8:30 a.m.—4:30 p.m.
Closed for lunch
12—1 p.m.

LIBRARY SERVICES

Book Lending—Free
• (2 week borrowing)

NEWSLETTER

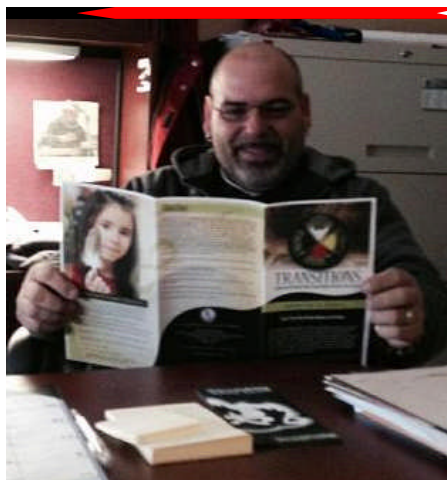
• Monthly Publication
• Submission Deadline—3rd
Friday of every month.

ARCHIVES

Available for public viewing
Limited collection, additions are
always welcome!

Additional Services

• Photocopying/ Printing
• Scanning
• Faxing
• Posters
• Tickets



Secondary Liaison Worker Phil J. was caught updating his knowledge on Transitions.

Phil was reading the Transitions guide that's available to help students transition from elementary to high school or from high school to college/university. Reading is a big part in his preparation to help students to succeed at the secondary level.

Got Caught Reading!!

I want to catch you reading!

Take a Selfie!

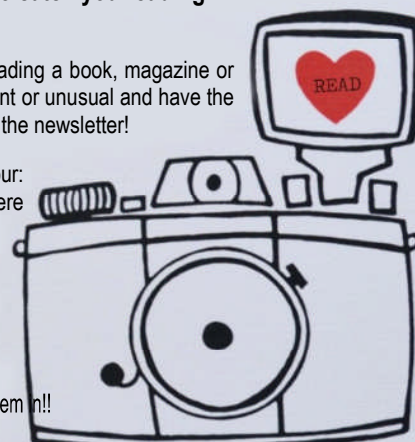
Send me a photo of you reading a book, magazine or e-reader somewhere different or unusual and have the chance of being included in the newsletter!

Don't forget to tell me your:
Name, Book title and where
you got "Caught" reading!

Email your picture to:
irene.gray@gardenriver.ca

Picture Deadline:
None - keep sending them in!!

by sending me your picture you are giving me permission to use it in future promotional materials - No name will be displayed



New Years Family Formal Dance



Membership Rates

	1 year	6 months	3 months	Day Pass
Adult (18+)	\$290.00	\$202.00	\$108.00	\$5.00
Elders (55+)	\$248.00	\$170.00	\$92.00	\$3.00
Juniors (14-17)	\$262.00	\$180.00	\$98.00	\$3.00
Family (up to 4)	\$550.00	\$378.00	\$220.00	



Fitness Centre Hours

ph: 705-946-4006



Fitness Centre Ext. 225

Sun.	Mon.	Tues	Wed.	Thurs.	Fri.	Sat.
12 p.m. to 4 p.m.	6:30 a.m. to 9 p.m.	6:30 a.m. to 10 p.m.	6:30 a.m. to 9 p.m.	6:30 a.m. to 10 p.m.	6:30 a.m. to 8 p.m.	8 a.m. to 4 p.m.

EVERYONE WELCOME!

Live!

CLASSIC COUNTRY SUNDAYS

48 SYRETTE LAKE RD
Garden River First Nation Recreation Centre

{ **\$7** | **SUNDAY FEB 22ND 2015** | **1:00 TO 5:00 PM** }
GARDEN RIVER REC CENTRE

Special Guest Musician & House Band:



Frank Boyer & The Sweetgrass Country Band

Sponsored By:



Please bring a snack to share!



For more information contact Dan
705-946-4006 ext.225 or
djones@grfnrec.com

February 2015

Garden River First Nation
 YOUTH PROGRAM MONTHLY CALENDAR
 Garden River Education/Recreation Centre

Colleen Crowley, Youth Wellness Coordinator
 Phone: 705-946-4006 ext. 3 Email: ccrowley@grfnrec.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri-day	Saturday
1 Live by the Seven Grandfather Teachings:	2 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs	3 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs	4 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs RIGHT TOPLAY Junior Youth Leadership Program 5—7 p.m. Ages 11—13 yrs	5 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs RIGHT TOPLAY High School Youth Leadership Program 5—7 p.m. Ages 13—18 yrs Family Movie Night 5:00—7:00 p.m.	6	7 Nbwaakawin Wisdom
8 Aakdewin Bravery Minaadendmowin Respect	9 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs	10 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs	11 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs RIGHT TOPLAY Junior Youth Leadership Program 5—7 p.m. Ages 11—13 yrs	12 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs RIGHT TOPLAY High School Youth Leadership Program 5—7 p.m. Ages 13—18 yrs	13	14 Garden River Strong Heart Valentine's Challenge 
15 Zaagidwin Love	16 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs	17 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs	18 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs RIGHT TOPLAY Junior Youth Leadership Program 5—7 p.m. Ages 11—13 Youth & Adult Movie Night 5—7 p.m.	19 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs RIGHT TOPLAY High School Youth Leadership Program 5—7 p.m. Ages 13—18 yrs	20	21 Gwekwaadziwin Honesty
22 Debwewin Truth	23 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs	24 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs	25 RIGHT TOPLAY Fitness Fun 4—5 p.m. Ages 10—13 yrs RIGHT TOPLAY Junior Youth Leadership Program 5—7 p.m. Ages 11—13 yrs	26 RIGHT TOPLAY Teen Fit Zone 4—5 p.m. Ages 13—18 yrs RIGHT TOPLAY High School Youth Leadership Program 5—7 p.m. Ages 13—18 yrs	27	28 Dbadendizwin Humility

Circuit Training for Women: Just 30 minutes Two Times Per Week

Tuesday & Thursday
12:15 p.m. - 12:45 p.m.
in the Recreation Centre Gymnasium

Starting Tuesday, February 3rd
to Thursday, March 12th
(6 weeks of classes x2 classes
per week = 12 sessions)

This is a full body workout featuring body weight and free weight exercises to target all key muscle groups:

- * Lower body (glutes, quads, hamstrings),
- * Upper body (chest, back & arms)
- * The core (abs. lower back, hip flexors and hip extensors).

The goal of this program is to burn calories, develop muscular strength and endurance and help prevent osteoporosis, heart disease & diabetes while enjoying physical activity with your friends and coworkers.

Cost: Free of Charge;
A \$10 to \$20 donation to the
Right To Play Youth Leadership
Program would be much
appreciated!!



Look After Yourself, Look After One Another.



All proceeds to the Right To Play Youth Leadership Program
Thursday, February 5, 2015
5:00 p.m. to 7:00 p.m.

Admission:
\$5/person
includes:
1 slice of pizza
juice box
& a small popcorn

CHEAPER BY THE DOZEN 2



Family Movie Night in Garden River

Extra snacks available to purchase!



Next Month's Family Movie Night: Thursday, March 5

All proceeds to the Right To Play Youth Leadership Program
Wednesday, February 18, 2015
5:00 p.m. to 7:00 p.m.

Admission:
\$5/person
includes:
1 slice of pizza
juice box
& small popcorn



Some Violence!*

Tween/Teen and Adult Movie Night in Garden River

Extra snacks available to purchase!



Next Month's Tween/Teen & Adult Movie Night: Thursday, March 18



Wellness News



Wellness Centre Staff

Health Services Staff

Maxine Lesage, RN/BScN - Health Services Supervisor
 Marissa Jones—Office Administration
 Carol Hermiston, RN/CPMHN - Care Coordinator EDS Program
 Cher Luxton, RN/CDE - Chronic Disease Management & Support
 Natalie Belleau, RPN - Patient Records & Support
 Lisa Mitchell, RPN - Patient Records & Support
 Nicole Pelletier RPN - EDS Program
 Vicki Boissoneau - NIHB Clerk
 Rose Sayers, MCH, FASD - CPNP Programs
 Kim Duguay, MCH, FASD - CPNP Programs
 Robin Lesage, B.Ed - Coordinator, Transportation
 Tyler Pine, Morley Pine, Gail Souliere - Drivers
 Loretta Wagner, Nadine Belleau - Replacement Drivers
 Personal Support Workers

Community Outreach Team

Kelly Solomon – Community Outreach Supervisor
 Karen Belleau – Community Support Services Program
 Rose Sayers – Early Childhood and Development
 Arnela Pine – Elderly and Disabled Services
 Marlene Pine – Community Health Program
 Marie Pine- Community Health Representative Program
 Marie T Pine – Addictions/Mental Health Program
 Kim Duguay – Early Learning and Literacy
 Cynthia Morriveau – Health Educator/Promoter

Visiting Health Care Providers

Rhonda Angeconeb - Nurse Practitioner
 Malcolm McCormick - Nurse Practitioner
 Debby Roach - Nurse Practitioner
 Nisha Thomas - Physiotherapist
 Ramona Weldisher - Physiotherapy Assistant
 Dr. Alan Gelmych - Psychologist
 Bill Mansfield - Speech Pathologist
 Dr. David Quon - Physician
 Beverly Humphrys - Registered Dietitian
 Karolee Gair RPN - Foot Care
 Wendy Steele - Occupational Therapist
 Algoma Public Health - Maternal Child Health and Dental

Parent/Child Drop In Clinics Wednesdays: 1:30—4:00 p.m. GR Wellness

February 11, 25

A one on one appointment with the Algoma Public Health. Must call for an appointment.

For more information, call Kim Duguay @ 705-946-5710

Community Swim Nights Saturdays 8—9 p.m.

John Rhodes Pool

February 7, 14, 21, 28
March 7, 14

Please remember the following ratios: parent/child

- Any child under the age of 7 yrs MUST have an adult with them at all times. Within arm reach = 1 parent: 2 children
- Children 7—9 yrs must pass swim test by pool staff, if child do not pass test—1 parent: 4 children
- Children 10— 13 yrs can swim without adult supervision after passing swim test.

Walking Program

Healing Lodge

Mondays, & Fridays: 9 a.m.

Snacks & Refreshments available
For more information, please call
Arnelda or Marie Pine CHR @
705-248-2231

Women's Wellness Seminar Starts at 6:00 p.m.

February 17

For more information, please call
Marie Pine CHR @ 946-5710

Medical Transportation Services 705-946-5710

Men's Wellness Seminar 6:00—9:00 p.m.

February 3

For more information, please call
Marie Pine CHR @ 946-5710 Ext.
203.



Early Learning & Literacy Program Presents: Backpack Resource Lending

This skill-building backpack has everything children need to prepare for preschool! Included is a 3-month calendar filled with developmentally appropriate activities for children and parents. The activities reinforce the basic skills preschoolers need to succeed—from counting to letter recognition. The backpack includes materials needed to complete the activities—like colourful bears to sort & count, a ball for motor activities, a language-building book of nursery rhymes and more.



For more information or to sign out kits contact: Kim Duguay @ 705-946-5710 or kduguay@grhc.ca

Gambling Problems?



Ontario Problem Gambling Helpline | There is help
There is hope

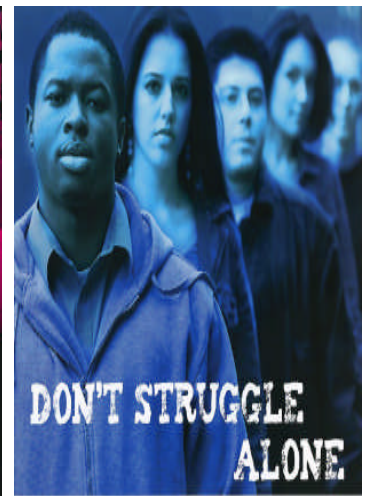
Problem Gambling Services Information
Live answer 24/7, confidential and free



feeling
overwhelmed?

Mental Health Helpline 1.866.531.2600
www.MentalHealthHelpline.ca

Live answer 24/7
Confidential, Anonymous and Free



DON'T STRUGGLE
ALONE.

Drug & Alcohol Helpline 1.800.565.8603
www.DrugAndAlcoholHelpline.ca

Live answer 24/7
Confidential, Anonymous and Free



Suicide Help Card

Submitted by: Marie T. Pine

If someone you know:

threatens suicide, talks about wanting to die, shows changes in behaviour, appearance, mood, abuses drugs, alcohol, deliberately injures themselves, appears depressed, sad, withdrawn...

You can help:

stay calm and listen, let them talk about their feelings, be accepting; do not judge; ask if they have suicidal thoughts, take threats seriously, don't swear secrecy - tell someone.

Get help: You can't do it alone.

Contact: Family, friends, relatives, clergy, teachers, counselors, doctors, crisis lines, mental health services or hospital emergency departments.

Call Sault Area Hospital:
Crisis Services
705-942-1872 or
1-800-273-TALK (8255)

Don't Wait & See!



By 18 months, does your child:

- Say 20 words or more?
- Pretend play with toys?
- Point to show you something they are interested in?
- Look at books and show you something?
- Use gestures e.g. wave, reach up?
- Walk on their own?
- Look at you when you are talking?
- Stack three or more blocks?

If you answer NO to any of these skills, call the Parent Child Information Line to talk about your child's development
705-541-7101 or 1-888-537-5741

For more information:
call Kim Duguay @ 705-946-5710



Adapted with permission from Toronto Public Health

PARENT COFFEE BREAK



This is an opportunity to learn about services and opportunities as well as share experiences about parenting a child with special needs. Group is held one Monday evening a month.

2014 Dates:

December 8 Parent Stress and Coping

2015 Dates:

January 19 Transitions

March 16 Summer Camps, Recreation and Respite

April 20 Topic TBA

May 25 Topic TBA

Time: 6:30 p.m. – 8:00 p.m.

Location: Ontario Early Years Centre
Holy Angels Learning Centre
102 Wellington Street East
Child Care Provided

You may enjoy this group if you have a child with special needs. We usually have a brief information session about a topic chosen by the parents as well as time to discuss issues with other parents



Children's Rehabilitation
Centre Algoma



Telemedicine's Leader

WHAT IS OTN?

OTN stands for Ontario Telemedicine Network. OTN brings you the health care you need, where and when you need it! Telemedicine is the use of communication technology, such as video conferencing via webcam, to consult with a physician or specialist. It is the new way of visiting your doctor or specialist **without** having to **travel**!



The **Garden River Wellness Centre** provides the following services through Telemedicine:

1. Mental Health and Addiction Treatment
2. Burn Consultations
3. Stroke Consultations
4. Dermatology Consultations
5. Homecare Programs
6. Ophthalmology (eye specialist) Consultations
7. Specialist Follow-ups
8. And many more services to help meet your needs!

OTN can help save your time and money by:

- No need to travel to see your specialist
- Providing you with less wait-times
- Improved access to services that you need!

To book an appointment or for further information, please call Lisa Mitchell, OTN Co-ordinator, at (705) 946-5710, extension 242.

A Valentine Greeting from Heaven

When tomorrow starts without me,
And I'm not here to see,
If the sun should rise and find your
Eyes, filled with tears for me.

I wish so much you wouldn't cry,
The way you did today,
While thinking of the many things,
We didn't get to say.

I know how much you love me,
As much as I love you,
And each time you think of me,
I know you'll miss me too.

When tomorrow starts without me,
Don't think we're far apart,
For every time you think of me,
I'm right there in your heart.

MEMORANDUM

To: Health Centre Clerks - Thunder Bay Zone
From: Sandra Freund, A/Manager Medical Transportation
Date: January 26, 2015
Subject: Day Trips and Meals

The information below is copied from page 16 of the July 2005 - Medical Transportation Policy Framework and explains the NIHB Meal Benefit for clients that travel for medical reasons on a day trip.

Medical Transportation Policy Framework Non-Insured Health Benefits Program 9. MEALS AND ACCOMMODATION

9.6 Assistance with meals *may* be provided where the time away from home to attend the medically required appointment is more than 6 hours in one day. The assistance will be provided as per the regional rates for either a lunch or a dinner, depending on the time of day the travel is occurring. Breakfast is not payable for same day trips. Assistance with a meal when the time away is less than 6 hours may be provided in circumstances where meals are a required component of the medical treatment and a meal is not provided by the facility.

The Thunder Bay Zone NIHB Unit has been given direction from our Ontario Regional NIHB that we must adhere to this policy consistently. In the event of an audit of NIHB files, our records must show this policy is being followed.

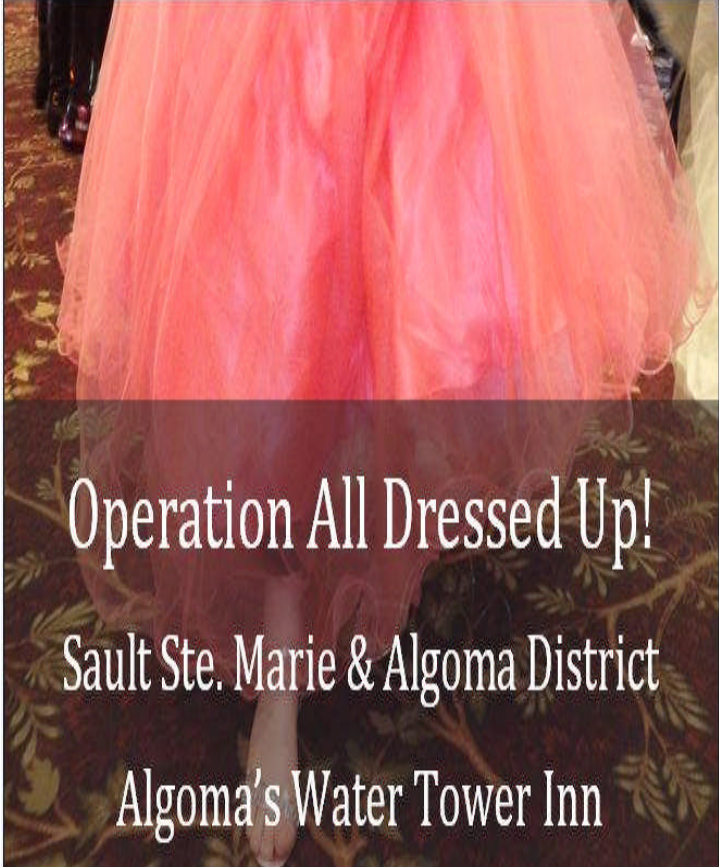
The TBZ NIHB Unit receives applications for Prior Approval for day trips where the number of KM's for the trip does not warrant a meal. Please be advised that **effective immediately**, NIHB applications submitted for **day trips** that are **400 KM's or less** for **routine** medical appointments, **no meal will be approved**. Where necessary, the NIHB Benefit Analysts will review the application submitted and make a determination if an exception to this policy is required based on the medical information presented. Note: when a day trip qualifies for a meal only a lunch will be approved unless the client arrives home after 5:00 pm. Also, if a day trip is extended where appointments run late you may contact the NIHB Unit for a possible amendment.

If you have any questions or have comments, please do not hesitate to contact me directly at (807) 346-3530.

Sandra Freund
A/Manager - Medical Transportation,
Thunder Bay Zone



First Nations and Inuit Health Branch
Thunder Bay Zone
981 Balmoral Street
Thunder Bay, ON P7B 0A6



Operation All Dressed Up!

Sault Ste. Marie & Algoma District


Algoma's Water Tower Inn

If you are graduating this year, we welcome you to join us at Algoma's Water Tower Inn on Sunday April 12, 2015 from 9:00AM to 3:00PM by appointment only. Walk-ins are welcome from 3PM to 5PM. Volunteers will assist you with the daunting task of "shopping" and preparing for your upcoming graduation from grade 8 or grade 12. The cost of these events can be high, and OPERATION ALL DRESSED UP is here to help!

If you wish to donate graduation dresses (we recommend donating dresses purchased between 2010 and 2015), shoes and accessories are also welcomed. Please drop off your donated items at the Sault Ste. Marie Police Service Building or the Ontario Provincial Police Sault Ste. Marie Detachment by Friday April 3, 2015.

Est. Alison Kirkpatrick *Est. Monique Baker*

(705) 542-8678 (705) 542-5373



Family Literacy Day was January 27

But you can still have 15 minutes of fun everyday!

ABC Life Literacy Canada is encouraging Canadian families to have "15 Minutes of Fun" learning together. Learning can happen at any time. Practicing literacy together every day has tremendous benefits for both children and parents. Here are some great ways to get started:

1. Read a "wake up" story in the morning (after reading your bedtime story the night before).
2. Search online for fun places to go in your community. Pick out a spot for your next family day trip.
3. Make up a new recipe together and post it online.



4. Tell knock-knock jokes together while doing the dishes.
5. Create a story with your family: take turns writing one sentence at a time, then read the whole story aloud when you're done.
6. Write a review of a book you read together as a

family. Send it to the author through email or snail mail.

7. Organize a book swap at your school or with your friends.
8. Track your trip to school, the park, and the grocery store on a map. Find a different route to take to each place.

9. Learn to play a musical instrument. What about the ukulele?
10. Write a note to include in a grown-up's lunch – ask them to write back!
11. Make a popsicle stick model with your family.
12. Write your names graffiti-style using chalk on your sidewalk – you may need to shovel first!
13. Play a board game together.
14. Look up the words to your favourite song online. Have a sing-off with your friends!
15. Count how many steps it takes to get from your bedroom to your kitchen. Find out who in your family has the most steps to a snack!

<http://abclifelifiteracy.ca/flid/15-minutes-of-fun>

GARDEN RIVER FIRST NATION



Full Zip Soft Shell

96% polyester 4% spandex 3-layer bonded fleece outer shell. Active stretch, breathable wind and water proof fabric. Adjustable Velcro cuff closures. Two zippered front pockets. Available in Men's, Ladies and youth.

GREAT OFFER

Garden River Jackets

Lil NHL Committee is Fundraising by selling jackets

ALL ORDERS
MUST BE
PLACED and
PAID IN FULL
BY FEBRUARY
6TH, 2015

Lil NHL has received a special price offer on jackets. The Jacket Brand is CX2. The pricing will include the Garden River Logo on front left chest, Garden River written on back and name/position on sleeve or chest.

It's a great opportunity to help out our children as well as look stylish as a community.

A date will be picked at a later time for people to try on for correct sizing.

- **Youth Sizing**
6—14
- **Ladies Sizing**
X-Small—2XL
- **Men's Sizing**
X-Small—4XL

**For More Information Please Contact
Cynthia Jones at the Band Office 705-946-6300**

WE WELCOME YOU to consider becoming a School Bus Driver



Drivers Required for the Garden River First Nation Bussing Contract

Ideal for Retirees, the Self Employed and the Stay at home Parents

We welcome community members to join our team in transporting our future generation of youth to and from school each day from September - June, Monday - Friday between 7:00 a.m. - 9:30 a.m. and 2:30 p.m. - 4:30 p.m. We can provide driver training for a Class "B" Licence and first aid certification at a competitive rate.

All driver's must:

- submit a clear vulnerable sector check (level 3 CPIC)
- be 25 years of age or older.
- have NO impaired convictions within the last 7 years.
- have less than 3 driving infractions within the past 5 years
- be accident/claim free within the past 3 years.
- submit to pre-employment drug testing.

You will earn a steady, competitive part-time income with all holidays off. Retirees will enjoy ample free time to pursue other interests and self-employed people can supplement their income with a sure thing.

You could play an important role in a child's education.

CALL TODAY!!!

Bossoneau Bus Lines Inc.
Office # 705-946-0992
45 Bell Street, Garden River, ON

BOISSONEAU BUS LINES INC.

For more information:
Please contact
Dianne Roach, GRFN Education Manager
705-946-3933

Route times, vehicle types, rate of pay and other conditions may vary by route.
We are an equal opportunity employer.

Miijim Gaamig Food Bank



MIIJIM GAAMIG
FOOD HOUSE

Regular Hours

Monday— Wednesday—Friday
9– 12 & 1—4

Closed during Lunch

Please note:

Food Bank access is limited to one visit per month.

Thank you

Miijim Gaamig Food Bank Update:

Christmas Cheer took place on December 20th and 21st. On day 1 Batchewana Attack helped fill bags with groceries and turkeys. This is an all day thing but with their help we finished at 2 pm instead of 6 or 7 pm. They were a great help.

Sponsor a family, 3 families were sponsored. Special thanks to all of our volunteers Could not have done it without all of your help. Special thanks to the camera crew that took pictures. Special thanks to our drivers on December 21st Everything went smooth. Hope you had a chance to see the pictures in the January issue!!

Seniors received a \$10.00 gift card from M&M's. Thank you to the Garden River Trust for its generous donation to Christmas Cheer. Thank you to Dreamcatcher for the hall donation. Thank you to Dreamcatcher for the food donation as well. A big thank you to the staff of Niigaaniin. Thank you to the GR Fire Department as well! Thank you to our many suppliers without you it would not have been possible.

Thank you to my special helper: Chris Solomon Jr. and Chris Solomon Sr. For his monthly donation of \$400.00 a month to the food bank.

Approximately 215 families were served. And 500+ Garden River residents from newborn to elders as well. If I have forgotten anyone, please it was not done intentionally, all of your assistance, your time and efforts are greatly appreciated!

Anyone interested in helping sell the twoonie ball, give us a call!! Thanks to our twoonie ball sellers.

Thank you to our Prize Bingo workers and our cooks as well. The next Prize Bingo for February will be on the 15th: a welcome 2015 get together.

I hope 2015 is as prosperous as last year.

Brenda Williams, Food Bank Worker

The Miijim Gaamig Food Bank presents...

Welcome 2015



**Canteen
Luncheon
Door Prize
Prize Table**



MIIJIM GAAMIG
FOOD HOUSE

Sunday, February 15, 2015

G.R. Community Centre

Doors open at 11 a.m.

Bingo starts at 1 p.m.

Canned good donations would be appreciated

HOUSING BULLETIN

ATTENTION ALL GARDEN RIVER TENANTS



HOMEOWNERS' MONTHLY MAINTENANCE CHECKLIST

Monthly inspection of items in and around your house is encouraged to ensure your house is an efficient and a safe place to live.

3-MONTH CHECKLIST

Here are Checklists for the next 3 months:

February:

- Clean/Replace furnace filter
- Clean range hood filter
- Clean inside surfaces
- Conduct annual safety check:
 - a) Door locks
 - b) Smoke / co detector
 - c) Window locks
 - d) Potential fire hazards

March:

- Clean/replace furnace filter
- Check attic

- Clean range hood filter
- Check ceilings
- Clean VenMar / HRV
- Check sump pump

April:

- Check eavestrough / downspouts
- Replace furnace filter
- Clean range hood filter
- Check roof
- Inspect landscaping (Soil Settlement)

CONTACTS

Anne Headrick, Housing Department Supervisor
aheadrick@gardenriver.org

Charlotte Boissoneau, Housing Assistant
cboissoneau@gardenriver.org

Carrie Zeppa, Tenant Relations Officer
czeppa@gardenriver.org

Greg Solomon, Construction Maintenance Coordinator
gsolomon@gardenriver.org



EMERGENCY CONTACTS

Garden River Housing Cell # (705)254-9492
 Steel City Gas (705)945-7074 or Cell # (705)941-5908
 D & R Plumbing (705)542-1881
 Top Line Electric / Plumbing (705)575-3683

Tel: 705.946.6300
 Fax: 705.945.1415



Recycling/ Reducing/ Reuse

Darwin Belleau Contracting
 165 Jardun Mine Road

Monday—Friday
 8:30 a.m.—4:30 p.m.

A friendly reminder from the recycling depot:

PLEASE DROP OFF RECYCLING MATERIALS ONLY and please use the provided containers.

Household Waste Products:

- No 1 & 2 plastics (e.g. pop & water bottles, shampoo & detergent bottles)
- Aluminum cans
- Tin food cans
- Cardboard
- Boxboards/small boxes (e.g. cereal boxes)
- Paper egg cartons
- Toilet/towel paper rolls
- Clean milk cartons

Electronics:

- Televisions
- VCRs
- Computers & components (e.g. keyboard, mouse, printer)
- Lap tops
- Video cameras
- Cell phones

Appliances:

- Fridges
- Freezers
- Dryers
- Hot water tanks
- Stoves
- Washers

Tires:

- Heavy equipment
- Car
- Truck
- NO bicycle tires

Use garbage dump for all other wastes

For more information contact:
 Darwin Belleau Contracting
 165 Jardun Mine Road, GRFN
 Phone: 705-254-8676

G.R. Community Trust

COMMUNITY TRUST

"Strength from the Past, Integrity of the Present, Respect for the Future"

Happiness is

"Celebrating Community Involvement"

1994 - 2014



Chi Miigwetch / Big Thank You to the Garden River Band members!

Community Trust's community involvement by the numbers.....

- 20 years of safeguarding the \$4.9 million in Capital
- 12 annual votes: 5 successful votes—1999, 2003, 2007, 2009, 2013
- 40 projects approved by Garden River Band members—the beneficiaries
- \$1.7 million in Trust revenue monies disbursed to Garden River for projects:
- Pow-wow, Lil NHL, medical & bereavement, Ojibwe Park upgrades, Recreation Centre, Education Centre, 5-bay garage, Ojibwe language revitalization, to name a few!
- 8 summers (2007 to present) of accessing summer employment programs
- 5 students hired per summer
- 7 plays produced by summer students

Silvercreek Golf Course

\$900 GOLF
membership



\$1200 GOLF
family membership

Special Rate for Garden River Members at Silver Creek

Single-\$900.00 includes your green fee, cart fee & tab in the restaurant.

*Family (2 adults & JR's 18 & under)-\$1200.00 includes green fee, cart fee & tab in the restaurant
Includes unlimited access to a shared power cart, unlimited access to the chipping, putting greens & driving range.
14 day advanced booking tee times, member only specials in the pro shop and member only events! **PLUS MUCH MORE.**



Payroll Deduction Payment Plan

Garden River First Nation Employees now have a payroll deduction option.
Monthly or bi-weekly payments. Deductions must be completed by May 1, 2015.

FOR MORE INFORMATION PLEASE CONTACT LEAH BOISSONEAU AT (705) 942-2080 EXT 205
OR EMAIL lboissoneau@golfsilvercreek.com

The Staff at Silver Creek would like to Thank You for all of your support in the 2014 season.

Our office will be closed December 1, 2014-March 2, 2015.

If you have any questions or need any information about membership please email Jamie Henderson -
jamie@golfsilvercreek.com



2015 Family Day is Feb 16

Some ideas to keep your family active this winter with this selection of kid-friendly ways to have fun together. Don't forget to bundle up!

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Build a snowman | <input type="checkbox"/> Go skating | <input type="checkbox"/> Do a good deed | <input type="checkbox"/> Freeze water balloons |
| <input type="checkbox"/> Teach your kids to sew or knit | <input type="checkbox"/> Host a hot chocolate party | <input type="checkbox"/> Have a fort-building contest | <input type="checkbox"/> Set up a scavenger hunt |
| <input type="checkbox"/> Warm up around a campfire | <input type="checkbox"/> Have a movie marathon | <input type="checkbox"/> Go tobogganing | <input type="checkbox"/> Break some records |
| <input type="checkbox"/> Learn about your family tree | <input type="checkbox"/> Go on a winter hike | <input type="checkbox"/> Make a family time capsule | <input type="checkbox"/> Watch a parade |
| <input type="checkbox"/> Play snow soccer | <input type="checkbox"/> Throw a dance party | <input type="checkbox"/> Learn a magic trick | <input type="checkbox"/> Start an air band |
| <input type="checkbox"/> See the northern lights | <input type="checkbox"/> Try ice fishing | <input type="checkbox"/> Bake cookies | <input type="checkbox"/> Have breakfast for dinner |
| <input type="checkbox"/> Make a snow angel | <input type="checkbox"/> Have a backward day | <input type="checkbox"/> Have a pajama day | <input type="checkbox"/> Get organized |
| <input type="checkbox"/> Throw a fondue party | <input type="checkbox"/> Make a winter wreath | <input type="checkbox"/> Play dress up | <input type="checkbox"/> Horse-drawn carriage ride |
| <input type="checkbox"/> Feed the birds | <input type="checkbox"/> Eat finger foods | <input type="checkbox"/> Make paper snowflakes | <input type="checkbox"/> Go sliding |
| <input type="checkbox"/> Play hockey | <input type="checkbox"/> Make a puppet theatre | <input type="checkbox"/> Draw pictures in the snow | <input type="checkbox"/> Go swimming at the local pool |
| <input type="checkbox"/> Make a puzzle | <input type="checkbox"/> Play pencil and paper games | <input type="checkbox"/> Play board games | |
| | | <input type="checkbox"/> Go skiing or snow tubing | |
| | | <input type="checkbox"/> Trace a silhouette | |
| | | <input type="checkbox"/> Have a beach day | |
| | | <input type="checkbox"/> Make a stop-motion video | |
| | | <input type="checkbox"/> Build brain power | |



COME JOIN OUR TEAM!

GRFN BINGO

IS LOOKING FOR YOU...



Learn
new
skills

Must be
16 yrs
old to
apply



Earn
your
own
Money

Make
new
Friends

The Bingo Seller/Runner is responsible for selling bingo cards/twoonie/50-50 tickets before and/or during the bingo and for working the floor during the bingo session in accordance with the rules and regulations of the Garden River First Nation Bingo Enterprises Operating Manual. The Bingo Runner/Seller is directly responsible and reports to the Bingo Coordinator and Manager of Bingo Services.

The Canteen Server/Cashier is responsible for the serving customers in the canteen/kitchen for the provision of food, beverages and other confectionary items in accordance with the rules and regulations of the Garden River First Nation Bingo Enterprises policies and procedures. The Canteen Server/Cashier is directly responsible and reports to the Bingo Coordinator and Manager of Bingo Services.

Interested applicants can forward a cover letter, resume or stop by and fill out an application to the attention of:

Candace Sim, Human Resource Manager

Garden River First Nation Bingo Enterprises
20 Syrette Lake Road
Garden River, ON P6A 6Z3
Tel: (705) 253-8718 Fax: (705) 253-4867

Complete Job descriptions available upon request by calling or e-mailing candace.sim@grfningo.com

How to get rid of rats

Rats are dangerous! They can ruin your food, destroy things in your home and start electrical fires. Rats and their fleas can carry disease.

Where do rats live outside?

- Under wood piles or lumber that is not being used often.
- Under bushes, vines and in tall grasses that are not trimmed or cut back.
- Under rocks in the garden.
- In cars, appliances and furniture that has been put outside and is no longer being used.
- In and around trash and garbage that has been left on the ground.
- In holes under buildings.

Where do rats live inside the home?

- In the insulation of walls or ceilings.
- Inside crawl spaces.
- Behind or under cupboards, counters, bathtubs and shower stalls.
- Near hot water heaters and furnaces.
- In basements, attics and wherever things are stored in boxes, paper or cloth.

What food brings rats into my yard and neighbourhood?

- Garbage that rats can get into, like garbage cans with loose lids, plastic or paper bags, and litter.
- Food for pets and birds that has not been eaten. Birdseed on the ground, pet food in pet dishes, bread crumbs, etc.
- Fruits and berries that have fallen to the ground.
- Compost pile or worm bin that isn't taken care of the right way (do not put meat, fish, poultry, or dairy in the compost).
- Dog droppings.

What do rats eat when they get inside the house?

- THE SAME FOODS WE DO!!
- Foods, fats, oils that have been

spilled and left on counters, floors, appliances and tables.

- Grains, like cereal, oats, rice and vegetables like potatoes and carrots that are in cardboard boxes and plastic bags.
- Pet food in boxes and bags.
- Any garbage that is not in a can with a tight lid.

Keep rats away from your home!

Do not give food and shelter to these most unwanted guests!

- The time to act is before the signs (droppings) of a rat or mouse.
- Stack fire wood 18 inches off the ground and away from all buildings.
- Birdhouses and seed should be on poles and in trays rats can't get.
- Keep garbage can lids closed tightly.
- Plant bushes so they will stay at least 3 feet from your house.
- Keep yards and alleys clean. Take junk to the dump!
- If you feed them, they will stay. Pick up fruit and vegetables in your yard.
- Do not compost any animal products (fish, meat, chicken, cheese, butter). Keep lids tight.
- Use only rodent resistant composters.
- In basements keep any food in closed containers that rats can't chew through.
- Cover all openings to your house. Rats can get into very small spaces.
- Do not leave your pet food outside. If your pet doesn't eat it, the rats will.
- Roof rats get into your house from tree branches that hang over the roof. Keep trees cut back and cover any openings in the eaves.

Keep rats out of your sewer pipes!

Rats live in sewers and can follow the food in pipes up to your toilet.

- Keep your kitchen sink rinsed clean and use garbage disposals

as little as possible.

- Rinse out your kitchen sink once or twice a month.
- Use 1 cup of bleach (an alternative to using bleach, 1 cup of baking soda followed by 1 cup of vinegar) and rinse with boiling water.
- Never throw grease down the drain.
- Keep your toilet lid down when not in use.
- If you find a rat in your toilet, flush it! (hint: squirt a little dishwashing liquid under the lid bowl into the bowl, wait a couple of minutes then flush).

To kill a rat, use a rat trap!

The best trap is the large, simple, cheap wooden "snap trap." They are sold in hardware stores.

To use the trap:

BAIT IT with pieces of apple, potato, raw bacon or with peanut butter spread on a cotton ball. Make sure the bait is attached to the trap.

ATTACH IT firmly to the ground or solid place to keep the rat from dragging the trap away.

PLACE THE TRAP near where you have found the droppings. Make sure the trap is safe from people, children, pets or animals who could get hurt from it.

Poisons are not recommended for rat control inside buildings, since poisoned rats can die in hard to reach places causing a very bad smell. When poisons are used they must be secured (such as in a bait station) so that they are not available to children, pets or non-target animals. They must also be used in accordance with the directions on the label.

DEAD RATS must be wrapped in newspaper, or placed in a plastic bag before putting it in a tightly covered garbage can. Injured or sick rats *must be killed*, then wrapped and put in the garbage can. Try not to touch the dead rat. Use gloves if possible.

WASH YOUR HANDS WITH HOT WATER AND SOAP AFTER GETTING RID OF DEAD RATS! (even if you used gloves).

How do I clean an area where rats/mice have already been?

If you are cleaning out a building that has been closed up, such as a cabin, shed or garage, or areas where rodent nesting material have been found, follow these steps:

1. air out the building for at least 30 minutes by opening windows and doors. Leave the building while it is airing out.
2. Wear latex or rubber gloves and a dust mask while cleaning.
3. Mix a solution of 1 cup bleach to 10 cups water or use a household disinfectant.
4. Don't vacuum, sweep or dry dust areas when cleaning. This disturbs dried rodent urine and feces that may contain harmful bacteria and viruses.
5. Wet down all contaminated areas, dead rodents, droppings and nesting areas with a disinfectant before cleaning. Allow the disinfectant to set for 10 minutes.
6. Disinfect counter tops, cabinets and drawers, floors and baseboards.
7. Steam clean carpets, rugs and upholstered furniture.
8. Dispose of dead rodents and contaminated items by double bagging in plastic bags and placing in your garbage can outside.
9. Wash clothes and bedding in hot water and detergent. Set the dryer on high.
10. When you are done, disinfect or throw away the gloves you used. Wash your hands or shower with soap and hot water.

Happy Birthday!!



HAPPY BIRTHDAY

Happy 60th Birthday to Roberta Belleau (Birdie) on February 20th Love Tammy, Dave and family

Batchewana Attack Merchandise for Sale



Call Patti(705) – 206-2717

\$15 for Toques – One size
\$25 for fitted
\$20 Non-Fitted

Golf Shirts \$ 40
T-Shirts \$20

Happy birthday to Auntie Mona – February 18 from Lys, Livy, Averi, and Joe

Happy birthday to the bestest big brother, Greg – February 21 Love your baby sister and her family

Birthday Greetings:

Feb 6: fav. sis-in-law: Veronica Godbout	Feb 21: favourite oldest bro: Greg in LA, Alberta!
Feb 18: sis Mona Jones	Feb 22: fav. sis-in-law: Tracey Jones
Feb19: niece, Brooke!	

- Alanna, Cam, Sarah

Happy Birthday!

HAPPY BIRTHDAY!

Happy Birthday to my baby Tedi-Lynn who is turning 12... (teeny) February 26th Love you with all my heart Mom XOXOXO

Happy birthday to our mom Melodie (Feb 5th) and dad Mark (Feb 16th). Love Marek and Mavrek.

HAPPY BIRTHDAY!

Day & Night
Tree & Hedge Removal Service

- TREE STUMP GRINDING & REMOVAL
- TREE CUTTING, SHAPING & HEDGE REMOVAL
- YARD WASTE REMOVAL & LEAF RAKING
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- ROADS & PROPERTY LOT CLEARING • TREE CHIPPING SERVICE
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Call The Insured Professionals At
705 254-9150
email: dayandnightmoving@hotmail.com
www.dayandnightmoving.ca

20 Inexpensive Valentine's Day Ideas

1. **Have an indoor picnic** – prepare a special meal, or finger foods, for your honey. Spread a blanket on the floor or the bed and have an indoor picnic. "Dessert" is up to you.
2. **Make a homemade CD** – burn a CD with your honey's favorite songs, music from your wedding, or songs that remind you of them. Your computer more than likely already has this capability, so no special skills or software is required. Song ideas: Unchained Melody, I Will Always Love You, At Last, Wonderful Tonight, You Are the Sunshine of My Life, More Than Words.
3. **Sunrise/Sunset** – take your sweetie to a special lookout point and watch the sunrise or sunset together. (Or both.)
4. **Collage** – Create a collage of your relationship using pictures. You can do this online with a photo program or using a frame and scrapbook supplies.
5. **Movie night!** Rent or borrow from the library a classic romantic movie. Pop some popcorn, grab a blanket, and snuggle in for some movie time. Bonus: no ushers to kick you out for making out! Good movies to try: Gone With the Wind, Casablanca, Sleepless in Seattle, Breakfast at Tiffany's, Roman Holiday, Sixteen Candles, On Golden Pond.
6. **Create IOU coupons** – These can be practical (i.e. movie night, clean the house) or romantic (I'll let you create your own ideas here...)
7. **Soap Note** – Use a bar of soap to leave a sweet love note on your bathroom mirror in the morning.
8. **Homemade Chocolate Dipped Strawberries** – Buy a bag of candy melts at the store. These are usually less than \$3. Follow the directions to melt these in the microwave. Dip your strawberries and allow to cool. Arrange prettily on a plate or in a box.
9. **Scavenger Hunt** – Create a scavenger hunt with clues hidden around the house and yard. You could even get people involved and have clues hidden in various locations around town you know your honey frequents during the day. The prize... your choice. Ideas include: movie night, indoor picnic,

Valentine Jokes!

Decode each one for the answers to the jokes.

CODE

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

What did the frog say to his friend on Valentine's Day?

$$\begin{array}{r} \overline{25} \quad \overline{15} \quad \overline{21} \quad \overline{1} \quad \overline{18} \quad \overline{5} \\ \phantom{\overline{25}} \phantom{\overline{15}} \phantom{\overline{21}} \phantom{\overline{1}} \phantom{\overline{18}} \phantom{\overline{5}} \\ \hline \overline{20} \quad \overline{15} \quad \overline{1} \quad \overline{4} \quad \overline{1} \quad \overline{12} \quad \overline{12} \quad \overline{25} \\ \phantom{\overline{20}} \phantom{\overline{15}} \phantom{\overline{1}} \phantom{\overline{4}} \phantom{\overline{1}} \phantom{\overline{12}} \phantom{\overline{12}} \phantom{\overline{25}} \\ \hline \overline{1} \quad \overline{23} \quad \overline{5} \quad \overline{19} \quad \overline{15} \quad \overline{13} \quad \overline{5} \end{array}$$

If you lived in the jungle, what would you say to your sweetheart?

$$\begin{array}{r} \phantom{\overline{25}} \phantom{\overline{15}} \phantom{\overline{21}} \\ \phantom{\overline{25}} \phantom{\overline{15}} \phantom{\overline{21}} \\ \hline \overline{9} \quad \overline{13} \quad \overline{23} \quad \overline{9} \quad \overline{12} \quad \overline{4} \\ \phantom{\overline{9}} \phantom{\overline{13}} \phantom{\overline{23}} \phantom{\overline{9}} \phantom{\overline{12}} \phantom{\overline{4}} \\ \hline \overline{1} \quad \overline{2} \quad \overline{15} \quad \overline{21} \quad \overline{20} \quad \overline{25} \quad \overline{15} \quad \overline{21} \end{array}$$

What did the stamp say to the envelope on Valentine's Day?

$$\begin{array}{r} \phantom{\overline{9}} \phantom{\overline{13}} \phantom{\overline{19}} \phantom{\overline{20}} \phantom{\overline{21}} \phantom{\overline{3}} \phantom{\overline{11}} \\ \phantom{\overline{9}} \phantom{\overline{13}} \phantom{\overline{19}} \phantom{\overline{20}} \phantom{\overline{21}} \phantom{\overline{3}} \phantom{\overline{11}} \\ \hline \overline{15} \quad \overline{14} \quad \overline{25} \quad \overline{15} \quad \overline{21} \end{array}$$

What did the apple say to the banana?

$$\begin{array}{r} \phantom{\overline{25}} \phantom{\overline{15}} \phantom{\overline{21}} \\ \phantom{\overline{25}} \phantom{\overline{15}} \phantom{\overline{21}} \\ \hline \overline{1} \quad \overline{16} \quad \overline{5} \quad \overline{5} \quad \overline{12} \\ \phantom{\overline{1}} \phantom{\overline{16}} \phantom{\overline{5}} \phantom{\overline{5}} \phantom{\overline{12}} \\ \hline \overline{20} \quad \overline{15} \quad \overline{13} \quad \overline{5} \end{array}$$

10. **Second First Date** – Recreate your first date.
11. **Breakfast in Bed** – Create a scrumptious breakfast in bed for your sweetie.
12. **Play Tourist** – Spend the day driving around your area and visiting places that you would visit if you were vacationing in your town. Think wineries, museums, parks, etc. Need ideas? Contact your town's visitors bureau.
13. **Love Note Jar** – Decorate a jar (or leave it plain) and fill it with little "I love you" notes that can be pulled out and read throughout the year as a reminder to your honey why you love them.
14. **Spa Day** – Create an at-home spa day for you and your honey. Think candles, special bubble bath/soap, snacks, wine, robes... the sky is the limit. Arrange everything in a pretty basket.
15. **Pillow Talk** – Leave a love note and a rose on your honey's pillow to be found at dinner out... bedtime.
16. **Game night** – In today's electronic world, when was the last time you and your sweetie laughed over a board game! Serve some fun foods and challenge your sweetie to a game of Clue or Monopoly.
17. **Moonlight Walk** – Go for a moonlit walk. Hold hands. Kiss. I won't tell.
18. **Rewrite Your Vows** – Rewrite your wedding vows. Be silly. Be serious. Show him or her you'd do it all over again.
19. **Make A V-Day Card** – Raid your kids' construction paper and glitter. Make a Valentine's Day card from scratch.
20. **Hide the Hearts** – Grab a box of conversation hearts and hide them where your honey can find them. Think pockets, purse, car seat, cupboard...

<http://www.minivandreams.com/20-inexpensive-valentines-day-ideas/>

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Garden River First Nation Mission Statement

In the spirit of our ancestors and our Treaty, we endeavour to conduct ourselves in a manner that is consistent with the Seven Grandfather Teachings given to us by the Creator. We envision a harmonious community that is built on mutual respect that maintains a healthy balance through prosperity and well-being. Through these actions we intend to create a self-sustaining community that fulfills the emotional, physical, mental and spiritual well-being of all members.

N’bwaakaawin—Wisdom

Mnaadendmowin—Respect

Gwekwadziwin—Honesty

Debwewin—Truth

Zaagidwin—Love

Aakdehewin— Bravery

Dbaadendizin—Humility

March 2015 Issue
Submission Deadline is:
Friday, February 20 by 4 p.m.



Garden River First Nation Business Directory

APS	705-946-2539
APS (Garden Detachment)	705-946-4196
ASSETS / AITC	705-256-5413
Band Office	705-946-6300
Big Arrow Variety & Gas Bar	705-942-2071
Clip & Snip	705-946-1025
Community Centre	705-946-2614
Dan Pine Healing Lodge	705-248-2231
DarMax Service	705-575-3356
Darwin Belleau Contacting	705-254-8676
Education Centre	705-946-3933
Family Tree—Native Crafts	705-949-6777
G.R. Bingo Hall	705-253-8718
G.R. Child Care Centre	705-256-5400
G.R. Fire Dept.	705-253-1870
G.R. Public Works	705-946-6300 x.222
G.R. Community Trust	705-942-1103
Hidden Hills Horse Ranch	1-705-471-0195
Medical Bus	705-946-5710
Quick Stop	705-942-0616
Recreation Centre	705-946-4006
Rick’s Tree Service	705-946-4265
Silver Creek Golf Course	705-942-2080
The Massage Gallery	705-971-5155
Wellness Centre	705-946-5710

COUNCILLOR	PORTFOLIO
BARRY, Caroline	Child Care, Niigaaniin
BELLEAU, Darwin	Education, Governance
BELLEAU, Terry	Economic Resources & Community Development, Niigaaniin
BELLEAU-JONES, Cindy	Health & Social Services, Recreation
JONES, Peter	Economic Resources & Community Development, Governance, Health & Social Services
LESAGE, Gerry	Administration/Finance, Recreation, Public Works
NOLAN, Brandi	Bingo Enterprise, Education, Governance
RICKARD, Andy	Child Care, Golf Resort, Governance
SAYERS, Craig	Education, Economic Resources & Community Development
SOLOMON, Chris	Administrative/Finance, Golf Resort, Recreation
SYRETTE, Paul	Administration/Finance, Public Works
ZACK-CARABALLO, Leslie	Bingo Enterprise, Health & Social Services, Public Works

GRFN Departments

Regular hours:

Monday—Friday 8:30 a.m. to 12:00 p.m. & 1:00 p.m.—4:30 p.m.

STATUARY HOLIDAY CLOSURE

Monday, February 16, 2015

Garden River First Nation Community Newsletter Contact Information

Irene M. Gray
Resource Centre Coordinator
Garden River Education/ Recreation Centre
48 Syrette Lake Road
Garden River, ON P6A 7A1

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Email: irene.gray@gardenriver.ca
Website: www.gardenriver.org/newsletter