Volume: 24 Issue: 4

GARDEN RIVER

First Nation

Ketegaunseebee - The Creator's Garden

Garden River First Nation Community Newsletter





Aaniin!

April is officially here! It is my pleasure to wish everyone a very happy spring! Hopefully the old saying holds true and "April showers bring May flowers". The weather has been more unpredictable than usual lately, so perhaps April will bring early flowers. If the current temperature trend keeps up, we could be heading into a very hot and dry summer. Which will probably bring a fire ban.

The 50th anniversary of the Little NHL officially wrapped up last month in Markham Ontario. The guest of honour at the opening gala was none other than Garden River's own, Mr. Ted Nolan! Ketegaunseebee is proud to have been represented at the 50th grand gala by Ted Nolan, and equally proud of all the little NHL players that took to the ice. There were champions in all divisions, and everyone played hard trying to win. The goal of the LNHL tournament is never to produce winning teams but to have all the athletes feel like hockey stars. The smiles on the faces in the photos of players show that the intent of LNHL has accomplished that goal for fifty years. Here's to another fifty LNHL! Chi Miigwetch again, to Ted Nolan, as well as the LHNL Hall of Fame inductees, one being community member Jeanette Bondy! Thank you LNHL, for everything you do to promote Indigenous youth hockey.

With regards to progress on the Robinson Huron Treaty Annuities, I wish I could state that we had a definitive RHTA date to provide the Nation, but that is not the case at this time. The twenty-one Chiefs and Trustees of the Robinson Huron Treaty First Nations are still meeting with the Litigation Mitigation Committee and the legal team. Your leadership still have a lot of work to do including allowing the government processes to take place. Until that is finalized, any dates we provide with regards to a timeline would be speculative. I urge our members to please continue to be patient and allow the process to take place. Absolutely do not give out any banking information to anyone. When it is time for members to submit banking info, that call will go out across all channels, and all formats.

To keep up to date and informed of RHT news, community events, job opportunities and anything else happening here at Garden River...

Please keep in mind the multiple ways we share information:

Chief's Address

- GRFN main website which posts news and job opportunities.
- GRFN Facebook page which posts news and events notices.
- The GRFN monthly newsletter which is a little bit of everything.
- You can also email: communications@gardenriver.org.

GRFN is in the process of retaining an RHT Coordinator who will be introduced to the public to be the point of contact for all RHT related manners. In the meantime, feel free to email and ask questions. Our communications person will try to find out the answer or direct you to someone better equipped. Meetings have been posted online and are ready for members to view. If you wish to view our past meetings or the February RHT Engagement Sessions, email communications and request a password to view those meetings on the GRFN website.

Sadly, March 12th, 2024, marked the one-year anniversary of the disappearance of GRFN member, Jake Joseph Corbiere. Jake (40 years old) vanished from the city of Sault Ste. Marie on March 11th and was reported missing the next day. Jake has not been seen or heard from since that date. Any information or leads on his possible whereabouts have been investigated and has not produced anything positive. Garden River leadership has offered a reward of up to \$25,000, that leads to Jake. We are urging the public to come forward with any information. (Contact Detective Sergeant Darren Corcoran @ (705)949-6300 ext. 387) On March 8th ,2024 members of his family, his friends, and community members from both Garden River and Sault Ste. Marie, gathered at the Community Centre in support of the Corbiere family. After the announcement of the reward, a sacred fire burned outside, the glow of a candle-light vigil during a moment of reflection took place inside. Prayers and sema were offered to the sacred fire, in hope of Jake's return.

The most recent General Community Meeting took place on March 5th at the GRFN Community Centre and was well attended with close to 100 people in person, and near 50 attending online. Councillors briefed the members on recent meetings that they have attended, and meetings to be attended. Elder Dennis Jones paid us a visit to remind us, "...Our culture as Anishinaabe people should dictate our decision-making process with regards to protecting the land. Our culture is of the land. Without the land, we have no culture. We must protect the lands." I could not have said it better myself. Miigwetch, to Elder Jones for taking time to speak to us.

GRFN Business Manager Brandon Boissoneau



was in attendance to give members a presentation/update on Ojibway Park and the nearby nature trail. Improvements have been made along the path as well as in the park, but there is always more that can be done. There is fencing that needs to go up, cabin repairs that need to be done, and the usual general maintenance that any campsite/RV park requires every spring. There was talk that the camping season may open earlier than usual this year due to unseasonably warm temperatures. If you like to camp at the park, keep an eye on the Ojibway Park Facebook page (Ojibway Park the sun sets here) for announcements.

Of all the Community General meetings we have held so far, I would say the March Community Meeting was more driven by the community members. Many members of the community had questions and statements regarding their multiple concerns. Chief and Council held themselves accountable and answered to the best of their abilities or referred them to various departments. It was nice to see community members making suggestions and joining in an open dialogue to help find possible solutions to the issues brought up.

It is meetings like the March Community Meeting that make me proud to be a member of Ketegaunseebee. When I see people attending the meetings and mentioning on the microphone in front of witnesses, that they "... finally feel safe to come and have their voice heard." I know that this leadership is paving the way for community members to feel included and provided a platform. This is not just a First Nation or a community. This is OUR First Nation, and this is OUR community! It is your collective voices that make this part of the world, our part of the world!

It is my hope to see even more people attending and engaging in these sessions as we progress.

Miigwetch.

Ogimaa Kwe Karen Bell Garden River First Nation.



| GRFN Chief & Council Portfolio Holders | | Garden River First Nation Chief & Council Portfolio Information | | | |
|---|---|---|---------------------|---|--|
| Chief Karen Bell | karenbell@gardenriver.org | Administration: Administration, Finance, Human Resources | | urces | |
| Councilors | Email & Portfolio | Business & Community Development: Business Entities, Community | | Community | |
| | | Development Development: Business Entitles, Community | | | |
| Kari Barry | Educational Programs, Governance, Nationhood | Educational Programs: Child Care Centre, Education, Language | | | |
| Darwin Belleau | councillorbelleau@gardenriver.org Administration, Business & Community Development, Capital Infrastructure, Lands & Resources | Governance: By-Laws, Governance Committee, Alternative Dispute Resolutions, Membership Committee, Fire Department, Policing, Pandemic & Emergency Response, Cannabis Commission and Tobacco Working Group Capital Infrastructure: Capital Projects, Housing, Public Works, O&M | | Policing, Pandemic & co Working Group | |
| Kristy Dawn Jones | councillorkristyjones@gardenriver.org Administration, Business & Community Development, Lands & Resources | Lands & Resources: Mining, Fish & Wi | _ | | |
| Lee Ann Gamble | councillorgamble@gardenriver.org Educational Programs, Capital Infrastructure, Social Services | Nationhood: Culture/Language, Treat Elders | ies, Off-Reserve, S | Special Events, Youth & | |
| | councillortravisjones@gardenriver.org | Social Services: Child & Family Servic | es, Health, Niigaa | niin | |
| Travis Jones | Business & Community Development, Capital Infrastructure, Lands & | Garden River First Nation (| Chief & Council A | ssignments | |
| | Resources | Organization | Internal/External | Council | |
| Chester | councillorlangille@gardenriver.org | Belleville Project Board of Directors | Internal | Kristy Jones | |
| Langille | Administration, Governance | Cannabis Commission | Internal | Chester Langille | |
| Luanne | councillorpovey@gardenriver.org | Environmental Committee | Internal | Travis Jones | |
| Povey | Educational Programs, Governance, Social Services councillorsim@gardenriver.org | Governance Committee | Internal | Chester Langille, Kari Barry, Luanne Povey, Candace Sim | |
| Candace Sim | Administration, Governance, Capital Infrastructure, Social Services | Justice and Alternative Dispute Resolution | Internal | Chester Langille, Luanne Povey | |
| | Garden River First Nation Mission Statement | Ketegaunseebee General Partnership Incorporation | Internal | Chief Karen Bell, Kristy Jones, Travis Jones | |
| In the enim | it of any available and any Treaty and | Membership Committee | Internal | Candace Sim | |
| endeavour | it of our ancestors and our Treaty, we to conduct ourselves in a manner that is with the Seven Grandfather Teachings given | Tobacco Working Group | Internal | Darwin Belleau, Travis Jones | |
| to us by to community | the Creator. We envision a <mark>h</mark> armonious th <mark>at i</mark> s built on mu <mark>tual</mark> respect that | Anishinabek Police Services Board of Directors | External/Paid | Chief Karen Bell, Kari Barry | |
| maintains a healthy balance through prosperity and well-being. Through these actions we intend to create a self-sustaining community that fulfills the emotional, | | Anishinabek Nation Gas and Tobacco Steering Committee | External | Lee Ann Gamble | |
| | nental and spiritual well-being of all | Indigenous Woman Anti-Violence Task Force | External | Lee Ann Gamble | |
| N'bwaakaawin Respect Wisdom Aakdehewin | | Nogdowindamin Board of Directors | External/Paid | Lee Ann Gamble | |
| | | North Shore Tribal Council Board of Directors | External/Paid | Chief Karen Bell, Travis Jones | |
| Zaagidwin Bravery Love | | Robinson Huron Treaty Trustee | External/Paid | Chester Langille | |
| | Gwekwadziwin wewin Honesty uth | SSM Community Economic Development Initiative (CEDI) | External | Darwin Belleau, Kristy Jones | |
| Ir | utn Dbaadendizin | SET | External | Kari Barry, Travis Jones | |
| Humility | | SKG | External | Candace Sim | |



Wiindamaage



Lizz Brianna



Happy 7th birthday Kierra April 21st

Love you so much Papa and Mema!!



Happy 2nd
Birthday to our
beautiful
granddaughter
Gabriella Lothrop
April 28

Love Gramma Tamara and Poppa Dave Happy 2nd Birthday my beautiful girl, mama loves you the mostest! xo



Happy 7th Birthday my girl. I hope all your wishes and dreams come true! Love mommy



Facebook April Birthdays!!

Sarah Shawanda Rachel Solomon John O'Leary **Buzzy Buzz** Dwayne Lariviere Jen Pine Belinda Belleau **Taylor Roach** Trina Alton Alaska Dawn Ray Solomon Shawna Lesage Dan Jones **Bronson Roach** Alexis Vanderheyden Joslin Marie Charlene Nolan Stan Solomon Joey Belleau

Kierstin Emily Williams Perry Boissoneau Ashlyn Belleau Steven Barry **Brenda Williams** Chris Solomon Jr Kolten Kameka Ty Nothingg **Kaydin Jones** Melva Belleau Marly Day Lysiaa Nun Ya Janey Marasco Ash Butt Sue Chiblow Sue Bell Chiblow

Happy 10th
Birthday Jesse Bear!
We love you so
much and are proud
of everything you
do!
Love Mom, Dad,
James, Ella, Snoop &
Barnabas



For my Mother Carol Jane Cann (Zack) and all my relations, Especially my Mother has been at the Soo Area Hospital for many weeks.

GREAT SPIRIT may your power unfold in Me on Earth in the Heavens and in All Spiritual Realms. You are all-knowing, all-capable, all-wise, all-truthly and all-loving in me, your name shall be honoured. That I may assist all My Relations in a truthful and loving way everyday that has been gifted to ME. Yours is the power in me and the knowledge through all great times.

Chi Miigwetch, William Cann



Miijim Gaamig



Great things to donate to GRFN-MIIJIM GAAMIG Food Bank

- Peanut Butter & Jam
- Pasta (dry or canned)
- Pasta Sauce
- Canned Tomatoes
- Tuna or Salmon
- Other canned meats: chicken, ham or turkey flakes
- Mr. Noodles
- Hot & Cold Cereal
- Canned Soup
- Rice/Flour/Oatmeal
- Coffee (instant or ground)
- t**⊚**⊩ Tea
- Juice Boxes



MIIJIM GAAMIG

Hours of Operation

Monday—9 am—4 pm
Tuesday—CLOSED
Wednesday—9 am—4 pm
Thursday—CLOSED
Friday—9am—4 pm

PLEASE NOTE: LUNCH CLOSURE (12-1pm)

Food bank access is limited to one visit per month

MIIGWETCH FOR YOUR SUPPORT

Further information, please contact Michelle @ MIIJIM GAAMIG (705-946-6300 ext 227)

Money and Food Donations are greatly appreciated and can be dropped off at Miijim Gaamig Food Bank

located at the GRFN Band Office





For Garden River First Nation Members

MEMBERS ONLY PORTAL

In order to register and verify membership, we need to have full name, date of birth, membership number, and email address.

For more information, contact communications@gardenriver.org





c/o 6 Shingwauk Street Garden River, ON P6A 7B2

"1994 – 2023: Celebrating Community Engagement: Garden River Membership Approved – Trust Funded!"

NOTICE OF VACANCIES & PRIORITY LIST -- OPEN UNTIL FILLED

1. Are you: A) trustworthy and honest?

B) over the age of 30 years on commencement of term as Trustee?

2. Can you make: C) time commitment of a minimum of 5 hours per month?

E) sound judgments?

3. Would you: F) help others in your role as a Trustee?

G) maintain loyalty to the Trustees, AND higher loyalty to the Garden River Band members/beneficiaries, both present and future generations?

If you have answered YES to all of the above, you are invited to submit your resume and cover letter to the address below. Interviews will be scheduled for those applicants who meet the qualifications*. Successful candidates who meet these qualifications may serve as a Trustee whose purpose is:

"...the Trustees...will manage the Trust Property in a wise and prudent manner, and that the management of the Trust Property may include...investing and expending the Trust Property in ways that are to the greatest benefit to the people of GARDEN RIVER FIRST NATION, both those alive at the time this Trust Agreement is made and the future generations."

Send resume, cover letter to: Alanna Jones, Trust Manager

Garden River First Nation Community Trust

c/o 6 Shingwauk Street
Garden River, ON P6A 7B2
Email: grfntrust@gmail.com

*NOTES: Meeting criteria s.6.6 of Trust Agreement; and interview process (average 50%+1 interview score); appointments to serve as Garden River Trustee are conditional upon submission:

a. clear Criminal Reference Check

b. clear/negative bankruptcy/credit check

c. signed Code of Conduct

d. three (3) forms as required corporate trustee

The GRFN Transfer Station located at 216 Noonday Drive is **OPEN**

TUESDAY, 9 am-5 pm

WEDNESDAY, 9 am—5 pm

THURSDAY, 9 am—5 pm

FRIDAY, 9 am—5 pm

SATURDAY, 9 am-5 pm

CLOSED SUNDAY AND MONDAYS &
CLOSED FOR LUNCH
EACH DAY (12-1)

Public Works



December 18, 2023

GARBAGE COLLECTION

Friendly reminder to all Community members from the Public Works Dept regarding garbage collection.

The garbage collection schedule is:

Monday - Garden East

Tuesday - Garden West

Each household is allotted 2-3 bags of garbage per week to be picked up at the end of their driveway. It is your responsibility as a homeowner that any significant amount of garbage (4 bags or over) be brought directly to the Transfer Station.

We thank you in advance for your co-operation.

Sincerely.

Public Works Dept



Housing



SEPTIC SYSTEM MAINTENANCE

Septic systems have a lifespan of approximately 15-40 years. To maximize the lifespan of your system, follow the "Do and Don't"

Do:

- familiarize yourself with the location of your system
- keep the tank access lid secured to the riser at all times.
- keep an as built system diagram in a safe place for reference.
- keep accurate records of septic system maintenance and service calls.
- test your well water at least three times a year — spring, summer and fall — for indicator bacteria.
- have your tank inspected for sludge and scum buildup on a regular basis (3-5 years) and clean out

When a third of the depth of your tank is full of sludge and scum.

- have your effluent filter checked and cleaned every year; if you don't have an effluent filter, consider adding one.
- divert surface water away from your leaching bed..
- conserve water in the house to reduce the amount of wastewater that must be treated.
- repair leaky plumbing fixtures.
- replace inefficient toilets with low-flush models.
- consider installing a lint filter on your washing machine's discharge pipe.
- spread the number of loads of laundry throughout the week.

Don't:

- enter a tank gases and lack of oxygen can be fatal
- put cooking oils or food waste down the drain.
- flush hazardous chemicals, pharmaceuticals, cigarette butts or sanitary products.
- use a garbage disposal unit/garburator unless your system has been designed for it.
- use special additives that are claimed to enhance the performance of your tank or system — you don't need them!
- dig without knowing the location of your leaching bed.
- drive or park over your tank or leaching bed.
- pave over your leaching bed.
- allow livestock on the leaching bed.
- plant trees or shrubs too close to the septic

tank or leaching bed.

- connect rain gutters, storm drains, sump pumps or allow surface water to drain into a septic system.
- connect leaching bed or greywater system to agricultural field drainage.
- discharge water softener backwash to the septic system unless your system has been designed for it.
- drain hot tub and spa water to the septic system.

Ask To See The License!

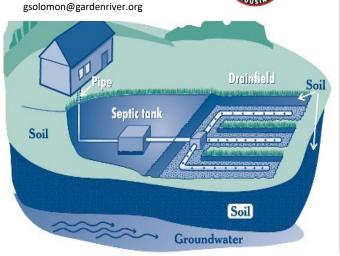
Anyone in the business of pumping and cleaning septic tanks must be licensed by the Ontario Ministry of the Environment. Anyone who installs, repairs or services septic tanks must be licensed by the Ontario Ministry of Municipal Affairs and Housing.

Other Information Sources:

- ♦ Municipal Building Department
- ♦ Local Health Unit
- ♦ Local Conservation Authority
- Ontario Ministry of Municipal Affairs and Housing
- Ontario Ministry of Agriculture, Food and Rural Affairs
- ♦ Ontario Ministry of the Environment
- ♦ Ontario Rural Wastewater Centre
- ♦ Canadian Mortgage and Housing Corporation
- ♦ Ontario Onsite Wastewater Association
- Ontario Association of Sewage Industry Services

Greg Solomon
Construction Maintenance Coordinator
Housing Department
7 Shingwauk Street
Garden River First Nation
Garden River, ON P6A 6Z6
Phone: 705.946.6300 Ext. 289





HOW YOUR SEPTIC SYSTEM WORKS...

A typical on-site sewage system consists of two major parts: a septic tank and a leaching bed area. Septic tanks should have two chambers and are usually constructed of concrete, steel, fiberglass or polyethylene, are watertight and are buried underground.

The purpose of the septic tank is to separate solids from liquids in the wastewater stream and begin the process of breaking down contaminants. Solids settle to the bottom and scum floats to the top of the tank. This process occurs without oxygen, so the tank needs to be sealed.

Wastewater from the septic tank then flows to the leaching bed area through a distribution box or header line. Leaching beds (sometimes called tile beds, disposal areas or absorption areas) consist of underground perforated pipes or clay tiles which evenly distribute wastewater over natural soil or imported fill.

The purpose of the leaching bed is to treat further the wastewater through a process where bacteria digest and remove impurities such as suspended solids, organic chemicals, viruses, and bacteria. The leaching bed disposes of the filtered wastewater into the natural soil and, ultimately, into the groundwater.



Neighbouring Communities

For Immediate Release March 22, 2024

You Can Win A Quilt

The *Stitches From The Heart Quilt Guild* will be hosting their bi-annual Quilt Show this Spring. And we are very happy to announce that we have two full-size quilts which will be offered as door prizes during this year's Quilt Show - just in time for Mother's Day.

The 'Quilted Garden' show will take place on the Mother's Day Weekend from 10 to 4 on May 11th and 12th at the Tarentorus Sports Club at 56 Avery Road just north of Third Line. This Judged Quilt Show will feature pieced, applique, art, and modern quilts, a Vendor Mall, A Sewing Room with interactive demonstrations, a New-to-You Boutique with fabric bundles and a Silent Auction.

Guild member, Catherine Hornstein, generously donated a beautiful quilt top that was quilted by Jennifer Freiburger. The quilt has a lovely neutral colour pallet with Japanese Daiwabo Taupes that Catherine has been collecting for years. In Japan, Daiwabo is known for is antique look of prints with delicately mingling colours. Using inspiration from nature, it is the muted hues that change to blend with two or more colour families. This stunning 80-inch square quilt is valued at \$1500.00.

The second full-size quilt top was donated by Karen Madill. It is a festive deep red and green Christmas-themed quilt top which was quilted by Donna St Jules. The quilt is 60 inches x 62 inches and will warm any room during the holiday season. We estimate the value of this quilt at \$500.00.

"We are hoping that having two full-size quilts for door prizes will increase our ticket sales" stated Sandra Johnson, Chair of the Quilt Show Committee, "We are planning on using the extra money raised through ticket sales to fund the Guild's community projects like Comfort Quilts and other special causes so that we can continue to contribute positively to our community."

Tickets for the Quilt Show are only \$5.00 each with the door prizes valued at \$2,000.00. And the best part is that people do not have to attend the show to be eligible to win a door prize.

Tickets can be purchased from Life's A Stitch at 516 Queen Street East, from any member of the Guild or by calling Karen Madill at 705-945-9932.

Stitches From the Heart Quilt Guild has been providing opportunities for quilters to share, learn and gather with other quilters for more than 30 years and has over 130 members. We meet the fourth Monday of each month at 7:00 p.m. at the Senior's Centre (Active Living Centre) on Bay Street and always welcome new members and visitors.

For more information contact:

Donna St Jules, Community and Public Relations 705-971-5479 or Karen Madill Ticket Sales, Mother's Garden Quilt Show 705-945-9932





50 East Street Sault Ste. Marie, ON P6 A 3C3 Phone: 705-759-5242



Come celebrate National Canadian Film Day with your Public Library! On **Wednesday April 17th, 2024**, we would love for you to join us to celebrate the power of Canadian film.

The Sault Ste. Marie Public Library will be serving a screening of "Beans", directed by Tracy Deer (Mohawk), starring Kiawentiio (Mohawk), Dawn Ford, Violah Beauvais (Mohawk), Rainbow Dickerson (Rappahannock), Brittany Leborgne (Mohawk).

Beans takes place at the height of the 1990 Mohawk Resistance at Kanehsatà:ke (also known as the Oka Crisis), a 78-day standoff between Indigenous land defenders, Quebec police, the RCMP and the Canadian military, over the proposed expansion of a golf course on to a Mohawk burial ground. Twelve-year-old Tekehentahkhwa (nicknamed "Beans", played by Kiawentiio) is forced into an early coming of age by these events, as her innocence turns to anger over the treatment of her people.

Join us prior to the event to fill out a ballot for a chance to win a themed prize basket!



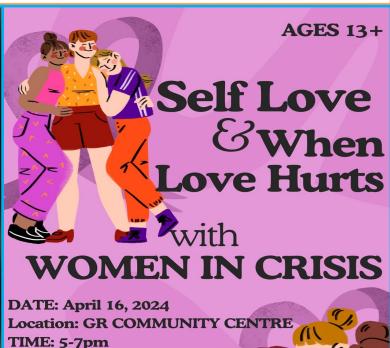
The film will be streamed in person at the James L. McIntyre Centennial Library, on April 17th, 2024, doors will open at 6:00 p.m. For more information or to reserve your ticket please call 705-759-5236 or get a ticket at: https:// www.eventbrite.ca/ e/national-canadianfilm-day-2024-tickets <u>-863779707357?</u> aff=oddtdtcreator.

Bentley Ahonen Reference Technician Sault Ste. Marie Public Library 50 East Street Sault Ste. Marie, ON P6A 2C3 705-759-5236





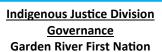






SUPPER PROVIDED

Call to Register:
Robyn Hache
Restorative Justice Worker
705 946 6300 x 244



Restorative Justice Program
Anti-Human Trafficking
Anti-Guns & Gangs Prevention

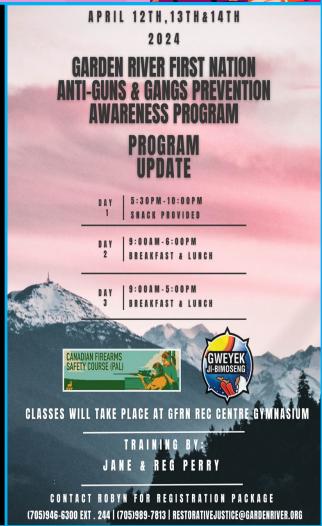
Has been working hard to deliver awareness to our Indigenous communities. Here are our upcoming events.

Reminder to the Youth that are registered for Hunter Safety and P.A.L course to pick up your registration packages prior to the course date. Please contact Robyn if you are unsure your child was registered.

Reminder to GROUP 1 ADULTS Hunter Safety & and P.A.L course that the dates have been released. Contact Robyn if you are unsure if you are registered.

Please call to register with: Robyn Hache Justice Worker 705-946-6300 ext. 244







Anti-Guns & Gangs Prevention Awareness Presents:

> SafeTalk DATE TBD

LIMITED SPOTS AVAILABLE

DINNER & INCENTIVES

ROBYN HACHE **GRFN JUSTICE WORKER** (705)946-6300 EXT.244 RESTORATIVEJUSTICE@GARDENRIVER.ORG

▲ safeTALK

safeTALK: suicide alertness for everyone

safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps

FOCUS: Suicide alertness training for the community DURATION: 3 hours-4 hours (half a day) LANGUAGES: English and French

PARTICIPANTS: Anyone 15 or older TRAINERS: One trainer and one community resource person per 15-30 participants

How safeTALK works

Most people with thoughts of suicide don't want to die—instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person with thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, or crisis line workers—among many others who have suicide intervention training.

Training process

safeTALK features both presentations and interactive elements. Trainers will facilitate participants involvement through:

- Trainer presentations
- Diverse selection of audiovisuals
- Interactive discussion and questions
- TALK steps practice
- TALK wallet card "You can TALK to Me" stickers

Goals and objectives

safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect persons with thoughts of suicide with life-affirming help. Over the course of their training, safeTALK participants

- Notice and respond to situations where suicide thoughts may be present,
- Recognize that invitations for help are often overlooked.
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, KeepSafe, and
- Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

As a taxi driver, I speak to a surprising number of people who have thoughts of suicide. safeTALK has given me and other drivers in Kilkenny a way to help them stay safe

-Derek Devoy, Taxi Driver, Kilkenny, Ireland

Who should take safeTALK?

safeTALK is designed for anyone age 15 or older, including many in more formal helping roles. The steps learned in safeTALK have helped participants from all walks of life be alert to situations where suicide thoughts may be present.

Who provides safeTALK?

safeTALK is a training developed by LivingWorks Education, a leading world provider of suicide intervention training. Each safeTALK is facilitated by a trainer who has completed the two-day safeTALK Training for Trainers (T4T) course. Trainers use internationally standardized learning materials, including a diverse selection of paired alert and non-

A listing of registered trainers can be found at www.livingworks.net under Find a Trainer. In order to maintain registered status, trainers must deliver the workshop at least three times a year and submit quality control reports to LivingWorks.

safeTALK and ASIST

safeTALK is designed to complement ASIST (Applied Suicide Intervention Skills Training), LivingWorks' twoday suicide intervention skills workshop, safeTALK is consistent with LivingWorks' view that the training needs of a suicide-safer community require a comprehensive approach. Both safeTALK and ASIST participants have an important role to play in helping to achieve this goal.

safeTALK training focuses on using the TALK steps-Tell, Ask, Listen, KeepSafe—to engage persons with thoughts of suicide and help to connect them with lifeaffirming resources, while using ASIST skills helps these resources provide safety from suicide for now. In effect, safeTALK and ASIST-trained helpers work together with individuals to help them keep safe from suicide.

ASIST's intervention model involves establishing a collaborative relationship to work through suicide to a place of safety. Many training participants include safeTALK and ASIST in their suicide prevention toolkit.



countries have onsite Trainers





490,000+

safeTALK participants trained

*Statistics current as of March, 2018

About LivingWorks: LivingWorks is dedicated to saving lives through the creation, development, and delivery of innovative training experiences that empower individuals, organizations, and communities to be safer from suicide. To learn more, visit www.livingworks.net.



info@livingworks.net www.livingworks.net TOLL FREE N.A. 1.888.733.5484 © 03/2018 LivingWorks Education In

CALL TO REGISTER:

vorks.net TOLL FREE N.A. 1.888.733.5484 © 03/2018 L

Robyn Hache **Restorative Justice Worker** 705 946 6300 x 244

MARIA MANDRAMAGAM WILY CRISIS SHELTER

incentives & DOOR PRIZE

AND MENTORS

DATE: APRIL 3, 2024 LOCATION: GR COMMUNITY CENTRE







JOINTHE forest management, conservation, utilization policies, strategies, & practices. Advisory Committee

The committee will include Lands and Resource staff, external experts, and Lands Portfolio Holders.

- Meet once every 3 months in the evening for 1-2 hrs
- Looking for at least2 Elders & 2 youth

Contact | Adam Solomon | adams@gardenriver.org | 705 253 0225 x 207



Community Development



Spring Cleaning Dos and Don'ts

Aaniin! Springtime means spring cleaning! Here is a handy reminder of some cleaning.

"Do's and Don'ts"

DO: When clearing out clutter, consider if any of your empties can be recycled. Cardboard boxes, plastic bottles, cans, and paper can all be placed in your recycling bin.

DON'T: Don't ever put old electronics like cell phones, computers, monitors, and tablets into the recycling bin. These can cause dangerous fires as lithium batteries can be punctured and explode.

DO: Responsibly recycle your old electronics by donating them:

eCycle (Staples 345 Great Northern Rd, Sault Ste Marie, ON) https://www.ecyclesolutions.com/contact-us/find-a-public-drop-off-site/staples-sault-ste-marie-171/

Habitat for Humanity ReStore (32 White Oak Dr. E Sault Ste. Marie ON): https://habitatsault.ca/

S&S Electronics Recycling: https://www.facebook.com/profile.php?
id=100065361396117

There is also the electronics shed at the waste transfer station that you can put your broken or lightly used electronics that you no longer want.

DON'T: When it comes to your closet, remember that clothes, shoes, and linens cannot be recycled at home. Before throwing them in the trash, see if they can be repurposed around the house or given to family and friends. You can also check Earth911.com for a donation site near you.

DO: Cut down on wasteful cleaning supplies like paper towels and disposable mopping pads by swapping them for old towels or rags and a bit of your favorite household cleaner. These can be washed and reused for future deep cleans.

DON'T: Much like electronics, paint needs to be handled with care. Old paint cans are another common item that can gather dust in your basement or garage. If you're looking to get rid of them, make sure to keep these cans out of your recyclables. Donate, sell, or give away extra paint. If you do need to dispose of paint, learn more about proper household hazardous waste procedures here.



DO: For large-scale remodeling projects or discarding oversized items, a dumpster rental can be a good option.

Evan Belleau
Energy Advisor
Community Development
7 Shingwauk Street
Garden River First Nation
Garden River, ON P6A 6Z6
Office Phone: (705)946-6300 EXT. 225;
Work Cell: (705)9892219
ebelleau@gardenriver.org

Lean Into Your Cleaning Personality

Some people are stress cleaners, while others are chore procrastinators. Identifying your cleaning personality is the first step to developing a plan or routine that works for (rather than against) you.

Chore Avoider

If you tend to procrastinate because you hate cleaning, give yourself incentives to get it done. Do harsh chemicals make you gag? Buy natural cleaning products scented with pleasing essential oils (or make them yourself).

Cleaning Plodder

Do you constantly turn to clean whenever you have a spare moment? Regular, light cleaning is beneficial in many ways. It leads to a neat and healthy home and prevents you from facing colossal clean-ups that take all day.

But it can also lead to a feeling of "never being done." Keep a checklist of even these small tasks, and mark them off when you complete them. This way, you'll regularly benefit from that "got that done" feeling.

Angry Cleaner

You channel your rage into cleaning, which makes that elbow grease 10 times stronger. By all means, use this excess energy (it's better than punching the person you're angry at), but don't reserve all your cleaning for times of disquiet. You don't want to depend on being angry to clean your house, nor do you want to associate cleaning with rage.

Source: https://www.realsimple.com/home-organizing/cleaning/spring-cleaning-tips







Elementary

Aanii kina weyaa! It was a short month, Onaabini Giizis, snow-crust moon, but a busy month. We continue to work on our reading skills daily by listening to stories, reading books and writing letters, words and stories. In math, we are counting the days to summer break and counting, adding, subtracting and even multiplying. We use all kinds of objects to help us do math. We call these manipulative.

We continue to spend more and more time outside now that the weather is more comfortable. With the help of the AIM elder, we have seen him filet some really big fish like pike, whitefish, suckers and pickerel. We did not make it up to our school sugar camp due to the inconsistent weather. We will now start looking for signs of spring.

Aahow, miiwe, Miigwech from the GR Elementary School



Post Secondary

Congratulations to all of our sponsored college/university students that are nearing the completion of another school year! Hang in there ... you are almost done! CHALLENGE YOURSELF to complete and submit your coursework on time, to read all of your readings BEFORE your class, to review your notes regularly, to study earlier and more than you normally would for your final exams; and of course, to attend all of your remaining classes. Professors should be reviewing information to help you prepare for your final exams in the final weeks of classes.

Are you Planning on Continuing your Studies in the Fall 2024? The deadline is May 15th.

DO I REALLY NEED TO SUBMIT A NEW APPLICATION AGAIN FOR FUNDING?

YES If you are currently enrolled full-time or part-time at college or university, AND you plan on continuing your studies in the September 2023, you must complete and submit a new GRFN Application for Post-Secondary Educational Assistance. You can either print out a copy of the 4 required pages via the internet at www.gardenriver.ca in the Post-Secondary Downloads section or you can stop by to pick up a copy here at the office. Don't wait until the last day to complete and send your application.

ARE YOU CONSIDERING GOING TO COLLEGE OR UNIVERSITY THIS COMING YEAR?

Remember you can't get accepted at a college or university if you don't apply through the Ontario College Application Service (OCAS) or the Ontario University Application Service (OUAS)!

And you can't get sponsored if you don't complete the GRFN Application for Educational Assistance by the deadlines! Don't delay ... complete and submit your applications early to avoid disappointment.

Even if you have not yet decided, please make sure that you submit your GRFN Application package for Post-Secondary Education Assistance ... then at least, I will know that you are thinking about going and I can add you to the list of GR

members applying for sponsorship then you will have some time to make your final decisions.

....COLLEGE STUDENTS: "INTENT TO **RETURN" FORMS** - these are forms that your school may need YOU to complete and return or submit via your online student account to tell them that you are planning on returning to your studies in either the Fall 2024 semester. By submitting this as requested, the school will hold your seat in the program and work on your new schedule. IF YOU DON"T SUBMIT, the school will consider you as "not returning" and will not send you any new correspondence and/or will not have anything ready for you. CHECK WITH YOUR SCHOOL ABOUT THIS TYPE OF FORM OR REQUIRED INFORMATION if you have not already submitted this form.

....COMMUNICATION:

If I don't know that you are having problems, I cannot try to help you. If I am not in my office or I am on the phone when you call, please leave me a message on my voice mail, with the receptionist or send me an email. Please do not just think that if I am not in the office that you cannot reach out and report problems or share some good news.

?? JOB HUNTING ??

If you haven't already done so, you should be starting your search for summer employment opportunities. Before you even start your job hunt, you need an *up-to-date resume*. Writing a great resume takes time. There are many styles of resumes. There are no strict rules to writing a resume, however, there are some important things to keep in mind. Be concise - use concrete language—research the position qualifications sought and list your appropriate skills/qualifications. AND just as important, you need to develop your interview skills by practicing AND preparing for your interviews.

The internet has excellent resources to help in preparing for interviews, resume writing tips, job listings, career information.

Good luck in your job search!

Scholarships Reminder

It's never too late to apply for some scholarships. Please, please visit one of the many websites to help you perform a customized search for a scholarship. This means that once you have keyed in your academic and personal information, it will search for scholarships for you. All you have to do is complete the application requirements.

WEBSITES TO VISIT:

- https://indspire.ca/programs/students/ bursaries-scholarships/
- ♦ www.studentawards.com
- www.scholarshipscanada.com

Also check out the Post-Secondary: Scholarships/Bursaries/Awards section on our website - www.gardenriver.ca

CURRENT COLLEGE &
UNIVERSITY STUDENTS
ARE YOU GRADUATING
THIS YEAR ?

If you haven't already done so, please contact me as soon as possible to confirm your graduation and to discuss your graduation gifts for the Annual Education Celebration in late June date will be announced at a later date.

2023/2024 HIGH SCHOOL GRADS and NEW TO COLLEGE OR UNIVERSITY STUDENTS...

Are you planning on going to college or university in September 2024? If you haven't already done so, please contact me at the office to set-up an appointment to complete your Garden River Application for Post-Secondary Educational Assistance soon. The deadline is May 15th for Fall 2024 full-time and part-time sponsorship.

If you were one of the students that applied to OCAS/OUAS by their deadline, February 1st, you should have started receiving information from the colleges/universities that you applied to.

IF so, did you email me a copy of your "offer

of admission / acceptance letter", "residence application information"? It is your responsibility to submit your official acceptance, tuition fees invoice, residence information to me in a timely manner.

FULL-TIME and PART-TIME POST-SECONDARY SPONSORSHIP APPLICATION DEADLINES:

Deadlines are strictly adhered to!!

Apply early to avoid
disappointment.

October 15

REMEMBER that, naturally, each school will be requiring you to respond to their "offer of admission" and make your final decision!

WHEN YOU RECEIVE CORRESPONDENCE, ALWAYS make sure to check for:

- deadlines to respond by?
- do they require a "confirmation fee"
- do you have to send more info?
- Are there any entrance tests to write?
- Residence/meal plan information are you going to apply for residence? There are deadlines for this too...

PLEASE NOTE: I do not receive any documentation from the school directly during the application process. You are responsible for making sure I am kept informed at all times by bringing me or forwarding copies of your information.

Remember, if you have sent your application to the Ontario College Application Service or the Ontario University Application Service, you will be reimbursed for the application once you email me "Acknowledgement Letter OR copy of your OCAS/OUAC receipt" and have completed your Garden River Application package for Post-Secondary Education Assistance. For those of you that sent your OCAS/OUAS application before February 1st, you should start receiving correspondence from the colleges/universities anytime now.

Please make sure that you read each letter carefully there will be invitations to attend information sessions, to get a tour of their facilities or they will need more information from you before they can make their admission decisions ... most importantly though there will be deadlines to respond by.

Each school will be trying to convince you that their school is the best you will need to do your homework -- this means researching your choices to ensure that your time at college/university will be both an enjoyable AND rewarding experience for you. As I am sure most of you know, each school has a reputation for certain types of programs - make sure you check out the program credentials along with the school credentials. Ask about or look for information on the availability of things like support services, campus life/activities, student residences for new students, accessibility by public transportation, etc., etc. (visit the school web-sites for e-tours and basic information).

VISIT YOUR POTENTIAL COLLEGE/UNIVERSITY TO HELP MAKE YOUR FINAL DECISION

If you have submitted your GRFN Application for Sponsorship package and have applied to eligible colleges or universities, and when you have received correspondence from all of the schools you applied to and prioritized/narrowed down your choices, you can then arrange and confirm a date for a campus visit or the orientation sessions that most schools have prepared for "potential students". This is an excellent opportunity to "experience" your new school before you make a final decision.

Remember that according to the GRFN Post-Secondary Operating Guidelines and as a new post-secondary applicant/student, you are eligible for one trip to a prospective college or university to help you finalize your decision. Once you have decided which school you would like to visit, you must submit a copy of the official "Campus Visit" invitation and confirmed itinerary. According to the length of the pre-arranged visit, you will receive travel assistance plus student rates for meals and accommodations according to the length of your official visit/ tour. Remember, this is an excellent opportunity to help you make an informed decision about your new school. In order to receive this assistance, you must complete

your GRFN Application package for Education Assistance AND submit a copy of your invitation with full itinerary of your visit. This needs to be submitted to my office at least two weeks or a month in advance of your scheduled visit so that I can get your funding calculated and ordered for you in time.

This is an excellent opportunity to help you make an informed decision about your new school.

Even though you will have a lot of different opinions/suggestions from your parents, older brothers/sisters, your friends, your guidance counsellors, and so on, ultimately,

this education/career
decision is yours to make !!
Do yourself a favor and do some
research and homework to help you
make an informed decision!!!!

Once this process is done, naturally, each school will be requiring you to respond to their "offer of admission" and make your final decision!

W H E N Y O U R E C E I V E CORRESPONDENCE, ALWAYS make sure to check for:

- deadlines to respond by? do they require a "confirmation fee"
- do you have to send more info?
- Are there any entrance tests to
- write?
- are you applying for residence? You will need to apply separately with each school ...check for this information as there are deadlines for this too
- Etc.

Just as important in these next steps is to PLEASE MAKE SURE THAT YOU EMAIL ME COPY OF YOUR OFFICIAL INFORMATION IMMEDIATELY SO THAT WE CAN PROCESS AND EMAIL SPONSORSHIP LETTERS BEFORE TUITION DEPOSIT DEADLINE.

Please be advised that this office is not responsible for payment of any late fees or loss of seat due to late payments.

NOTICE: INCOME TAX: GARDEN RIVER DOES NOT ISSUE T4'S FOR POSTSECONDARY STUDENTS.

You should have received your tuition fees form, T2202A, directly from your school. This is yours to use when filing your income tax. If you do not have a taxable income, you should be able to either save it for future use or you can transfer to a parent/guardian that can benefit from this tax deduction. Please check with a tax expert on this for proper information.

If you ever have any concerns or questions about your education, please do not hesitate to contact me at the office, 705-946-3933 ext.202 or email me at amjones@gardenriver.ca or send a virtual meeting request or make an appointment for an in-person meeting.

Miigwech
Anne Marie Jones
Post-Secondary Counsellor



GRFN Public Library aka Resource Centre

AN INDIGENOUS
DARK FICTION ANTHOLOGY
NEVER
WHISTLE
AT
NIGHT
Edited by Shane Hawk and
Theodore C. Van Alst Jr.
MATIONAL
RESTSELLER

Irene's Recommended Read for April

I read this book! "Never Whistle At Night" Edited by Shane Hawk & Theodore C. Van Alst Jr. Filled with short stories that grab your attention and leads you down forbidden trails. You think you know the darkness of our traditions, what about Cree? Inuit? Well, these were all new to me!!

There was a scary story told by Aunty Irene (not me though) where families felt the need to get their children AND themselves blessed!!! Think you can read this entire book? Come borrow it from the Library, for FREE!!!!

Services include:

- Printing, blinding, laminating is available.
- Book lending—wide selection of Native Content books
- Printing services (free for students)
- Reading; craft; kids programs; journaling; story time; art nights

The Garden River First Nation

Resource Centre/Public Library's

• Summer time Library activities in the park—movie/crafts

Additional Info:

- Free Wifi Available to students & community members
- Ontario Parks Permit—4 parking passes that can be loaned out
- The VR Console/Computer has approx. 30 games available
- 3D Printer small single colour requests can be printed for a fee—larger printing/more versatile printing coming soon!
- Movie nights in the near future—in the library & in conjunction with Ojibway Park



Enjoy 45 minutes of Creativity!

Art supplies will be available.

Different material each month!

open to young adults & adults get in touch with your inner child!

Tuesdays 5 - 5:45 pm

April 9 May 7 June 4





Join Irene for a 1/2 hour of interactive story telling! Stories will be taken from various Native Content Books and Novels.

Content will be based on attendees

Tuesdays 5 - 5:30 pm

April 11

May 9

June 6 Everyone Welcome! Come in and listen!



THE STARS THE STARS NUMBER 54 NUMBER 54 AND AND AND CHARGE STRENGTH AND ATTERPRISE BUTTERFILES



A once a month Social Fabric Drop In Program

With Special Guest Thinking Rock Community Arts

Join Irene & Guests for an evening of creative art exploration as part of their Social Fabric Drop-Ins

loin a diverse team of makers, artists & creative folks as we explore together the textile traditions of Algoma; co-create collaborative art projects; and consider themes of mending and interweaving in art, life and community! No experience needed, supplies provided and everyone is welcome.

Thursdays 4 -6 pm

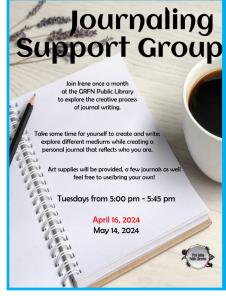
April 25

June 27



Recently received donations of 20 Brand New Books!! All are available for a two week borrowing with the option to extend borrowing time!

Email to reserve your book @ irene.gray@gardenriver.ca.





Recreation



LUNCH HOUR WORKOUT CLASS

TUESDAY, WEDNESDAY & THURSDAYS
12:15PM - 12:45PM

@ GR REC GYMNASIUM
FREE OF CHARGE





PERSONAL TRAINER



KEESHA SAUNDERS

Personal Training Ol Rehabilitation Therapy Sp

Older Adult/Group Exercise Sport Specific Training

Contact Info: ksaunders@grfnrec.com - (705) 946-4005 ext. 251



Hours of Operation

Monday—Friday 7 am—9 pm & Saturday—Sunday 9 am—4 pm

| Garden River Member Prices | | | | | |
|---|----------|----------|---------|---------|--|
| Membership 1 year 6 months 3 months 1 m | | | | 1 month | |
| Adult (18+) | \$248.00 | \$170.00 | \$94.00 | \$34.00 | |
| Elders (55 +) | \$241.00 | \$144.00 | \$78.00 | \$29.00 | |
| Junior (14-17) | \$225.00 | \$154.00 | \$82.00 | \$31.00 | |

| Regular Member Prices | | | | |
|--------------------------------|----------|----------|----------|---------|
| Membership 1 year 6 months 3 m | | 3 months | 1 month | |
| Adult (18+) | \$290.00 | \$202.00 | \$108.00 | \$40.00 |
| Elders (55 +) | \$248.00 | \$170.00 | \$92.00 | \$35.00 |
| Junior (14-17) | \$262.00 | \$180.00 | \$98.00 | \$38.00 |



Membership



Contact Information

Membership Office, 7 Shingwauk Street, Garden River, ON P6A 6Z8
Terri Tice, IRA
Brooke Boissoneau, Assistant IRA
705-946-6300 ext. 246
ttice@gardenriver.org
brookeb@gardenriver.org

Status Card Issuance

Please call to schedule an appointment with the Assistant IRA to have your status card issued.

Garden River First Nation citizens - \$20.00

picture included

Other First Nation citizens—\$40.00

- registration information prior to your appointment;
- Picture included

HAVE YOU MOVED?



PLANNING TO MOVE?

Please update your address with the Membership Office



Contact

Terri Tice, Indian Registration Administrator 705-946-6300 ext. 246 * ttice@gardenriver.org or online at:

https://www.gardenriver.org/site/membership

MEMBERSHIP OFFICE HOURS MONDAY - FRIDAY 8:30 A.M. - 4:30 P.M. CLOSED 12:00 P.M. - 1:00 P.M.







YOGA

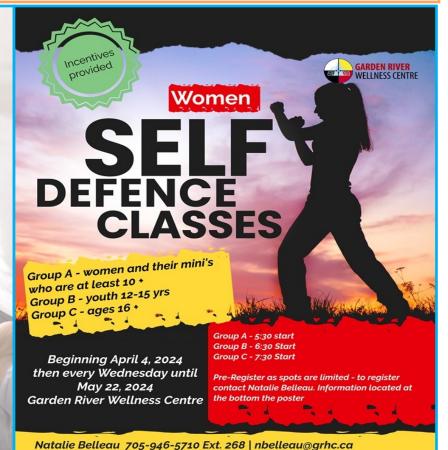
Monday: March 25th

Monday: April 8th, 15th, 22nd, 29th

12:00 @ the GR REC CENTRE

INCENTIVE PROVIDED

Selena Belleau 705-946-5710 ext 267



Transportion available upon request

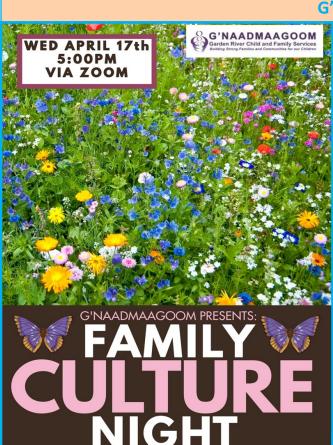
April 2024



For more information on programs: Call 705-946-5710 OR visit the Garden River Wellness Centre's Facebook page or website www.grwc.ca

| | | 4.0 | • | | | |
|--|-------------------------------|--|------------------------------------|---|-------------------------------------|--|
| | Mon | Tue | Wed | Thu | Fri | Sat |
| ZM = Zoom RC = Rec Centre CC = Community Centre WC = Wellness Centre | 1 OFFICE CLOSED Happy Easter | 2 Elders Social 12pm @ CC | 3 | 4 Diabetes Education Class 12-2pm @ CC | 5 Movement is Medicine submissions | 6 |
| | 8 Yoga 12-1pm @ RC | 9 | 10 | 11 Healthy Recipes Pickup 12-2pm @ WC (Must Register) | 12 Movement is Medicine submissions | 13 |
| Fitness Classes every Tuesday and Thursday 5:30pm-6:30pm Youth 6:30pm-7:30pm Adults Rec Centre *Rose | 15 Yoga 12-1pm @ RC | 16 Elders Social 12pm @ CC | 17 | 18 | 19 Movement is Medicine submissions | FOR MORE INFORMATION CONTACT: SELENA EXT. 287 LISA EXT. 230 ROSE EXT. 223 LOGAN EXT. 229 JORDIE EXT. 251 |
| eri | 22 Yoga 12-1pm @ RC | 23 | 24 Elders Luncheon 11:30am @ CC | 25 Glass Fusion 2-3pm @ WC (Must register) Healthy Recipes Pickup 12 -2pm @ WC (Must Register) | 26 Movement is Medicine submissions | 27 |
| 28 | 29 Yoga 12-1pm @ RC | 30 Glass Fusion 10-11:30am @ WC (Must register) | 1 | 2 | 3 | 4 |

G'Naadmaagoom



Waawaaskone Giizis: Flower Moon, Legends & Butterfly Medicine Teaching

Register with Stevie at snolan@grcfs.ca or 705.450.5071 ext 221



Please contact Stevie Nolan

for more information & to register Email: snolan@grcfs.ca Call: 705.450.5071 ex 221



FAMILY SWIM NIGHT

G'NAADMAAGOOM

Garden River Child and Family Services

FOR GARDEN RIVER BAND & COMMUNITY MEMBERS

Saturdays from 5PM-6PM

Remaining Swim Dates:

March 9, 16, 23, 30

April 6, 13, 20

May 4, 11, 18, 25

ALL CHILDREN MUST BE Accompanied by an adult (18 yrs & Over)

SEE POOL STAFF FOR AGE
REQUIREMENT RULES FOR SWIMMING

*PLEASE NOTE ADDED
DATES FOR APRIL & MAY

FOR MORE INFO CONTACT: MELISSA GRAWBARGER (705) 450-5071 X205 Or Mgrawbarger@grcfs.ca

| STAFF CONTACT INFORMATION | HOW TO REGISTER FOR A PROGRAM | PROGRAM INCENTIVES/DRAWS | |
|--|---|--|--|
| GRCFS Office # 705-450-5071 (staff extensions in black) MG—Melissa Grawbarger – mgrawbarger@grcfs.ca x205 | Please email or call Staff running the program to register! Join by phone, cellphone, tablet, or computer!! | PROGRAMS – Participants will receive an incentive for every program they attend. | |
| MP – Marie T. Pine – mtpine@grcfs.ca x214 | celiphone, tablet, or computer!! | FAMILY FUN CHALLENGES – Each family that participates | |
| SN—Stevie Nolan—snolan@grcfs.ca x221 | **PLEASE REGISTER ONE DAY IN | will receive an incentive. | |
| BC – Belinda Camara – bcamara@grcfs.ca x202 KM - Kelly Musgrove – kmusgrove@grcfs.ca x206 | ADVANCE AS SPACES ARE LIMITED** Registrations before 8:30 am Monday will not be accepted | LEARNING ACTIVITIES (LA) – Each family that participates in the Learning Activities will receive an incentive | |

G'NAADMAAGOOM

Sarden River Child and Family Services Program Calendar March 2024 Phone: (705) 450-5071

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|----------------------|--|---|---|------------|---|
| | ** Reminder** Early Years Drop In | Open Tuesdays to Thursdays Please cor | ntact Kelly or Belinda for hours and in | nformation | |
| | Please Note: Virtual participa | nts will not be let in Zoom more than 5 mir | nutes after program start time | | |
| CLOSED EASTER MONDAY | BC/KM –ZOOM – Humpty Dumpty 3:00 Parents/Caregivers & Children 0-3 SN – Autism Spectrum Disorder 5:00 Parents/Caregivers of Children 0-12 MP – Zoom: Perspective Talking 4:30 Youth 7-12 | BC/KM –ZOOM – Story & Song 4:30 Parents/Caregivers & Children 4-6 SN – Just Bead It 10:00 in Person *call to register—location TBD MP – Sacred Medicines 4:30 Youth 13-24 in Person | 4 BC/KM- LA: Anishinaabemowin- Wabooz Parents/ Caregivers & Children 0-6 | 5 | 6/7 Family Swim Saturday 5-6 pm @ John Rhodes |
| 8 | 9 BC/KM –ZOOM – Head & Shoulders 3:00 Parents/Caregivers & Children 0-3 SN – Decluttering Your Home 5:00 Parents/Caregivers of Children 0-12 MP – Zoom: Bullying Awareness 4:30 Youth 7-12 | BC/KM –ZOOM – Song & Story 4:30 Parents/Caregivers & Children 4-6 SN – Just Bead It 5:00 In Person *Call to Register—Location TBD MP – Zoom: Coping w Fear Talking 4:30 Youth 13-24 | BC/KM- LA: Umbrella Designs Parents/ Caregivers & Children 0-6 | 12 | 13/14 Family Swim Saturday 5-6 pm @ John Rhodes |
| 15 | 16 BC/KM – ZOOM– 1,2,3! 3:00 Parents/ Caregivers & Children 0-3 SN – Suicide Prevention 5:00 Parents/ Caregivers of Children 0-12 MP – Gratitude Journals 4:30 In Person Youth 7-12 | BC/KM –Zoom: Story & Song 4:30 Parents/Caregivers & Children 4-6 SN – Z00m: Family Culture Night 5:00 * * call to register MP – Zoom: Feelings Awareness 4:30 Youth 13-24 | 18 BC/KM- LA: Spring Scavenger Hunt Parents/ Caregivers & Children 0-6 | 19 | 20/21 Family Swim Saturday 5-6 pm @ John Rhodes Lego Batman Movie Family Movie Day Sunday @ 10 am Must Pre-register |
| 22 | 23 BC/KM –Zoom– If You're Happy 3:00 Parents/Caregivers & Children 0-3 | 24 BC/KM –Zoom: Song & Story 4:30 Parents/Caregivers & Children 4-6 | 25 BC/KM: LA: Anishinaabemowin- Gimiwan 4:30 Parents/ Caregivers & Children 0-6 | 26 | 27/28 Family Swim Saturday 5-6 pm @ John Rhodes |
| | Professional Dev | relopment for Community Outreach | | | |
| 29 | BC/KM – ZOOM– Row Your Boot 3:00 Parents/Caregivers & Children 0-3 SN – Coping w Grief & Loss 5:00 Parents/Caregivers of Children 0-12 MP – Zoom—Sharing Circle 4:30 Youth 7-12 | | | | |



Boopoogami Giizis April 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|-----------------------------|---|--|---|----------------------------|-------------------------|
| | 1 | Willard Pine - TMHC | 3 | Gerrard Sagassige - THC Men's Night 6pm - 8pm | Gerrard Sagassige - THC | 6 |
| 7 | Nanda-Gikendan 6pm - 8pm | 9 Willard Pine - TMHC Drum Social Group 6:30 PM - 9 PM | Grief Support Group Naniinawademo 5:30pm-8pm | BFA Aftercare 5:30pm-8pm | 12 | 13 |
| 14 | Nanda-Gikendan 6pm - 8pm | Willard Pine - TMHC Women's Night: Drum Circle 6pm - 8pm | 17 | Men's Night 6pm-8pm | 19 | Gerrard Sagassige - THC |
| Gerrard Sagassige - THC | Nanda-Gikendan 6pm - 8pm | Willard Pine - TMHC Drum Social Group 6:30 PM - 9 PM | Patricia Toulouse - THC Lunch & Learn 12PM - 1PM | BFA Aftercare 5:30pm-8pm | 26 | 27 |
| 28 | Nanda-Gikendan 6pm - 8pm | Women's Night: Drum Circle 6pm - 8pm | | | | |

Intake Worker - Laurie Souliere (705)946-5710 ext. 228 Program Support Worker - Terry Williston (705)946-5710 ext. 212 Administrative Assistant - Trinity Neshawabin (705)946-5710 ext. 222



Thurs April 11th Thurs April 25th 5:30-8pm

SUPPER PROVIDED

Beauty From Ashes

AFTERCARE WELLNESS CIRCLE

This program is for past participants of the

NOW HAPPENING TWO TIMES A MONTH IN PERSON AT THE DAN PINE HEALING LODGE ZOOM LINK CAN BE PROVIDED IF NEEDED







Naniinawademo

A WELLNESS CIRCLE DEDICATED TO GRIEF SUPPORT

An open support group to Garden River First Nation, and other First Nation, Metis & Inuit

APRIL 10th 2024 5:30PM - 8:00PM

TOPIC TBD

FEATURES: Variety of topics • Guest SPeakers • Cultural Teachings • erapeutic exercises • Creative arts • Mindful practices & Mo







TRADITIONAL SKILL BUILDING

Nanda-Gikendan

Mondays 6-8pm

April 8th - Strawberry Teachings & Strawberry Beaded Medicine Pillow with Logan Perreault

April 15th - Safety Pin Headdress Kits

April 22nd - Medicine Pouches with Terry Williston

April 29th - Paint Night with Cynthia McCutcheon

Join us at Dan Pine Healing Lodge, where the spirit of learning and

nether you are an expert or beginner, immerse yourself in hands-on workshops where you'll make master skills like beading, sewing, weaving & many more!









Recipe

AN EVENING OF TRADITIONAL MEN'S TEACHINGS, TOPICS AND ACTIVITIES CONCLUDING WITH A WARM MEAL

us at Dan Pine Healing Lodge, where the spirit of learning and

COME SOCIALIZE AND

200 Anishnawbe Point Rd. Call 705-946-5710 ext. 228

Air Fryer Chicken Thighs

Servings: 4 Prep time: 5 mins Cook time: 22 mins Total time: 27 mins

Ingredients:

- 4 bone in chicken thighs
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

FUN AND LEARN SONGS

By Dan Pine Healing Lodge

200 Anishnawbe Point Rd. Call 705-946-5710 ext. 228 or email dphlinfo@grhc.ca

- Preheat air fryer to 400 F for 5 minutes
- Pat the chicken thighs dry. Rub them with olive oil
- In a small bowl, combine the seasonings: paprika, dried oregano, garlic powder, onion powder, salt and pepper. Rub seasonings over chicken thighs.
- Cook chicken in a single layer in the air fryer. (cook in batches if needed) cook chicken thighs at 400 F, skin side down, in the air fryer for 12 mins. Flip and cook on the second side for 7-12 minutes, until cooked to an internal temperature of 165 F.

Notes: don't crowd the air fryer basket. The chicken thighs should be in a single layer



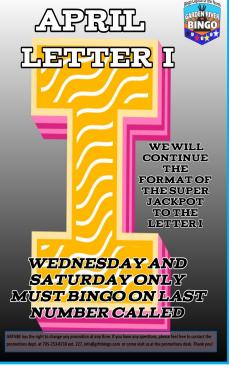
Can add a side of rice, mashed potatoes, fried sweet potatoes, roasted broccoli or salad.

Try an air fried pear with brown sugar, butter, cinnamon and ice cream for dessert!





GARDEN RIVER GARDEN RIVER BINGO BINGO Wednesday Sunday Monday Tuesday Thursday Friday Saturday April Showers Bring May Flowers 6 5 Free strip **April Fools Day** In hall only Free Strip Day MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE & MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, ONLINE MAIN ONLINE 10 Double Points 12 13 Free strip IN HALL ONLY In hall only Free Strip Day MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE & MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, MAIN MAIN ONLINE 15 17 19 16 18 Free strip IN HALL ONLY Free Strip Day In hall only MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE & MATINEE, PAY AS YOU PLAY, MAIN MAIN ONLINE \$1500x3-12:45PM 21 22 23 24 25 27 Free strip IN HALL ONLY In hall only **Earth Day** Free Strip Day \$1500x4-6:30PM MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, MAIN MATINEE & MAIN ONLINE 29 28 30 WEDNE\$DAY IN HALL ONLY AND SATURDAY MATINEE, PAY AS YOU PLAY, ONLINE MAIN MATINEE, PAY AS YOU PLAY, MAIN MATINEE & ONL MAIN ONLINE









GRENBE has the right to change any promotion at any time. If you have any questions, please feel free to contact the romotions dept. at 705-253-8718 ext. 227, info@grfnbingo.com or come visit us at the promotions desk. Thank you



What does each set of three have in common?

Easy

- 1. Picnic ~ card ~ pool
- 2. Earth ~ book ~ inch
- 3. Car ~ Tree ~ elephant
- 4. Box ~ green ~ sea
- 5. Greeting ~ credit ~ library
- 6. Wagon ~ cart ~ steering
- 7. Storm ~ needle ~ potato
- 8. Blue ~ goose ~ black
- 9. Yard ~ pogo ~ chop
- 10. Candy ~ crab ~ caramel
- 11. String ~ kidney ~ green
- 12. Battery ~ ocean ~ electricity
- Swiss cheese ~ donut ~ bowling ball
- 14. Map ~ padlock ~ typewriter
- 15. Ranch ~ Italian ~ French
- 16. Cream ~ baking ~ club
- 17. Gas ~ police ~ train
- 18. Skunk ~ nose ~ garbage
- 19. Onion ~ napkin ~ wedding
- 20. Back ~ barn ~ grave

All types of yards All are types of rings .61 llams IIA .81 All are types of stations .Yr All are types of sodas .91 All are types of salad dressing All have keys All have holes 13. All have currents All types of beans All types of apples All types of sticks All types of berries .8 All have eyes All types of wheels .9 All types of cards All types of turtles All have trunks All types of worms All types of tables

Answers: Easy

MONSTER BINGO AUGUST 5, 2024 ADVANCED TICKET SALES START APRIL,1/24 TO **AUGUST 2/24** STRIPS ARE \$75/EACH **MUST PURCHASE A MINIMUM OF 4 STRIPS (\$300)** 10 FULL CARDS OF \$10,000 **DOORS OPEN AT 8AM SELLING PERIOD STARTS AT 9AM** STRIPS THE DAY OF ARE \$100/EACH **MUST PURCHASE A MINIMUM OF 4 STRIPS (\$400)** GRFNBE has the right to change any promotion at any time. If you have any questions, please feel free to contact the promotions dept. at 705-253-8718 ext. 227, info@grfnbingo.com or come visit us at the promotions desk. Thank you!

Support Pink Shirt Day



United Nations Anti-Bullying Day is
May 4 every year.

day sends a strong message others care. Often, the simple

Bullying is a major problem in our schools, workplaces, home and over the internet. Each year, on Pink T-Shirt Day, I encourage all of you to wear something pink to symbolize that we as a society will not tolerate bullying anywhere. Take the

message and remember it all year long.

It is important that victims of bullying know they are not alone and there is help and support available. Wearing a pink shirt on this day sends a strong message to them that others care. Often, the simple act of wearing a shirt can start conversations—conversations can be a big step towards healing and helping!

Don't forget the International Day of Pink!

This day is dedicated to the cause of Bullying Discrimination, Homophobia, Transphobia and Trans misogyny around the world. You



can celebrate diversity by wearing a pink shirt and participating in activities in your workplaces, schools and communities.

Will you be wearing pink today to help "spread the kindness?"



Submitted by Carol Jones

GRFN Community Newsletter Contact Information

Irene M. Gray, Resource Centre Coordinator GR Education/Recreation Centre 48 Syrette Lake Road, G.R., ON P6A 7A1 Phone: 705-946-3933 Ext 210, Fax: 705-946-0413

Email: irene.gray@gardenriver.ca Website: https://urlis.net/xvdb0

May 2024 Newsletter Submission Deadline: Friday, April 26, 2024.

Shout out to Summer Students





Visit our website under the "civilian" tab and complete the student form

www.apscops.org



YOUTH IN POLICING SUMMER STUDENTS EXTERNAL POSTING Posted: March 20, 2024 Closing: April 5, 2024

The Anishinabek Police Service is hiring nine (9) temporary full-time Summer Students in partnership with Government of Ontario's Ministry of Children and Youth Services are accepting applications for the 2024 Youth in Policing Initiative. These positions are non-union and will work Monday to Friday, 40 hours/week and will pay

Positions are available at the following detachments; Biigtigong Nishnaabeg (Pic River), Christian Island, Fort William, Garden River, Ginoogaming, Kettle Point, Nipissing, Sagamok, and Wasauksin

ary or Function: ishinabek Police Service (APS) Youth in Policing Program enhances the relationship between community ers and our officers. This initiative gives young people an opportunity to develop job skills while fostering e partnerships with the APS.

Youth aged 14 to 17 will work at various APS detachments alongside both officers and civilian members throughout the summer. The Youth will assist with various community service initiatives, administrative and clerical duties and be exposed to law enforcement activities. It is hoped that the youth and policing program will promote youth participation in an exposure to the work environment through diverse education and productive work assignments.

rovide a safe and positive employment and learning opportunity for youth and support the youth in tering the law enforcement field.

| participation in |
|--------------------------------------|
| APS strives to p their goal of en |
| |

| Qualifications: | |
|---|---|
| Qualifications | |
| Cultural Specific Knowledge of Service Area Population | Knowledge of philosophy appropriate for local Indigenous customs and culture for the APS communities with respectfulness and sensitivity to the history and needs of Anishinabek persons. |
| Entry Qualifications including Technical Knowledge and Skills | Proficiency in MS Office applications Ability to learn very quickly in a fast-paced environment; problem solve, exercise good judgment, maintain confidentiality Must be bondable, pass APS background check and provide satisfactory Criminal Record Check upon request |
| Education | Must be enrolled in school and returning in September |
| Experience/Other | Must be between the ages of 14 and 17 years old Must reside or be able to get to the detachment applying for daily. Must be a Canadian citizen or permanent resident Must be legally leighble to work in Canada |
| Vision and Mission | Demonstrates knowledge of organizational purpose – why the police service exists; Demonstrates ability to identify how the position relates to the police service vision, mission and organizational goals |
| Cultural Sensitivity | Must be able to demonstrate knowledge of the police service's vision and mission; Provide effective, efficient and culturally sensitive police service; Participation in personal and professional development learning opportunities for effective stress management and personal wellness |
| Personal Growth | Actively participates in in-service and cultural and language learning opportunities; proactively pursues opportunities for self-development. |
| Added Skills | Interpersonal, independence and team skills; organized; able to prioritize, multi-task; meet deadlines |
| | |

Interested applicants may submit a hiring package which includes the following:

- · Covering letter detailing interest in noted position;
- A resume detailing your career, education and relevant experience;
- APS Application form & Consent form on https://www.apscops.org/civilian-opportunities/
- · Two pieces of government issued Photo Identification (ie. Drivers Licence, Passport, Canadian Citizenship, Secure Certificate of Indian Status)) Ensure to submit front and back of your identification.

Closing date for applications is Friday, April 5, 2024 at 4:00 p.m. EST. Please quote YIPI-09-24 and the location you are applying to on your application and the subject line of your message. All completed packages MUST be sent to recruitment@apscops.org Please visit the civilian careers page of www.apscops.org for the application form and

Anishinabek Police Service is committed to the Accessibility for Ontarians with Disability Act. If you require accommodation for any stage of the hiring process, please contact recruitment@apscops.org for more information

We thank everyone for their interest in the position, however, only those chosen for an interview will be contacted.



Please call 1-888-310-1122 when you need to make a report with your local APS detachment.

Our offices are not staffed 24/7. Officers are on the road and unable to check voice messages. When you call the dispatcher they will automatically create an occurrence report and it will be given to an APS officer. Remember that dispatchers are not from the community and will ask you questions, please be patient as it is their job, and it is for everyone's safety.

Milgwetch for your understanding.

IF YOU SEE IT REPORT IT

1-888-310-1122

We are plagued by drugs, gang: oung women from our communities for have been silenced by our own fears

> If you see it, report it mous, but your information

What is actionable information?

Call a dispatcher **Alert Crime Stoppers** File a police report Provide first hand info



Call the Band Office Tell info for a friend Wait too long to call Post on social media



2024

