



giNEWS

Ginew Wellness Center
Quarterly Newsletter

February, March, April 2024
Volume 2, Issue 1

MEET THE PRIMARY CARE TEAM!!

Nicole Solnes

Primary Care Nurse– Nurse in Charge

How long have you been at Ginew?

4.5 Years.

What motivates you at work?

Helping people, working for an awesome organization and community.

What’s your favorite memory?

All the laughter.

What advice would you give to your younger self?

Don’t sweat the small stuff!



Kelly Johnson

Community Health Nurse

How long have you been at Ginew?

I have been working at the wellness center for just over one year in my role as Community Health Nurse, I enjoy coming to work every day and meeting new people working with the children at the school as well as doing the well-baby clinics.

Do you have a secret talent?

I like to think that I am a good listener and listen without judgement

What’s your favorite thing to do on the weekend?

On my days off I like to spend time with family and relax at home

What does a perfect workday look like to you?

My perfect workday would be filled with seeing clients, doing well baby assessments I don’t like to plan my day ahead of time as it will never go according to plan so take each day as it comes.

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Dominique Gagnon

Nurse Practitioner

How long have you been at Ginew?

Since 2016 one day per week, in 2018 started full time.


As a child, what did you want to be when you grew up? **Truck Driver**

How does a typical day start for you? **Meditation, contemplation and coffee.**

What is your biggest bucket list item?

Spend the night in the King's chamber in the Great Pyramid.



 **Neebee Hayden**



Marie Roddy

Nurse Practitioner

How long have you been at Ginew?

I work part-time at Ginew and have been here for approximately 2 years. I practice using a holistic approach.

Debbie Alexander

**Community Health Representative/Aboriginal
Diabetes Initiative**

How long have you been at Ginew?

2000 -current year 2024

What was your first job?

**Babysitting, Assistant Manager at the General
Store on Roseau, Medical Clerk.**

What's the best book you ever read?

Newsletters or Paper

What is the most exciting part of your job?

Having a job to earn money.



Aleron Alexander

Water Quality Monitor

How long have you been at Ginew?

I have been at Ginew for 13 years.

What's your favorite time of year and why?

**My favorite time of year is golfing season because I en-
joy it.**

If you could take 3 items to a deserted island, what would they
be?

**If I could take 3 items to a deserted island it would be:
a Yacht, endless supplies, and my golf clubs!**

What is your favorite part of your job?

**My favorite part of my job is knowing we have excellent
drinking water to provide for our community. Water is
life!**

*Fun Fact: White-faced capuchin monkeys greet each
other by sticking their fingers up each others' noses.*

Kim Knott

Dietician

How long have you been at Ginew?

21 years.

Do you have any pets?

Yes a one year old grey and white cat named Murphy.

Who are the greatest role models in your life?

My Mother and Father.

What is your Achilles heel?

Not being observant enough and missing important details.



Jennifer Verrier

Medical Clerk

How long have you been at Ginew?

Since March 2021.

What is the hardest part of your job?

Learning that there is always tomorrow. 😊

Who inspires you and why?

My Sister Kathryn, because without her I would be lost. She keeps me sane. when I'm having a bad day, she lifts me up no matter what.

Where is the coolest place you have ever been?

Grand Canyon.



Emily Hayden

Medical Clerk

How long have you been at Ginew?

Since July 2023.

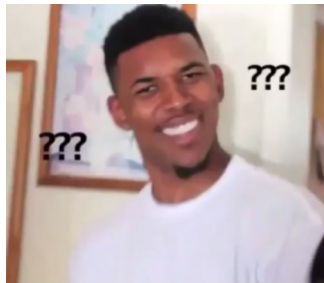
If you could swap lives with anyone for a day, who would it be and why?

Henry Hayden, so I could find out his biggest fears!.

What's your biggest phobia?

Spiders.

If your life was a famous meme, which one would it be?



Thalia Nelson

Medical Clerk

How long have you been at Ginew?

Since July 2023.

How would your best friend describe you?

Very intelligent. 😏 😊

What's one instrument you've always wished you could play?

At this point any instrument would be cool but if I had to choose it'll be a violin.

If you could trade places with a celebrity for a week who would it be and why?

Probably Lydia Alexander! Heard she's a big deal around here!



EVENTS & ACTIVITIES

SURROUNDING AREAS

STEPS TO BECOME A LIFEGUARD OR SWIM INSTRUCTOR

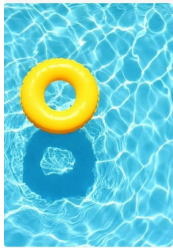
WHY?

- *HIGH PAYING JOB
- *LOTS OF HOURS
- *OVERTIME
- *LOCAL
- *FUN!
- *LIFELONG SKILLS

DID YOU KNOW

- *TRAINING ALLOWANCE PROVIDED ONCE YOU BECOME AN INSTRUCTOR OR LIFEGUARD
- *YOUR WAGE INCREASES EVERY SUMMER YOU RETURN
- *YOU CAN WORK IN EMERSON, DOMINION CITY OR BOTH!

*RCHP POOL IN DOMINION CITY WILL OFFER BRONZE CROSS AND BRONZE MEDALLION COURSES THIS SUMMER



- NATIONAL LIFEGUARD (15 YRS OLD)
- STANDARD FIRST AID
- BRONZE CROSS
- EMERGENCY FIRST AID
- BRONZE MEDALLION (15 YRS OR BRONZE STAR)

LEVELS TO BECOME A LIFEGUARD/SWIM INSTRUCTOR

To find a course, please check the following link:
lifesaving.mb.ca/member-services/find-a-course
 or email
kath@emersonfranklin.com



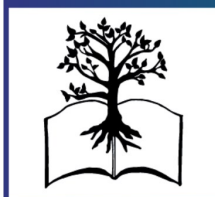
Borderland School Division

Louis Riel Day Feb. 19

March 13 PD Day

Spring Break March 25-29

Admin Day April 5



Regional Alternative Education Centre

BORDER LAND SCHOOL DIVISION

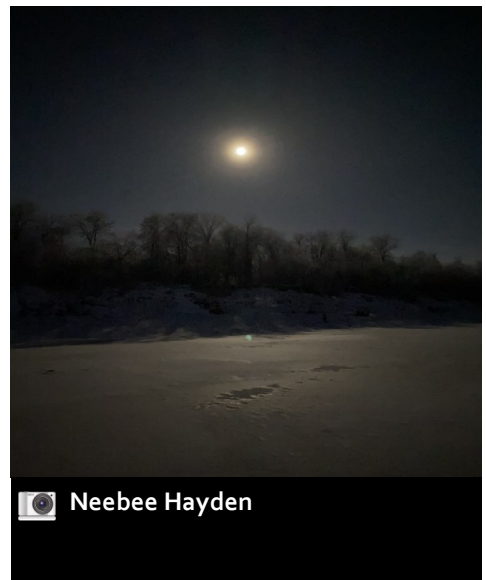
Adult Learning Centre

Flexible courses that work around your schedule. Inquire about remote and in person learning.

High School Credits towards

- 8 credit Mature Student Diploma (age 19+)
- Post-secondary prerequisites
- Employment preparation

Register today! raec.blisd.ca (204) 324-6543



Neebee Hayden

Fun Fact: Comets in ancient Greece were called "hairy stars."

Healthy Living Centre Movie Night February 15

Start: 7pm
Location: Lower
level HLC
Snacks &
refreshments
will be served
Cost: free
Contact: Danielle to
register 204-542-
0689

ROSEAU VALLEY SCHOOL

Box 176 190 Franklin Ave. W Dominion City, MB R0A 0H0
Phone 204-427-2143 | Fax 204-427-2615

- February 2- Grad Picture Day
- 19- Louis Riel Day-No Classes
- March 1- ½ Day PD
- 13- Divisional PD- No Classes
- 25-29- Spring Break-No Classes
- April 1- Back to School! No Joke!
- 5-Admin Day- No Classes
- 18-19- Student Led Conferences

Roseau Valley School Presents: Stay and Play at RVS

Any family with children ages 0-5 years old are welcome to join us in the Community Room for a free, fun filled, morning (9:30-11:30 am). Free snack will also be part of our morning. ***this program is a free, drop-in program, with no registration required***

When: Starting September 27,2023 to June 19th,2024 (every Wednesday)

Where: RVS Community Room

What time: 9:30-11:30am

With who: Mrs.Driedger
Stay and Play will follow the BLSO school calendar, which means if there is a school closure we will be closed as well.

Contact : driedgerdaniela@gmail.com

Roseau Valley School presents: I Love to Read BINGO NIGHT

Thursday February 22,2024 | Door Open AT 6:15 pm

Come out to test your luck and skills while enjoying some great togetherness . There will be awesome prizes too!

Hosted By: Mrs.Collette and Ms.Lil

Any questions please email fisherl@blsd.ca or call the school 204-427-2143.

EVENTS & ACTIVITIES

ROSEAU RIVER ANISHINAABE FIRST NATION



UPCOMING EVENTS

MOCCASIN MAKING

Jan.23, 30, Feb. 6, 2024: 4 - 8 PM @ Ginew Wellness Center - MPR

REGALIA MAKING

Dates: TBD

BEADING WORKSHOP (PARTNERSHIP WITH RVS)

Tuesdays and Thursdays from 12 PM - 1 PM

MOCCASIN GAME NIGHT

Every Monday from 7 - 10 PM @ Ginew School

FITNESS BOOT CAMP

7 - 8 AM: Starting January 23 - February 22, 2024 (Every Tuesday and Thursday)

BELT MAKING WORKSHOP

Date: January 24 and 25, 2024

ICE FISHING DAY (PARTNERSHIP WITH RVS)

February 9, 2024

ICE FISHING TOURNAMENT

Date: TBD

OVERNIGHT ICE FISHING CAMP

Date: TBD

WINTER HIDE WORK

Date: February (TBD)

SPRING BREAK ACTIVITIES 2024

March 25 - 28, 2024

HAIR CARE FAIR

Date: TBD



Tea with the Elders

*Last Thursday of the month at
the Elders Lodge 1pm-4pm*

PAINT NIGHTS

the last
Wednesday
of the month

Watch Ginew
Wellness Facebook
page for reminders!
Contact Veronica
Berg to Register!
431-800-1275 ext 113
vberg@ginew.ca
Ages 15+



VOLLEYBALL LESSONS

**EVERY WEDNESDAY
5:00 PM - 7:30 PM**

BRING INDOOR SHOES

**RRAFN GINEW
SCHOOL GYM**

**AGES 12 & UP
EVERYBODY WELCOME!**

Parent/Guardian strongly encouraged to watch!
(Volunteer Led)
For updates & more information:

Chanel Higheagle | chanel_higheagle@outlook.com
Tyra Villebrun | missliafawn00@gmail.com
Skyla Sellner | skylasellner34@hotmail.ca

Learn the basics
Drills
Scrimmages




ADULT VOLLEYBALL NIGHT


**Every Friday 7pm - 10pm
@ RRAFN Ginew School Gym**

**Everybody welcome!
Bring Indoor Shoes**

For updates and more information
Tyra Villebrun - missliafawn00@gmail.com
Chanel Higheagle - chanel_higheagle@outlook.com
Skyla Sellner - skylasellner34@hotmail.com



DOCFS FAMILY WELLNESS & PREVENTION PROGRAM PRESENTS:
MPI ACCREDITED COURSE | 10 SPOTS AVAILABLE | YOUTH 16+
FIRST CLASS STARTS FEBRUARY 21, 2024
9 WEEK COURSE | CALL NEIL @ 204-427-2770 FOR MORE INFO



DRIVING LESSONS

Roseau River First Nation

**Every Tuesday
5PM at Makoons**

Moccasin Game Night

**Men and Boys - All Ages
(parents should accompany children)**

**Monday Jan 15, 29, Feb 12, 26, Mar 11, 25, 2024
7 pm to 10 pm at the Ginew School**

**Please bring your own equipment. Supplies maybe limited.
(hand drums, hiding pads, striking sticks and marbles)**

If there is enough interest, we will start a moccasin game league, buy more equipment and go to weekly nights.

Contact Zongidaya Nelson for more details at Ginew Wellness Center at 431-800-1275 or via email at znelson@ginew.ca



Strengthening Families-Maternal Child Health



If you would like to learn more about the

MCH Program

please contact:

Cindy Buhler RN BN

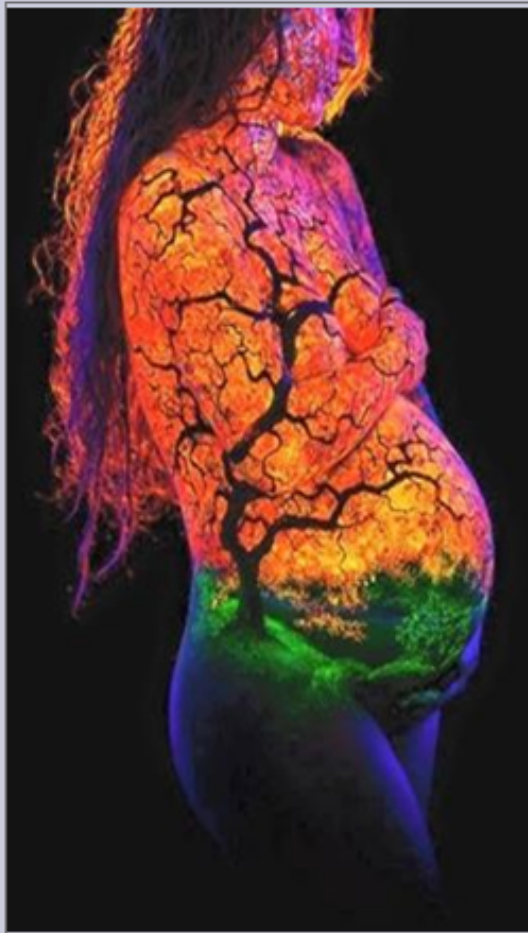
Faye Nelson, Family Visitor

Angelina Zacharias, Family Visitor



Ginew Wellness Center (431) 800-1275

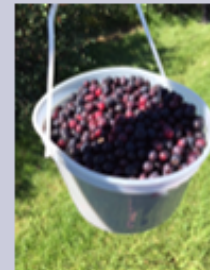
Success Through Advocacy and Role Modeling



" We believe that women can obtain mental, physical, emotional and spiritual wellbeing for themselves and their families"



" Accessing information with regards to drug, substance or alcohol treatment.



" Assisting in developing and maintaining trusting relationships with community agencies.

" One on one non-judgmental, confidential, caring support.

Addressing women's health

" Accessing pre /post natal care.



" Help addressing issues such as: housing concerns, social assistance, child custody issues and domestic violence.

If you would like to learn more about the

STAR Program please contact:

Cindy Buhler RN BN or **Chantal Seenie, Mentor**

Ginew Wellness Center (431) 800-1275



STAR
Success Through
Advocacy & Role Modeling
FASDPREVENTIONPROGRAM

Canada Prenatal Nutrition Program



Are you pregnant or expecting?



Experiencing Morning Sickness or other pregnancy discomforts?



Are you looking for ways to eat healthier?



Is your child 6 months & introducing solids?



Are you breastfeeding or planning to?



If you would like to learn more about the
Canada Prenatal Nutrition Program

please contact:

Cindy Buhler RNB N

Ginew Wellness Center (431) 800-1275



Prenatal class



Join us in prenatal class while we learn about, breastfeeding, labor and delivery, oral health, pregnancy discomforts, alcohol/drug/ smoking prevention, nutrition, traditional teachings, growth and development, postpartum care.



WHEN:

**FEB 22, FEB 26,
MAR 4, MAR 11**

WHERE: GWC MPR

TIME: 2PM-4PM



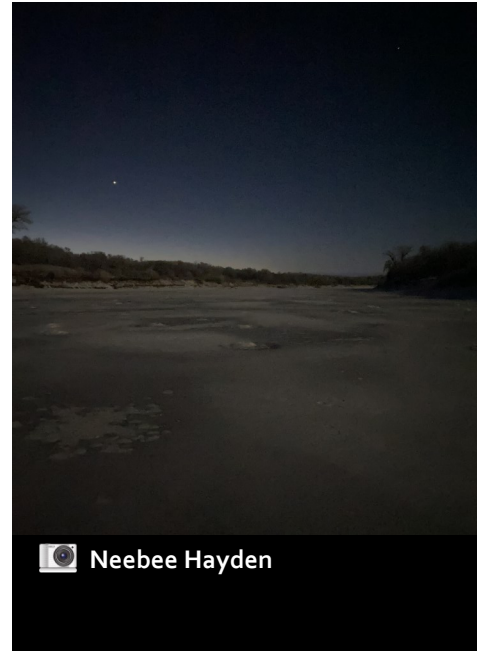
To Register or get more information please call Cindy Buhler, RN/BN

431-800-1275 EXT.123

Mental Health

8 TIPS FOR WINTER WELLNESS

- WASH YOUR HANDS
- STAY HYDRATED
- STAY ACTIVE
- EAT NUTRITIOUS FOODS
- SUPPLEMENT WITH VITAMINS
- GET ENOUGH SLEEP
- LIMIT ALCOHOL INTAKE
- MAINTAIN A HEALTHY OUTLOOK



Sitting in your car outside of Your house is self care. I Can't explain it but if you Know you know.

LAUGHTER

and its Benefits On the Body

Laughter:

- increases serotonin and endorphins in the brain
- replenishes the lungs
- relaxes muscles and eases tension in the body
- reduces stress hormones in the body
- protects the heart
- increases immune system functioning
- is the best workout

A.A. Meetings

**Where? Ginew Wellness
Center**

Times? Tuesdays @ 2:00 pm

Thursdays @ 10:00 am

**Contact: Bonnie Gamble
431-800-1275
ext. #111**



 Neebee Hayden

Gii da bwa naa?



Waboose Room

Ginew Wellness Centre

Wednesdays

6:00 pm – 8:00 pm

A.A. Wellness Dialogue

Debra Henry 431-800-1275 ext. 124

What happens when you text 9-8-8?



You will receive a message
To let you know you are in the right place.



You will be asked a few short questions
Including whether you'd like to text with someone in English or French.



You will connect to a trained responder
If you need to wait for a short time, please stay with us – we will answer your text.



The responder will support you without judgment
Whatever you're facing, the responder you connect to will give you space to share your problems, and help you find ways to keep yourself safe.

If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.



9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

GWC FOOTCARE
CLINIC DATES
February 6 & 20
March 5 & 19
April 2 & 16

EMERGENCY NUMBERS

Ambulance	204-427-2202
Fire/MFNPS	204-427-3383
Manitoba Suicide Line 24/7	877-435-7170
After Hours Medical Transportation	204-746-5544
Health Links	888-315-9257
Klinik Crisis Line	888-322-3019
Kids Help Phone	800-668-6868 or text 686868


WINTER DIABETES SURVIVAL!



COLD FEET, WARM HEART,
AND A CONSTANT EYE
ON THOSE BLOOD SUGAR
READINGS!


#WINTERDIABETESSURVIVAL

EYE TEST



IF YOU SEE THIS BANANA AS:


- Yellow = normal
- Red = you're emotional
- Blue = you need to change your lancet



Did You Know:

Snow-bones are the lines of snow or ice left at the sides of roads after the rest of the snow has melted.



 Neebee Hayden

LAUGHTER IS MEDICINE

COMICS, RIDDLES, & OTHER FUN THINGS

COMICS & PHOTOS WANTED!!


Enter a comic or photo to be included in our future quarterly newsletters.

Rules: Story and artwork must be your own original creation. Characters must be your own creation. Creations involving already existing characters (real or fictional) will not be used. Artwork can be in any style. Entries must include a title. Entries must be signed. **Entries cannot be excessively violent, racial or sexually explicit.** Copies of the original work must be submitted instead of the original. The original work is the property of the artist but permission to use the artwork in future publications is assumed with submission.

Photos: All photos must be original work, taken by the entrants. No third party may own or control any materials the photo contains, and the photo must not infringe upon the trademark, copyright, moral rights, intellectual rights, or rights of privacy of any entity or person. The original photo is the property of the artist but permission to use the photo in future publications is assumed with submission.

Submit your entries to vberg@ginew.ca or in person to Veronica Berg at Ginew Wellness Center.



 Neebee Hayden



Craig
Alexander

Taken on the
Main Road past
the Lagoon in
late October

Unedited



Q: What happens to a frog's car
when it breaks down?

A: It gets toad away.

Q. How do folks at
NASA organize a party?

A. They Planet!



Word Search

A S O U N D P R O O F E D A B E
D A G G E R S J U R I D I C A L
O O S P A S M V A C M T E A L S
S B P S R E T I O N N O C E R E
S A R T X E S S T D N O L A E B
Y L L A T K P O Y E Z E C T W S
K M Y S E L F R V R G U X G E U
E M U U M U U E G A T X P Z N N
S P I U Q C N V S E L C A Y E F
R M A X E U A I S S A F Y L X R
A U M N G M W V B J O R A U E O
S L O E A Z A A O S H P B L C C
T P M M S Z R L Z R S M L O F K
A S I V U A E S O I T O E U X A

ACUTES
BOAS
CONCUR
EXEC
JURIDICAL
MUUMUU
OTIOSE
QUIPS
SHOAL
SOUNDPROOFED
TOFU
UNEVEN
VISOR

ALFALFA
BOZO
DAGGERS
EXTRAS
MAMA
MYSELF
PAYABLE
RECONNOITERS
SLOE
SPASM
TRYSTS
UNFROCK
YAPPED

ANNEX
CAJOLE
ELSE
FAZES
MESA
NAPE
PLUMP
REVIVALS
SODA
TALLY
TSARS
USAGE
YUCK

BADE
CAVORT
EXAM
GEARBOX
MOLTEN
NEWER
POSSE
SEARED
SOFA
TEALS
UNAWARE
VISA



My first objective when I get home is to change into something that makes me look like I am homeless.

3am thoughts

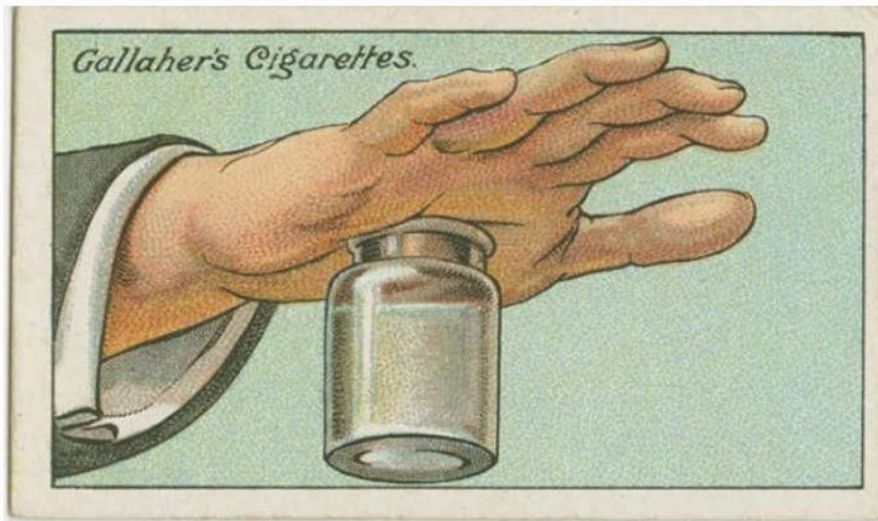
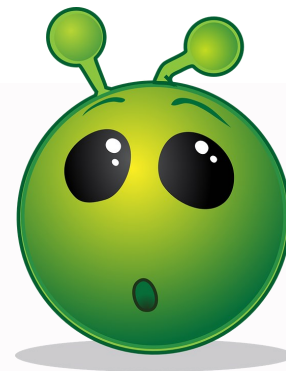


Image Credit: New York Public Library



"A splinter embedded in the hand is often very painful to extract. A good way to accomplish this is to fill a wide-mouthed bottle with hot water nearly to the brim, and press affected part of the hand tightly against mouth of bottle. The suction will pull down the flesh, and steam will soon draw out the splinter."

IF YOU REMEMBER THIS



**YOU HAD
AN AWESOME CHILDHOOD**

how concentrated milk is made



Someone who suffers from "anatidaephobia" believes that somewhere, somehow a duck or goose is constantly watching them.



Watch your back

**If you see a toilet
in your dream,
do not use it.**

KitchenFunWithMy3Sons.com

Q: What do you call Bears with no ears?

A: B!



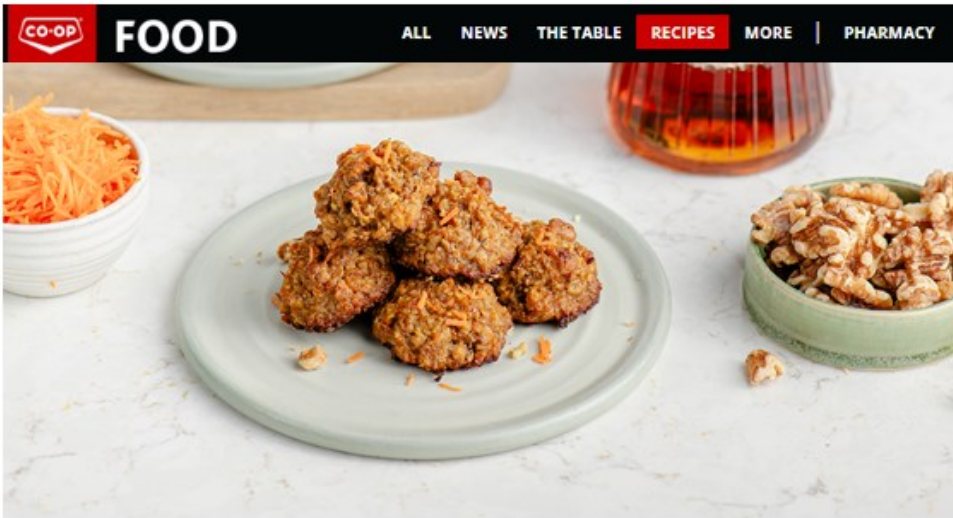
FOUND CAT. Cream color. Well cared for. No collar/tags. Doubt it's chipped. Can't keep it because my dog seems afraid of it.



STAFF PICKS:

FAVORITE MOVIES!

- ◆ "Terminator 2: Judgement Day, The Dark Knight, The Lord of the Rings trilogy" Zongidaya Nelson, Traditional Healing Cultural Worker.
- ◆ "Fantastic Mr. Fox" Alex Hartin, Fitness Worker/Other duties as assigned.
- ◆ "Just Go With It" Carly Becker, Youth Worker Jordan's Principle.
- ◆ "Pitch Perfect" Tricia Higheagle, Child and Youth Navigator Jordan's Principle.
- ◆ ""The Town" Sherri Thomas, Health Director.



[CO-OP](#) // [FOOD](#) // [RECIPES](#)

CARROT MAPLE COOKIES

INGREDIENTS

- 1 orange, zested
- 1 overripe banana, mashed
- ¼ cup CO-OP GOLD Pure Maple Syrup
- ¼ cup butter, softened
- 1 egg
- 1 tsp nutmeg
- ½ tsp cinnamon
- 1 cup finely grated carrots
- 1 cup CO-OP GOLD Quick Oats
- ¼ cup chopped walnuts

DIRECTIONS

Prep Time: 10 minutes
Cook Time: 15-18 minutes
Total Time: 25-28 minutes
Serves: 20

- Preheat oven to 375°F.
- In a large bowl, whisk first seven ingredients together. Add carrots, oats and walnuts, and mix well with a wooden spoon.
- Roll ½ tablespoons of batter into a ball. Place on baking tray and slightly press down, only to prevent from rolling.
- Bake for 15-18 minutes until slightly crunchy on the outside and chewy on the inside.

GINEW WELLNESS CENTER

Our vision is to promote holistic healing by providing an integrated health care system that will focus on the spiritual, physical, mental, emotional and social well being of Roseau River Anishinaabe First Nation.

Our mission is to promote and provide quality health care services for the people of Roseau River Anishinaabe First Nation.

If you have any recipes, ideas, news to share for future newsletters

Please submit to Veronica Berg

vberg@ginew.ca

Ginew Wellness Center

Box 90

Ginew, MB.

RoA-2Ro