



giNEWS

Ginew Wellness Center
Quarterly Newsletter

November, December, January 2023-24
Volume 1, Issue 3

MEET THE MENTAL HEALTH AND WELLNESS TEAM!!



Heather Johnson

Mental Health Team Lead

How long have you been at Ginew? **4 Years as of 10/16/2023**

If we had an annual “cosplay at work” day, what would you dress up as? **Viking (Hildegard)**

What is your biggest fashion regret? Have you seen it re-emerge since? **Elephant leg pants, yes.**

Is there someone in your life you admire? Why do you admire them? **Sherri Thomas– She has wisdom under pressure**

Bonnie Gamble

Mental Health Worker/NNADAP worker

How long have you been at Ginew? **I first started working at the GWC 20 years ago. I did leave once but came back after a few years.**

If you had to enter a talent show, what would be your act? **I would either sing a song or paint a picture.**

What is the laziest thing you done out of convenience? **Instead of making myself a decent meal I would just snack on Munchies.**

Do you have a favorite family tradition? **Favorite family tradition is to cook for my family on holidays.**



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Debra Henry

Wellness Worker

How long have you been at Ginew?

I have been with Ginew Wellness Centre in the capacity of Mental Health Worker since 2017 July. I have had various roles with GWC through the years as interim worker for several of the programs. F.A.S.D. interim worker, Maternal Child Health, interim worker, part time inventory collection, and Coordinator for the Ginew Centre for Healing.

Is there something you pretend to hate but secretly love?

Something I secretly love is helping others, I sometimes get to the point where I think I don't like doing this. In the long run I think I will go out with always helping others.

What is a small thing that makes your job easier/better? **The thing or someone that makes my job easier, is my thoughts of our community. Don't ask me where I developed a love for where I come from, but it may be from my father. He loved being Anishinabe, he showed it in how he instructed us through the time he was with us.**

What is the best work event that you have been to? What made it so great?

The best work event that I have been to, would be our workshops. They are informative, and they are designed to give us extra skills and tools to use in our job.



Brooke Isenschmid

Wellness Worker

How long have you been at Ginew?

It will be 6 years in April.

What TV world would you want to be part of if it were real?

I don't know if I'd want to be a part of it, but Grey's Anatomy as it's my favorite show.

What's your favorite project you have worked on?

I love flipping/refinishing furniture.

Have you ever met anyone famous?

Dean Brody 3 times, once at Club Regent, once at The Burt and once at The Ex.

Tom Peters

Mental Health Therapist- Visiting Professional

How long have you been at Ginew?

6 years.

What does your morning routine look like?

Shower, Breakfast, Meditation.

What is your ultimate tv/movie snack?

Nachos.

What is an achievement you are proud of?

A healthy and nice looking front lawn.



Linda Dettanikkeaze

Mental Health Therapist

How long have you been at Ginew?

One month

Is there a book or movie that has impacted you?

Atlas of the Heart. By Brene Brown.

What does a perfect day off look like for you?

A nice, delicious breakfast.

What helps keep you motivated?

To greet the new day.

Fun Fact: Wombats are the only animal whose poop is cube-shaped. This is due to how its intestines form the feces. The animals then stack the cubes to mark their territory.



Kirby Nelson

Cultural Worker

How long have you been at Ginew?

4.5 years I've worked here.

Why did you choose the field you are in?

I wanted to help and give back to my community.

What do you do everyday here that you wish could be automated?

Consumption of coffee. It's too hot lol

Have you checked something major off your bucket list? What was it?

Yes I have. Travelled to Vancouver and seen the ocean and mountains.

Zongiday Nelson

Traditional Healing Cultural Worker

How long have you been at Ginew?

I lived in and close by to RRAFN all my life with a few stops in between. I started working on September 18, 2023, at Ginew Wellness Centre. Kirby and Carly have been keeping me busy as I started when they were in the process of getting the Camping and Hunting Trips ready for the Children and Youth of RRAFN. I feel lucky and proud, to be to land a job that lets me do things I love and does not make me feel like it is work.

What is something you are really proud of?

A lot of African Americans were elated, shocked and proud of the fact that Barack Obama was elected President of USA in 2012. The same can be said for Native Peoples of Canada about the election of Wab Kinew to Premier of Manitoba this month. I am feeling the same way, proud, elated, and shocked in a good way for Wab.

Which historical figure would you most like to meet?

Joe Montana or Jerry Rice, I grew up watching the San Fransico 49ers win 5 Super Bowls.

What three items would you take with you to a deserted island?

The Dark Tower Book series by Stephen King. 2- The Wheel of Time book series by Robert Jordan and Brandon Sanderson. 3-Marvel and DC comics (all of them). What can I say, I like to read!!



EVENTS & ACTIVITIES

SURROUNDING AREAS

Borderland School Division

Nov-10 Admin Day (no classes)

Nov-24 Student Conferences

Dec 25-Jan 05 Winter Break



November 9th: RVS Remembrance Day Service

November 16th: RVS Cooknight

November 23rd: Student led Conferences and RVS Parents in the Building

Dec.1st: RVS Winter Banquet (Grades 7-12)

In Flanders Fields

poem by Lieutenant Colonel John McCrae, 3 May 1915

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

lest we forget

FREE OF CHARGE



Promoting Mental Health in Young Children

Free program for Parents or Caregivers to support their children in:

- Building Trust + Attachment
- Building Self-Esteem
- Expressing Emotions
- Relationships With Others

Lots of activities, games and discussions

Snacks will be provided

Facilitated by: Katherine Beaudoin,
Holly Larson & Quinn Brandt

If you are interested in attending
please email Michele at:
RogalskiM@BLSD.ca

Childcare will not be provided but feel free to
bring your little ones along!

4 Sessions on Wednesdays from 10am-11:30am

November 8
November 15
November 22
November 29

Location: Emerson Elementary School Library



**Healthy Together Now
2024-2025
(Re)Connecting with Nature and
Neighbours**



Southern Health-Santé Sud's Healthy Living team is pleased to offer a grant focused on (Re)Connecting with Nature and Neighbours, for up to \$2000, to communities in Southern Health-Santé Sud.

Goal: To enhance our enduring relationship with nature and community for overall health and well-being, using a variety of strategies to make everyone feel more connected to the natural world around us.

We encourage projects that provide ways to build on and to create new ways for people to connect with natural spaces.

Project Ideas:

- Outdoor Recreation Try-It Events (paddle clubs, cross country skiing)
- Wisdom Sharing Across Generations & Cultures (outdoor cooking, guided forest tours, land-based education, plant/tree identification walks, medicinal/foraging workshops, seed library)
- Nature-based art classes (ice art, painting, nature journaling, writing poems or short stories, photography of landscapes and natural subjects)
- Community bike workshops/Rides/Tours
- Self-guided tours (Reconciliation art tour, sensory path, photograph scavenger hunt, garden and orchard tours, descriptive signage)

Application deadline is November 29, 2023

For more information on how to apply contact
Leigh Finney - lfinney@southernhealth.ca





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

Fun Fact: Octopuses have three hearts. One pumps blood around the body, while the other two pump it to the gills. Oh, and that blood is blue, thanks to high copper levels!

EVENTS & ACTIVITIES

ROSEAU RIVER ANISHINAABE FIRST NATION

Paint Night

*The last
Wednesday of
the month,
watch Ginew
Facebook
page for
reminders!*

*Contact
Veronica
Berg to
Register!*

*431-800-
1275 ext 113*

Ginew Wellness Center - Jordan's Principle Events

- Thrifting Days
- Clothing Swap
- Free Day
- Go Girls Program
- Merchandise Bingo
- Pitching Machine
- Disc Golf
- Life Skills Workshop
- Hunting Camp
- Halloween Activities
- Family Block Party
- Elders Workout Program

Please keep your eyes out for future posters with dates, times, and locations.
Thank you!



Made with PosterMyWall.com

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:

Learn the basics
Drills
Scrimmages

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



ADULT VOLLEYBALL NIGHT

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

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

**Everybody welcome!
Bring Indoor Shoes**



ASIST

Applied Suicide Intervention Skills Training

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety

Goals and objectives:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

DATE: Wednesday, December 6, 2023 – Thursday, December 7, 2023
LOCATION: MPR – Ginew Wellness Centre
TIME: 9:00a.m. – 4:00p.m.

To register, please contact Heather Johnson at hjohnson@ginew.ca

*snacks and lunch will be provided
*door prizes!!
**Registration deadline is Friday, December 1, 2023

Knitting Club

*Every other Tuesday at the
Elders Lodge 10am-12pm*

Tea with the Elders

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

Strengthening Families-Maternal Child Health



If you would like to learn more about the

MCH Program

please contact:

Cindy Buhler RN BN

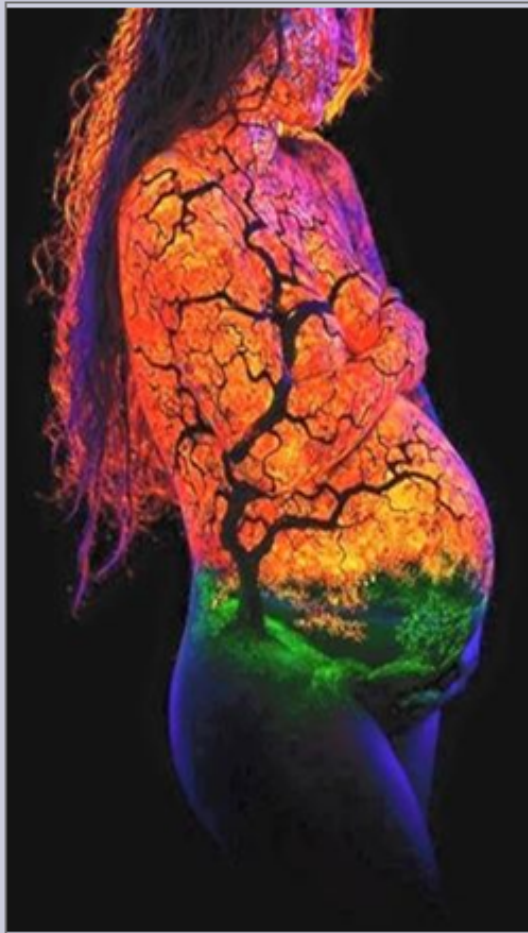
Faye Nelson, Family Visitor

Angelina Zacharias, Family Visitor



Ginew Wellness Center (431) 800-1275

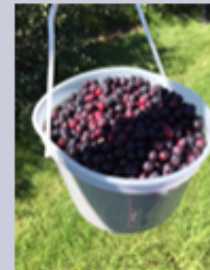
Success Through Advocacy and Role Modeling



" 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

November:

27th, 28th

December:

5th, 6th, 7th

10:00-12:00

Snacks included



- ~ Breastfeeding
- ~ Labor and delivery
- ~ Oral health
- ~ Pregnancy discomforts
- ~ Alcohol/drug/smoking prevention
- ~ Nutrition
- ~ Traditional teachings
- ~ Growth and development
- ~ Postpartum care

To Register or get more information please call
CINDY BUHLER. Seating is limited.

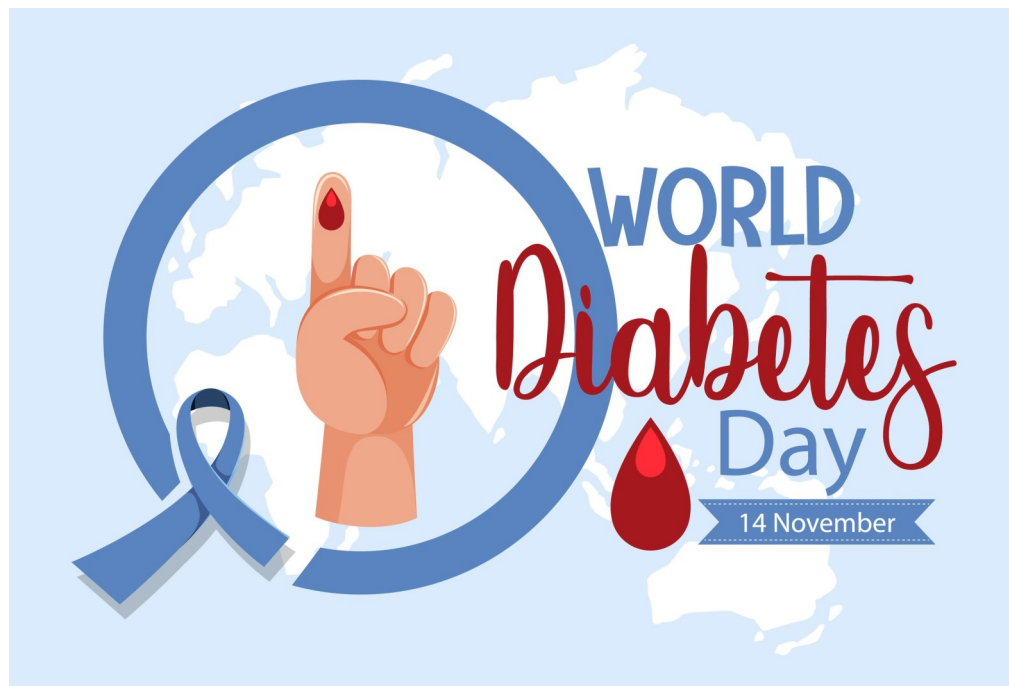
431-800-1275 Ext.123



ABORIGINAL DIABETES INITIATIVE

One of our success stories!
Veggie Giveaway Day!

Contact Debbie Alexander at the Wellness Center for information on what the ADI program offers!



Did You Know:

It's impossible to hum while holding your nose (just try it!).

10 Tips for Planning Meals on a Budget

Are you trying to save money on your food bill but don't want to compromise on nutrition? If so, start by planning your meals for the next few days or week ahead. It takes a bit of time, but it will help you save money and can help boost nutrition.

10 tips to get you started on meal planning on a budget:

1. Make a menu. Decide which meals you will make for lunch and dinner and make a list of the items that you will need from the grocery store. When you have a plan, you will be less likely to spend money on fast food or convenience meals.
2. Plan your meals around foods that are on sale. Check store flyers, newspaper inserts and coupon sites online. You may be surprised at the good buys available. Just be sure to buy and plan for foods that you will actually use so that they don't go to waste.
3. Plan some plant-based meals every week. Legumes (beans, lentils, dried peas), tofu and peanut butter offer great tasting protein at a good price. Here are a few tasty plant-based meal idea recipes: The Ultimate Mixed Bean Salad, Chickpea Tikka Masala, and Quick Quinoa and Veggie Casserole found on Cookspiration.com. Don't forget about canned fish, like tuna and salmon. These can be an inexpensive way to get protein and omega-3 and last longer than fresh varieties.
4. Check your pantry, refrigerator and freezer. Look at the expiry dates of the foods and ingredients you already have on hand. Which ones do you need to use up? Look for recipes that use those foods and ingredients.
5. Enjoy grains more often. Grains such as rice, pasta, barley and couscous are inexpensive and can be used in many different recipes. Try them in soups, stews and salads such as Lentil Bolognese and Curry Chickpea Pasta Salad found on Cookspiration.com.
6. Avoid recipes that need a special ingredient. Some recipes call for a special ingredient that you may not have. How much does that ingredient cost? Does it come in a small or big package? Can you use it in other recipes before it goes bad? It may not be worth the money to buy an ingredient if you are only going to use it once. Leave the ingredient out or try the recipe with an ingredient that you already have at home. It's fun to experiment while cooking and you may surprise yourself with the finished dish.

7. Look for seasonal recipes. Vegetables and fruit are less expensive when they're in season. Frozen and canned choices are also a good buy and can be just as nutritious.
8. Plan to use leftovers. If you're cooking roast chicken with rice and vegetables for Sunday night's supper, then make chicken sandwiches for Monday's lunch. On Tuesday, use the bones to make a chicken soup and toss in any leftover vegetables and rice. Download our free recipe book [Easy Meals for Great Leftovers](#) for more inspiration (found on [UnlockFood.ca](#)).
9. Make extras. Don't let a big bunch of carrots or celery go to waste. Use it all up by making an extra big pot of soup. If ground beef is on sale, make two batches of lasagna instead of one. Serve one batch for dinner, and freeze the other batch in meal-sized portions for another time.
10. Know what your family likes to eat. Encourage your family to share their favourites and help with menu planning. That way you can look for favourite ingredients and foods when they go on sale.

When meal planning, it is also important to make sure meals are balanced. A balanced meal includes vegetables and/or fruits, whole grains and protein foods. For more information on balanced meals visit [UnlockFood.ca](#).

For more recipe ideas, check out [Cookspiration.com](#) – our site dedicated to nutritious meal and snack ideas.

How can a dietitian help?

A [dietitian](#) can give you personalized advice on how to save money on food while not compromising on nutrition. They will make sure you are getting all the nutrients you need to be healthy as well as share grocery shopping and cooking tips to make the most of your food budget. Did you know that dietitians are covered by many employee health benefit plans? [Connect with a dietitian today!](#)

Bottom line

Meal planning is one of the best ways to save money on food while making sure you are eating balanced, nutritious meals.

Contact Debbie Alexander and Kim Knott our Dietitian for more information on other healthy meal planning ideas! Ginew Wellness Center 431-800-1275.

Mental Health

Tips to spread Joy and positivity!

By Sarah Barkley

1. To spread positive vibes, I must first be happy with myself.

You cannot radiate joy and positivity if you are unhappy with who you are. Learn to love yourself and live a life that you are happy with. Then, you will be able to spread happiness to others while also increasing your inner positivity.

2. Everyone has greatness inside of them.

There will be times when you feel low and like you have nothing to offer. When that happens to you, remember this happy phrase and use it as encouragement. Greatness lies inside everyone, and you have to look for it and know that it is there.

3. The key to a joyful and positive life is creating a life I love.

You have to love the life you are living if you want things to work out. Only then can you be joyful and positive and spread it to others. Make decisions that you can live with, and follow the path that you desire.

When you make decisions for yourself and follow your path, you're sure to be happier. Then you can spread happiness and positivity to others, too.

4. Without hardship, I would never learn or grow.

Obstacles and hardships shouldn't be considered a bad thing. Remember that without them, you will never learn or grow into a better version of yourself. Embrace and learn to enjoy hardship because of the growth that will come from it.

5. Even one single person can change things for the better.

You don't have to follow the crowd to make a change. Likewise, you don't have to have others on your side or in your group to make a change. You can make a change by yourself, and seeing the difference will be inspiring.

Once other people see you making a positive difference, they will be more likely to join in, too. With additional help, the change that you make will be even more significant. Don't get discouraged if you don't have support, though. Just keep doing what you know is right.

6. When I want to spread joy and positive vibes, I must change my thought process.

Positive feelings and vibes can only come with positive thoughts. If you notice that your thoughts are negative, make a conscious decision to change them. Focus on positivity, and you will see that joy and positive vibes follow.

7. I am pushing away the thoughts that say "I can't," and I grow more positive because of it.

While you're pushing [negative thoughts](#) away, you have to be sure to push out the "I can't" thoughts. These types of thoughts will only hold you back and prevent you from joy and positivity. Instead, use phrases that begin with "I can," and you will notice a positive change.

8. The storms will end, and there will be plenty of sunshine for everyone.

Bad times happen to everyone, but they always end. This should still give you hope for the future because things always get better.

Once the storm passes, you will experience sunshine again. Don't be discouraged if you see others having a joyful time because there is enough of it for everyone. When you can be happy for the sunshine others are experiencing, you'll spread joy and positivity.

9. The things that I learn can never be taken away from me.

One thing you can always be happy about is that your knowledge can never be taken away. Everything you have learned in your life will stay with you forever. Your wisdom can help you be happy, and it can help you spread joy and positive vibes.

10. Where there is love, there is the potential for joy.

With people or things that you love surrounding you, you can be happy. Look around and [count your blessings](#) regularly, and you will be more joyful and positive.

If your loved ones are far away, make time to talk with them or video chat with them. Even doing this can increase your happiness and help spread joy and positivity.



Happiness cannot be discovered. It is always there—we must learn how to see it.

- Buddha

11. The best part about making a mistake is how much I learn from it and can teach others.

Mistakes happen, but you can't beat yourself (or others) up over them. Remember that mistakes aren't a bad thing because they are always a learning opportunity. When you make a mistake, reflect on what went wrong. Then, think about what you can do differently next time. With your wisdom, you will get farther, and spreading the knowledge to others will promote joy and positivity.

12. The things that make me unique are the things that make me special.

Being different is a good thing, and you should embrace what makes you different. When you acknowledge that your differences make you unique, you will notice that you become more joyful. Self-acceptance is key to spreading positive vibes.

13. I will change myself so that I can change the world.

If you want to see a joyful and positive change in the world around you, then be the one to start the change. Reflect on what you could change about yourself to make the world a better place. Then, come up with a plan to get it done and get started.

With those changes, you will be more joyful and positive. Plus, others will see the difference in you and want to reach the same happiness level. Before you know it, you will have caused those around you to begin changing for the better, too.

14. I can accomplish anything with hard work and determination.

Nothing in life will be handed to you, so you have to work for it. Be determined as you work toward your goals, and you will reach them more quickly. Plus, you will be happier and more positive along the way, too, helping yourself and those around you.

15. With positive thoughts, anything is possible.

Always remember that the world around you is a reflection of your thoughts. If you notice negativity in the world, it is likely because your thoughts are negative. Try [thinking positively](#) all the time and see what a difference it makes in your life.

16. A simple smile can change everything.

When you're feeling negative, try smiling for a while. Smile in the mirror and smile to anyone you may see or pass. When you do, you will notice that your mood improves a little each time.

Not only will your mood improve, but the attitude of those around you will improve, too. It is the best way to spread joy and positive vibes.

17. If I do what I am passionate about, life will be full of positivity.

Follow your dreams and do what you are passionate about. You can give your all and do what makes you happy at the same time. With that will come joy, positive vibes, and success that is incomparable to anything else.

When you do what you love, your life will change for the better. Then, you can help change the world for those around you, too.

18. I will trust my heart to lead me in the right direction.

Follow your heart when you are making decisions. Your heart will lead you in the direction of your passions and toward the things that you are good at. Don't let anyone sway your decision, and be confident enough to follow a different path than everyone else.

19. I will be confident, know my worth, and believe that I am talented.

Confidence and a self of self-worth will get you far in life. It will help promote joy and positivity, and you will recognize your talents and strengths. Use this happy phrase anytime you begin to feel down, and it'll spread happiness and [positivity](#) again.

Advertisements

20. Joy and positivity only come when I walk my own path, and I can inspire others to do the same.

You can't be happy if you keep following others because you will never know what your life should be like. Following others means giving up your passions, goals, and desires as you strive to make someone else happy. Doing this won't help, though, because if you aren't happy, you can't spread positivity to those around you.

Reindeer eyeballs turn blue in winter to help them see at lower light levels. (They're golden-colored in summer.) No other mammals are known to have this ability.

I wish people knew that my mental health is so physical too:



GWC FOOTCARE

CLINIC DATES

November 14,
2023

November 28,
2023

December 12,
2023

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

LAUGHTER IS MEDICINE

COMICS, RIDDLES, & OTHER FUN THINGS

COMICS & PHOTOS WANTED!!

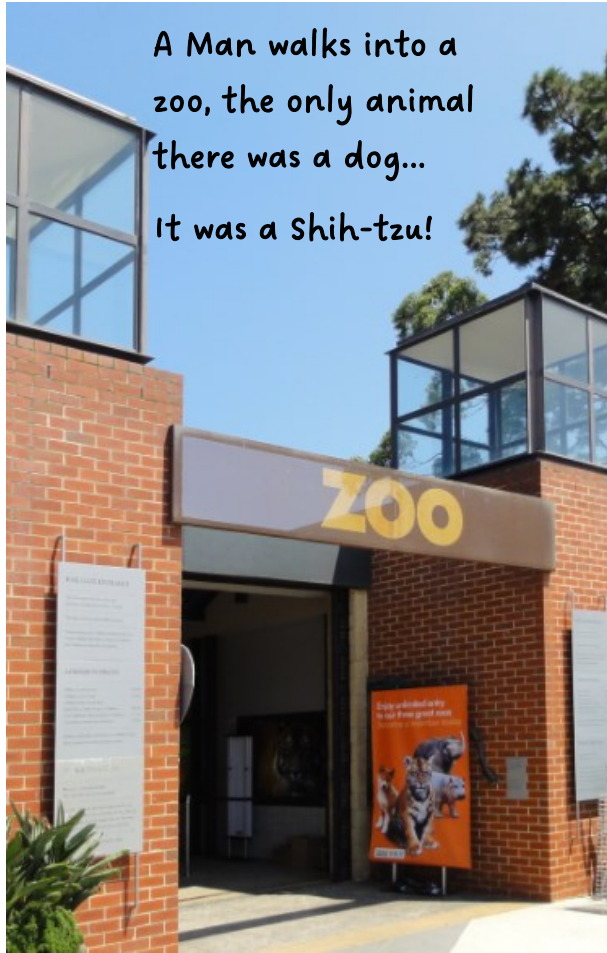
Enter a comic or photo to be included in our future quarterly newsletters.

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.





A Man walks into a
zoo, the only animal
there was a dog...
It was a Shih-tzu!

Q. WHAT DO YOU
CALL A BEAR WITH
NO TEETH?

A. A Gummy Bear

NASA successfully hurled an object into an asteroid at 14,000 mph to see if it could be knocked off course.

The James Webb telescope took a detailed image of the impact site.



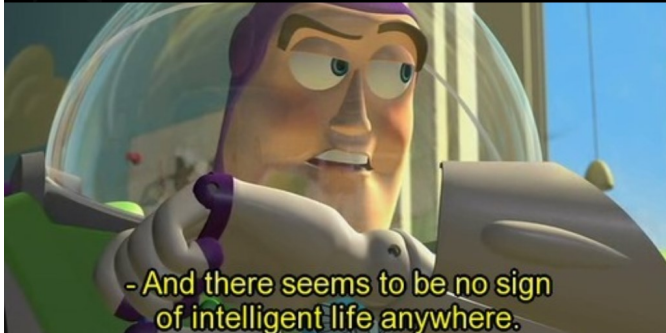
made with mematic



Q: Where
do you find
a dog with
no legs?

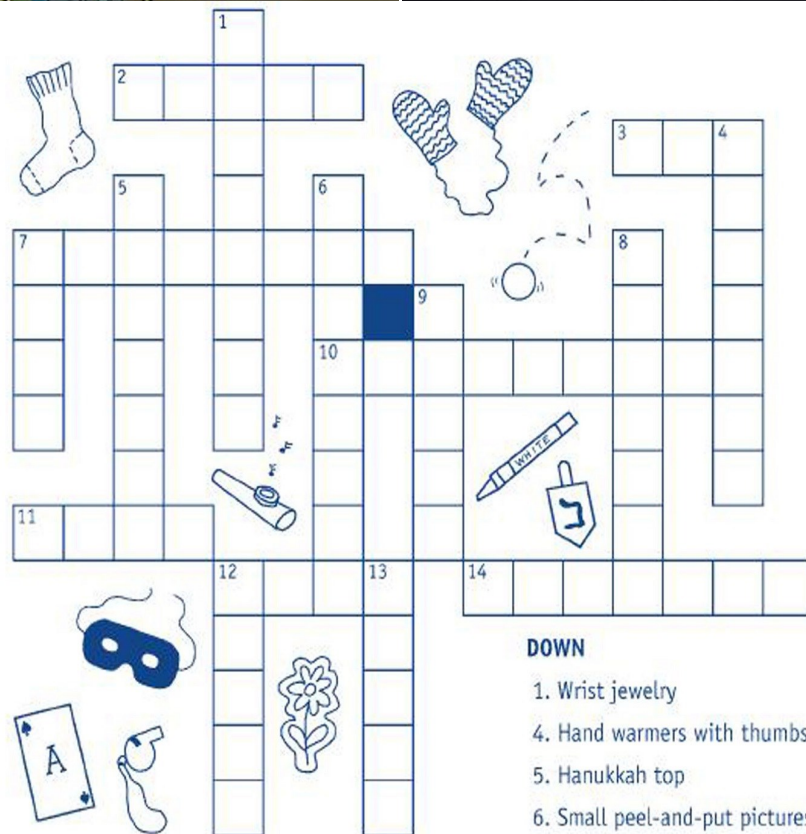
A: Where
you left it.

WHEN SOMEONE SAYS THEY DON'T LIKE HOCKEY:



- And there seems to be no sign of intelligent life anywhere.

When I look in the mirror and see gray hair, tiny wrinkles, and dimming eyes I think, "They sure don't make mirrors like they used to."



ACROSS

- 2. 52 come in a deck
- 3. Sweet, chewy sticks
- 7. Hair decoration that clips

10. Milk or dark candy gelt

- 11. Bouncy sphere
- 12. Covers the face
- 14. Shrill noisemaker

DOWN

- 1. Wrist jewelry
- 4. Hand warmers with thumbs
- 5. Hanukkah top
- 6. Small peel-and-put pictures
- 7. Story holder
- 8. Waxy coloring sticks
- 9. Keep your feet warm
- 12. Watched with popcorn
- 13. Humming instrument

Q: Why don't bears wear shoes?

A: What's the point, they'd still have bear feet!

CHRISTMAS COOKIES?



NO, I HAVEN'T SEEN ANY CHRISTMAS COOKIES

Merry Christmas  **WORD SEARCH**

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

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- | | | | |
|--------------|----------------|---------------|-------------|
| 1. Merry | 5. Friends | 9. Candy | 13. Holiday |
| 2. Christmas | 6. Gifts | 10. Giving | 14. Music |
| 3. Vacation | 7. Decorations | 11. Ornaments | 15. Lights |
| 4. Family | 8. Shopping | 12. Santa | 16. Carols |



STAFF PICKS:

Binge Worthy TV shows!

- ◆ “Game of Thrones” till they messed up the ending! suggested Alex Hartin (Fitness Worker, Jordan’s Principle)
- ◆ “The Office” I’ve watched it all probably 5 times! suggested by Veronica Berg (Community Health Transformation Liaison)
- ◆ “Designated Survivor, Game of Thrones, White Collar, Criminal Minds, Dexter, Alone, Breaking Bad, New Girl, Schitt’s Creek, Dead to Me...If you had to pick one!! There's so many though!! 😞😞😞 lol.. I’ll say **Dead To Me!**” suggested by Carly Becker (Youth Worker, Jordan’s Principle)

Sweet Potato Cauliflower Soup

A creamy vegan soup made with whole food ingredients and minimal fuss to let the vegetables shine. Perfect for a weeknight.

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins



Course: Entrées Cuisine: dairy free Servings: 4 Calories: 310kcal
Author: Jenn Sebestyen

★★★★★
4.69 from 76 votes

Ingredients

- 1 onion diced I used a sweet onion
- 3 garlic cloves minced
- ½ teaspoon dried sage
- ½ teaspoon paprika
- ½ teaspoon turmeric
- 2 average sweet potatoes peeled and chopped
- 1 average cauliflower chopped into florets; divided
- 4 cups low sodium vegetable broth divided
- 13.5 ounces canned light coconut milk*
- 1 teaspoon olive oil or oil of choice (optional, but helps with roasting)
- Salt & pepper to taste

Instructions

1. Preheat oven to 400 degrees F. Take 1 cup of the cauliflower and spread onto a baking sheet. Drizzle the 1 tsp of olive oil (if using) and a sprinkle of salt over the cauliflower and mix well. Spread the cauliflower out into one even layer and bake for 20 minutes. Shake the pan to toss the cauliflower around and bake another 5-10 minutes until the edges start to turn brown.
2. In the meantime, in a soup pot over medium heat, sauté the diced onion in ¼ cup vegetable broth until translucent - about 7-8 minutes. Add more vegetable broth as needed so the onions don't stick.
3. Add the garlic, sage, paprika, and turmeric, and sauté 1 minute.
4. Add the chopped sweet potato, cauliflower, and remaining vegetable broth. Bring to a boil, then turn down heat to med-low and simmer for 20 minutes until the vegetable are fork tender.
5. Using an immersion blender, purée the soup until smooth and creamy. (Alternately, you can carefully transfer the soup to a blender to purée.) Add the coconut milk and stir well. Taste and adjust seasonings, adding salt and pepper, if necessary. If you like a thinner soup, add a bit more vegetable broth or water.
6. Serve in individual bowls garnished with a few roasted cauliflower florets.

Notes

*I like using *light* coconut milk in this recipe because it's very creamy without the strong coconut flavor that full fat coconut milk has. Cashew milk would work nicely too.

Nutrition

Serving: 4servings | Calories: 310kcal | Carbohydrates: 54g | Protein: 10g | Fat: 7g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Sodium: 313mg | Fiber: 14g | Sugar: 17g

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

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RoA-2Ro