



# giNEWS

Ginew Wellness Center  
Quarterly Newsletter

May, June, July 2024  
Volume 2, Issue 2



## MEET THE MATERNAL CHILD HEALTH & STAR TEAM!!



**Cindy Buhler**  
**MCH/STAR/CPNP Nurse Supervisor**

How long have you been at Ginew?  
**12.5 Years!**

What is your favorite way to start the day? **Well rested and coffee in hand ☺**

If you could have any superpower, what would it be and why? **Teleportation to beautiful far away places so that I can avoid the plane ride.**

What's the most adventurous thing you've ever done? **Went on a trip to Cuba for the first time @ 50 years young.**

What is one thing you've always wanted to try but haven't yet? **Scuba diving**



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**Chantal Seenie**

**STAR Mentor**

How long have you been at Ginew?

**I have been at Ginew since January 2017.**

If you could live in any time-period, which one would you choose and why? **Either pre-colonial; to experience life on the land, and/or right now, based on things like women’s rights, equal marriage rights, equal rights to vote based on race and gender, etc.**

What is the most memorable concert or live performance you've ever attended? **I love all the concerts!! I'll go with my most recent, Billy Talent. I've seen them before, but this time the venue is was outdoors, so that added to the experience!**

What is one thing you can't live without? **Diet Pepsi. I'm addicted!**

What is your favorite childhood memory? **Sitting on my grandmothers lap, loosing half my cookie by dunking it in her tea, and her still drinking it. I'd remember looking at the bottom of the cup later and there's be chunks of cookie in it.**



**Angelina Zacharias**

**Maternal Child Health Home visitor**

How long have you been at Ginew?

**5 years**

What is something interesting or surprising about you that most people don't know? **My whole family is from south America (Paraguay) except for me.**

What is your favorite travel destination and why? **By plane- Arizona, I got to spend a lot of time there when my Aunt lived there part time.**

**Or anywhere with our camper! My favorite last year was a tossup between Nutimik and Spruce Woods. I love to travel!**

What is your go-to karaoke song? **I don't sing karaoke but if I had to , Any man of mine, Shania Twain.**

What is your favorite way to unwind after a long day? **A walk with my 3 dogs and kids around the dyke in town.**

**Faye Nelson**

**Maternal Child Health - Home Visitor**

**Indigenous Doula**



How long have you been at Ginew?

**11 years!**

What is your favorite hobby outside of work? **Camping and going to concerts, spending time with my kids.**

If you could have dinner with any historical figure, who would it be and why? **Elvis Presley so he can sing to me during our candlelight dinner.**

What is the best piece of advice you've ever received? **Tough times don't last, tough people do!**

What is your favorite book or movie and why? **Twilight Saga all the way!! Duh for Edward & Jacob.**



*Fun Fact: New Zealand has more cats per person than any other country in the world .*

# EVENTS & ACTIVITIES

## SURROUNDING AREAS

### Borderland School Division

May 1-Half Day PD

May 20th- Victoria Day No Classes

June 24th-Admin day No Classes

June 28th-Admin day No Classes

## SPRING PROGRAMS...

\*watch for details\*

### Spring Break Camps:

March 25 - 28  
Curling, Nerf, Lego and Friendship Bracelets

### Yoga :

\*Emerson: April 4 - May 9 \* Dominion City - tbd\*

### Red Cross Babysitting Course:

April 5, Emerson

### Swimming Lesson Registration:

Emerson & Dominion City - April 15

### Learn to Fish:

May-June

### Community Garage Sale:

May long weekend, Municipal wide

### Youth Volleyball:

April/May, Dominion City

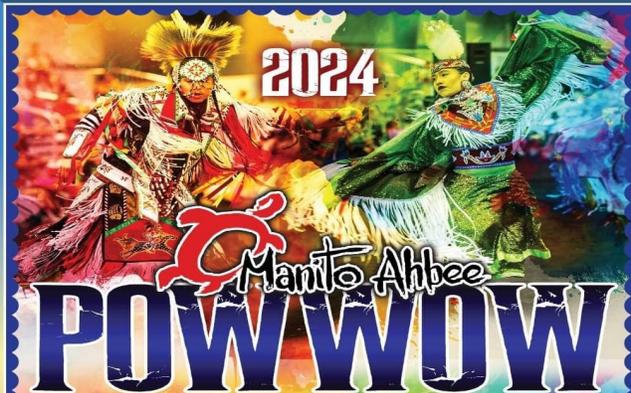
### T-Ball:

May-June, Emerson

### Youth Golf League:

May-June, Dominion City

\*Please contact us if you have any suggestions\* kath@emersonfranklin.com



**MAY 17-19, 2024**  
**RED RIVER EXHIBITION PARK**  
**WINNIPEG, MANITOBA, CANADA**

#### GRAND ENTRIES

**FRIDAY: 7pm (No Points)**  
**SATURDAY: Noon (No Evening Grand Entry)**  
**SUNDAY: Noon**

#### HEAD BYEAF

**ANNOUNCERS:** Rocky White, Hal Engelhart, Howie Thomson  
**ARENA DIRECTORS:** Ron McNab & Rusty Gillette  
**JR ARENA DIRECTORS:** Thomas Bearewell  
**HEAD SINGING JUDGE:** Randy White  
**JR HEAD SINGING JUDGE:** Neil Gray  
**HEAD DANCE JUDGE:** Orlie Little Sky  
**HEAD MAN DANCER:** Kevin Street  
**HEAD LADY DANCER:** Debrae Torbosts  
**HEAD YOUNG MAN DANCER:** Tim Fowell  
**HEAD YOUNG LADY DANCER:** Amelia Goodwill  
**TABULATOR:** CAT Tabulators  
**SOUND:** Heah Sound - Dale Roberts

#### HOST DRUIDS

Showtime - Pine Ridge, South Dakota, USA  
Meltown - Nancy, Nebraska, USA  
2024 M&W Manly Aahbea Crowding Saturday Evening Live Webcast on Powwow.com



#### CONTEST PRIZES

**GOLDEN EAGLE (1st-12th)**  
Traditional, Fancy, Jingle, Grass, Chicken  
1st \$11,500 2nd \$3,500 3rd \$2,000 4th \$1,500 5th \$400

**SENIOR ADULT (40-59) / JUNIOR ADULT (18-39)**  
Traditional, Fancy, Jingle, Grass, Chicken  
1st \$11,500 2nd \$3,500 3rd \$2,000 4th \$1,500 5th \$400

**NEW - MEN'S WOODLAND & WOMEN'S APPLIQUE (18-39)**  
Traditional, Fancy, Jingle, Grass, Chicken  
1st \$11,500 2nd \$3,500 3rd \$2,000 4th \$1,500 5th \$400

**TEEN CATEGORIES (13-17)**  
Traditional, Fancy, Jingle, Grass, Chicken  
1st \$4,000 2nd \$2,000 3rd \$2,000 4th \$1,000 5th \$75

**JUNIOR CATEGORIES (6-12)**  
Traditional, Fancy, Jingle, Grass, Chicken  
1st \$2,000 2nd \$1,000 3rd \$1,000 4th \$75 5th \$50

**TINY TOT/5 & UNDER (14 & Under)** Must be in regalia  
1st \$12,000 2nd \$9,000 3rd \$7,000 4th \$5,000 5th \$3,000

**REGISTRATION:** Red River Exhibition Park East Side  
**Friday, May 17, 2024:** Noon - 6pm  
**Saturday, May 18, 2024:** Noon - 6pm  
**HAIR BRANDING COMPETITION (OPEN TO EVERYONE)**  
1st \$1,000 2nd \$500 3rd \$300  
Sponsored by Hair Brands

**"CELEBRATING INDIGENOUS MEN & BOYS WITH BRAIDS"**  
Sponsored by Phoenix of Manitoba

#### DANCE SPECIALS

**MISC MANITO ABBEE YOUTH AMBASSADOR - SERENE GOODWILL**  
**ORIGINAL STYLE MEN'S TRADITIONAL & OLD STYLE JINGLE**  
Honoring Late Pappa Chish, Bill Terence  
Sponsored by Serene Goodwill & Family

**MEN'S FANCY - "A WARRIOR'S DANCE"**  
Honoring the Legacy & Qualities of Man's Fancy War Dance  
Sponsored by Head Man Dancer, Kevin Street & Family

**WOMEN'S FANCY SHOWDOWN**  
Sponsored by Head Lady Dancer, Debrae Torbosts & Family

**WOODLAND SHOWDOWN**  
Sponsored by Head Young Man Dancer, Tim Fowell & Family

**"WOPIDA" - WOMEN'S JINGLE DRESS (18-17 YRS)**  
Sponsored by Head Young Lady Dancer, Amelia Goodwill & Family

**RESIDENTIAL SCHOOL, DAY SCHOOL, 60'S SCOP SURVIVOR**  
INTERIORITY DANCE SPECIAL  
Sponsored by W&W Cooperatives

**25TH BIRTHDAY DANCE SPECIAL**  
Sponsored by The Spirit Consultants of Manitoba

**HONOURING OUR GIFTED RELATIVES DANCE SPECIAL**  
Sponsored by The Daniel & Sadie Family

**WOMEN'S APPLIQUE "WELCOME BACK THE STRAP DRESS"**  
Sponsored by Cera Diawee & Aileen Family

**EMBRACING THE JOURNEY - WOMEN'S JINGLE DRESS 18+**  
Sponsored by Head Lady Dancer, Debrae Torbosts & Family

**"DING BACK WAR IN THE 20'S"**  
Sponsored by Head Lady Dancer, Debrae Torbosts & Family

**TINY TOT & JR. GIRLS JINGLE SISTER DANCE SPECIAL**  
Sponsored by Head Lady Dancer, Debrae Torbosts & Family

**WOMEN'S JINGLE DRESS DANCE SPECIAL**  
Sponsored by Head Lady Dancer, Debrae Torbosts & Family

**PRairie Chicken Dance (18+)**  
Sponsored by Premier Rob Kiewit & Family

**NIJUMIYANAGAWAT - IVAN WHITE 3RD ANNUAL MEMORIAL**  
MEN'S TRADITIONAL & MEN'S WOODLAND DANCE SPECIAL  
Sponsored by Head Man Dancer, Kevin Street & Family

**JUNIOR MEN'S PRAIRIE CHICKEN DANCE SPECIAL**  
Sponsored by Head Man Dancer, Kevin Street & Family

Fact: Scotland has 421 words for snow

Yes, 421! Some examples: sneesl (to start raining or snowing); feefle (to swirl); and flinkdrinkin (a light snow).

Roseau Valley School  
presents

# CULTURE Showcase

**MAY 1ST, 2024**  
**9:15 - 11:15 AM**

#lovemycommunitychallenge

**ROSEAU VALLEY SCHOOL**

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

May	1	Half Day PD
	20	Victoria Day NO CLASSES
June	22	RVS Graduation
	24	ADMIN Day NO CLASSES
	27	Last Day of CLASSES

**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.blsd.ca](http://raec.blsd.ca) (204) 324-6543

**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](mailto:driedgerdaniela@gmail.com)

## RVS Invitational CHESS TOURNAMENT

Limited Spots Available

**Students**

**Gr. 7-12**

RVS  
Ross L. Gray  
W. C. Miller  
Shevchenko

**Friday**  
May 17, 2024  
9am-3pm  
MPR

Info: [RempelJu@blsd.ca](mailto:RempelJu@blsd.ca)

# EVENTS & ACTIVITIES

ROSEAU RIVER ANISHINAABE FIRST NATION



## UPCOMING *events*

**Community Feast - TBD**

Beaded Red Dress Workshop in honor of MMIWG Day on May 5th. This will take place on May 2 from 1-4

**Bear Witness Day - May 10th**

Honoring Life Series - May 14 to June 4, 2024 Every Tuesdays @ the lodge from 9:30 -2:30pm for Grade 8 students from Ginew and RVS

**Moosehide Campaign - TBD**

Graduation Incentives - June 2024

**Medicine Picking - TBD**

Berry Picking - TBD

**Language Camp - TBD**

Weekly Sweats - every Thursdays from 4 to 6pm, starting April 11th

**Family Fun Day - TBD**

RRAFN Youth Conference - July 9 & 10, 2024

**RRAFN Youth Achievement Awards - July 11, 2024**

*For updates please watch our facebook page:  
Ginew Wellness Center - Jordan's Principle*

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

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

# COMMUNITY SWEATS



Thursdays 4 pm - 6:30pm

Food and drinks provided.  
Bring a towel and tobacco.

Location: Minweyweywaan lodge  
South of hwy 201

Community Sweat (Open to all)  
1st and 3rd Thursdays of the month  
Women's Sweat  
2nd and 4th Thursdays of the month

For more information contact Kirby Nelson at 431-800-1275

### GWC FOOTCARE CLINIC DATES

May 14 & 28  
June 11 & 25  
July 9 & 23

### Tea with the Elders

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

# Homecare

## Mino Gizhep Roseau River,

GiNEWs from Roseau River Homecare Program

It's been an eventful journey since our last update, filled with growth, creativity, and community spirit. Here's a glimpse of what's been happening in our Homecare Program:

### **Gardening Galore:**

From raspberries to pumpkins, our clients have been busy cultivating a variety of produce. We welcome family members to join us in the garden, where cherished moments and valuable knowledge are shared. Clients were able to build garden beds for raspberries and strawberries. Working in the garden, they were able to grow 3 types of tomatoes, potatoes, corn, carrots, pumpkins, beans, radishes, and beets. We did not have much luck with the cucumbers and watermelons. With that being said, we are always looking for family members to come volunteer in the garden. This is a perfect opportunity to come and sit with your parents and fellow elders. Our loved ones hold so much knowledge and have a lot of life experiences between them all.

### **Thrilling Adventures:**

From theme park outings to fishing excursions, we're breaking barriers and creating memorable experiences for our elders. Age is just a number, and we're all about embracing the joy of living. Some of the examples of activities are:

Halloween costume contests and spirit week. Painted & carved pumpkins, decorated and handed out candies.

Weekly merchandise bingo, monthly card freerolls, and brain teasers.

Clients were taken to "Thunder Rapids" theme park. Clients were given the chance to mini golf and ride on some go karts. Being mindful of all the missed opportunities that our parents and elders were never given, we wanted to take them out for a crazy adventure. We had homecare clients who were over the 65+ age and they rode a go kart for the first time in their lives. We do not discriminate; we only encourage and fight against agism. There is always time to be crazy, laugh and make memorable times with one another.

Fishing – The client attendance for fishing days is slowly climbing. We have grown to a group of 4 clients who often opt in for the fishing days. A few of the places that the elders have tried out are @ "The Point" in Roseau River and "Catfish Point" in Emerson, MB. To make life interesting, we have begun handing out 1 gift card per outing. This gift card goes to the person with the biggest fish or the person with the most fish caught.

### **Cultural Enrichment**

Through traditional practices, museum visits, and crafting sessions, we're honoring our heritage and preserving ancestral wisdom.

- ◆ Christmas party with games. Clients were given the opportunity to shoot the staff(deer) with nerf gun bullets. They also played a "punch a hole – Grinch Game."
- ◆ Valentine window garlands. Clients created floral window garlands for their windows at home or within the Zhenobiik Centre.

- ◆ Sewing Ribbon skirts, ribbon shirts and Christmas stockings.
- ◆ Visited the Human Rights Museum and participated in the “Elders and traditional peoples conference” in Winnipeg.
- ◆ Numerous ceremonial practices. – Sundances, midwin and weekly bible studies.
- ◆ Picked traditional medicines like sage and cedar.
- ◆ Epoxy Resin art, they created wall ornaments, wind chimes, and jewelry pendants. We have gotten great feedback on this activity, and it has been requested that we continue working with epoxy resin art. We will be planning to work with the resin.

### **Braided Rug Workshop**

Which is led by one of our very own grandmothers who was able to lead the workshop, passing down the art of braided rugs—an emblem of resilience and resourcefulness. We're committed to keeping this tradition alive and invite you to join future crafting sessions. ” The workshop was held in Saskatoon hosted at the Diefenbaker Canada Centre. Our grandmother instructed a class of 21 participants and shared her knowledge of the braided rug. The braided rug was used to barter with non-indigenous peoples, they would make trades for food and other supplies. The old-time crafters would use the old, tattered clothing that was donated or traded with an indigenous band member. Clothing that was deemed unfit to wear. They would repurpose the clothing and would create these braided rugs for income purposes.

When first approached by M. Krauhn, the grandmothers and grandfathers within the lodge started reminiscing on memories of their loved ones. So many of the memories revolve around the aunties and grandmothers conversing and sitting around a campfire together. Each memory is just as precious as the previous story being told. They each remember the rug being made with different stitching techniques and materials.

We would love to incorporate the braided rug into our yearly activity planning. We would love to keep this craft alive and have that visiting time together. So, be sure to keep a look out for future “braided rug” craft days. If you have any old clothing that holds great memories, feel free to bring them in and create a heirloom that you can pass down to your children and great grandchildren.

### **Maawaniji ‘diwag**

Maawanji'idiwag - Coming together, sharing wisdom, and fostering unity. In the spirit of our Elders, let us gather to honor our traditions and guide our community towards a brighter future." The Elder's Retreat was held in Broken head, Manitoba on March 27-29/2024. Thank you to our sponsors the Ginew Wellness Center and CFS Law Development Marcy Large for making this happen along with our Home Care Team and Ginew Wellness Staff. Gratitude fills our hearts and want to acknowledge the invaluable contributions of our GWC and home care team, along with our sponsor, guest speakers especially our Elders Advisory and Leadership. Their dedication and compassion have made this gathering possible, enriching our collective experience as we worked unified. We were able to host 65+ elders who gathered to share and honor traditions guiding the community towards a brighter future. May the wisdom shared at these elders retreat echo through, inspiring us to walk the path of harmony, respect, and understanding. In the circle of our community, each voice is heard, each story is valued. Together, we learn, we grow, and we honor the teachings of our elders.

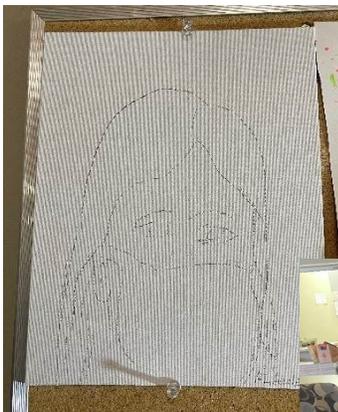
Let this gathering be a beacon of hope, and a testament to the strength found in coming together as one people, one family. Elder's shared opinions, personal life experiences with services, and shared some ideas that could be beneficial for programming.

Until next time, take care Roseau River. We look forward to sharing more adventures with you in the next edition of GiNEWs. We value your input and ideas to enhance our programming. Reach out to the home care staff with your suggestions, and let's continue shaping our activities together. Coming up in our next cycle we are welcoming the monthly Elders meeting on the last business day of the month.

We encourage Elders to come to voice their opinions and ideas on the Ginew Wellness Centre's programming with our monthly elders' meetings.



Fishing @ Roseau Point.



Artwork from  
homecare clients



Tiikinagon Workshop  
w/ Maria Whitecloud



Human Rights Trip



Sewing Corner



Medicine Picking  
- Cedar



Braided Rug in Saskatoon, SK



Epoxy Resin Art



Chocolate covered Strawberries & movie day snacks.

Christmas "Punch a hole game"





# May 2024 – Homecare Client Activities

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b>Activities may change.</b> Gardening Times will vary to upkeep with weeds &amp; pruning plants.</p> <p><b>BIBLE STUDY GROUP @ ELDER'S LODGE.</b>  <b>7PM – 9PM – Light snacks provided.</b></p>				
<p><u>6</u> Applique sewing– 9AM – 12PM Beginners welcome.</p> <p>Gym Time @ Wellness – 2 PM – 3PM</p>	<p><u>7</u> Applique sewing– 9AM – 12PM Beginners welcome.</p> <p>Bingo 1:30PM</p>	<p><u>1</u> Open Slots 9AM, 10AM &amp; 11AM</p> <p>Planting Seedlings 1PM – 4PM</p>	<p><u>2</u> Altona Shop 10AM – 12PM *3 clients max * Sign up required.</p> <p>Cards/ board games 1 – 4PM Mail days</p>	<p><u>3</u> Open Slots 9AM, 10AM &amp; 11AM</p> <p>Ring toss – 1PM – 4PM</p>
<p><u>13</u> Applique sewing– 10AM – 4PM Beginners welcome.</p>	<p><u>14</u> Applique sewing– 9AM – 12PM Beginners welcome.</p> <p>Bingo 1:30PM</p>	<p><u>8</u> Applique sewing– 10AM – 4PM Beginners welcome.</p>	<p><u>9</u> Altona Shop 10AM – 12PM *3 clients max * Sign up required.</p> <p>Cards/ board games 1 – 4PM Mail days</p>	<p><u>10</u> Mother's Day Movie and Dinner – Winipeg 10:30AM – 6:30PM</p>
<p><u>20</u> Garden 9AM – 12PM</p> <p>Gym Time @ Wellness – 2 PM – 3PM</p>	<p><u>21</u> Walking group @ Baseball Field 10:30AM – 12PM</p> <p>Bingo 1:30PM</p>	<p><u>15</u> Applique sewing– 10AM – 4PM Beginners welcome.</p>	<p><u>16</u> Altona Shop 10AM – 12PM *3 clients max * Sign up required.</p> <p>Cards/ board games 1 – 4PM Mail days</p>	<p><u>17</u> Manitoba Bee Powwow 11AM – 7PM</p> <p>* Limited to 15 Clients* Sign up required</p>
<p><u>27</u> Open Slots 9AM, 10AM &amp; 11AM</p> <p>Garden 1PM - 4PM</p>	<p><u>28</u> Smoothie Day – 10AM – 12PM</p> <p>Bingo 1:30PM</p>	<p><u>22</u> Open Slots 9AM, 10AM &amp; 11AM</p> <p>Tens Freeroll – Registration @ 1PM</p> <p>Freroll starts @ 1:30PM</p>	<p><u>23</u> Altona Shop 10AM – 12PM *3 clients max * Sign up required.</p> <p>Cards/ board games 1 – 4PM Mail days</p>	<p><u>24</u> Open Slots 9AM, 10AM &amp; 11AM</p> <p>Reservation Dog TV Show – Light snacks Provided. Season 2 @ 1:30PM</p>
		<p><u>29</u> Winkler Shopping – Walmart, Superstore and MCC 9:30AM – 3:30PM</p> <p>* 8 Clients Max*</p>	<p><u>30</u> Altona Shop 10AM – 12PM *3 clients max * Sign up required.</p> <p>Cards/ board games 1 – 4PM Mail days</p>	<p><u>31</u> Monthly Elder's Meeting – 12PM – 2PM <b>Ginew Wellness Service Suggestions and Ideas.</b> Chili and Bannock served for lunch.</p>

# June – 2024 Homecare Client Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Activities may change.</b> Gardening Times will vary to upkeep with weeds &amp; pruning plants.  <b>BIBLE STUDY GROUP @ ELDER'S LODGE. 7PM – 9PM – Light snacks provided.</b></p>				
<p><b>3</b> Charting 9AM – 12PM</p> <p>Gym Time @ Wellness – 2PM – 3PM</p> <p><b>10</b> Garden – 9AM – 12PM                      Baking cookies – 1PM – 4PM                      Oatmeal, chocolate chip &amp; peanut butter</p> <p><b>17</b> Resin Art – Day 1                      9AM – 12PM</p> <p>Gym Time @ Wellness – 2PM – 3PM</p> <p><b>24</b> Open Slots 9AM, 10AM &amp; 11AM                      Finishing Resin Art – Day 5                      12PM – 4PM</p>	<p><b>4</b> Charting 9AM – 12PM</p> <p>Bingo 1:30PM</p> <p><b>11</b> Walking group @ Baseball Field 10:30AM – 12PM</p> <p>Bingo 1:30PM</p> <p><b>18</b> Resin Art – Day 2                      9AM – 12PM</p> <p>Bingo 1:30PM</p> <p><b>25</b> Garden 9AM – 12PM</p> <p>Bingo 1:30PM</p>	<p><b>5</b> Gardening Day 9AM – 4PM</p> <p><b>12</b> Bean Bag Freeroll – Knock out style. 3 Places. Registration starts at 1PM                      Freeroll @ 1:30PM - 4PM</p> <p><b>19</b> Garden 9AM – 12PM                      Resin Art – Day 3                      12PM – 4PM</p> <p><b>26</b> Winkler Shopping – Walmart, Superstore and MCC                      9:30AM – 3:30PM                      *8 Clients Max*</p>	<p><b>6</b> Altona Shop 10AM – 12PM *3 clients max* *Sign up required.                      Cards/ board games 1 – 4PM Mail days</p> <p><b>13</b> Altona Shop 10AM – 12PM *3 clients max* *Sign up required.                      Cards/ board games 1 – 4PM Mail days</p> <p><b>20</b> Altona Shop 10AM – 12PM *3 clients max* *Sign up required.                      Resin Art – Day 4                      12PM – 4PM</p> <p><b>27</b> Altona Shop 10AM – 12PM *3 clients max* *Sign up required.                      Cards/ board games 1 – 4PM Mail days</p>	<p><b>7</b> Open Slots 9AM, 10AM &amp; 11AM                      Reservation Dog TV Show – Light snacks Provided. Season 2</p> <p><b>14</b> Father's Day – Bowling &amp; Lunch – Winkler, MB                      10AM – 4:30PM</p> <p><b>21</b> Open Slots 9AM, 10AM &amp; 11AM                      Reservation Dog TV Show – Light snacks Provided. Season 2</p> <p><b>28</b> Monthly Elder's Meeting – 1:30PM – 4PM – Collecting ideas for community events. Hot beef sandwiches &amp; mashed potatoes served for lunch.</p>

## Strengthening Families-Maternal Child Health



If you would like to learn more about the

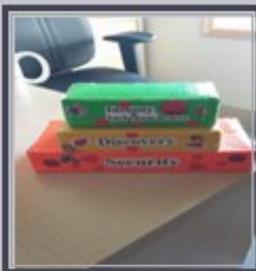
**MCH Program**

please contact:

**Cindy Buhler RN BN**

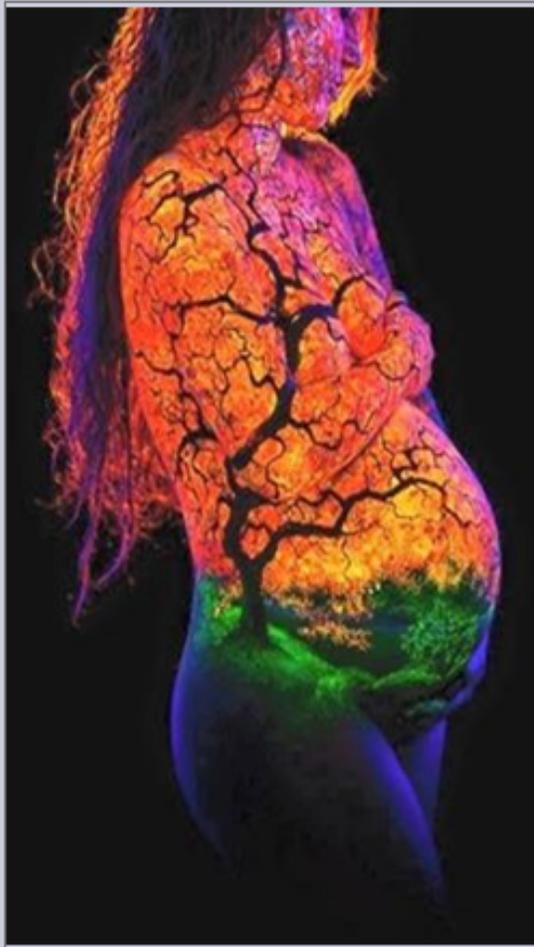
**Faye Nelson, Family Visitor**

**Angelina Zacharias, Family Visitor**



Ginew Wellness Center (431) 800-1275

# Success Through Advocacy and Role Modeling

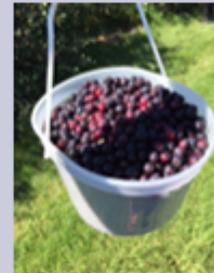


*" We believe that women can obtain mental, physical, emotional and spiritual wellbeing for themselves and their families"*



*" 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  
FASD PREVENTION PROGRAM

# 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



# Mental Health

## **A.A. Meetings**

**Where? Ginew Wellness  
Center**

**Times? Tuesdays @ 2:00 pm  
Thursdays @ 10:00 am**

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

## 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

### 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



Department of Justice  
Canada

Ministère de la Justice  
Canada

# The Power Of Collaboration Together We Are Wiser

We are a rapidly growing aging population and seniors from All walks of life are vulnerable to elder abuse & neglect and often are targets for fraud and scams.

We will provide information, better access and cultural supports to identify and prevent victims of Elder Abuse and "grandparent scams". To increase awareness of seniors safety issues to improve their quality of life. This will help families discuss this topic to help recognize potential abusive situations and show how to reduce or remove the risk.



## NATIONAL VICTIMS & SURVIVORS OF CRIME WEEK 2024

### MANITOBA FIRST NATIONS POLICE SERVICE

Working to enhance information, access and cultural sensitivity of victim issues.

**OPASKWAYAK CREE NATION**  
Beatrice Wilson Health Centre  
Elders Focus Group

**THURSDAY MAY 9 - FRIDAY MAY 10, 2024**

**ROSEAU RIVER ANISHINAABE FIRST NATION**  
NICHII GAMING CENTRE

**TUESDAY MAY 14, 2024 | 10:30 AM - 3:00 PM**

**FREE ENTRY • LUNCH PROVIDED • LIMITED SEATING • RESOURCE TABLES**

FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT  
Cst. Aldyne Stevenson or Jo-Ann Helgason, Crime Prevention Unit  
aldyne.stevenson@mfnp.ca or joann.helgason@mfnp.ca  
Roseau River Detachment at 204-427-3034

**Door  
Prizes!**

NVCAW Logo designed by ACC Aboriginal Community Development

## 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

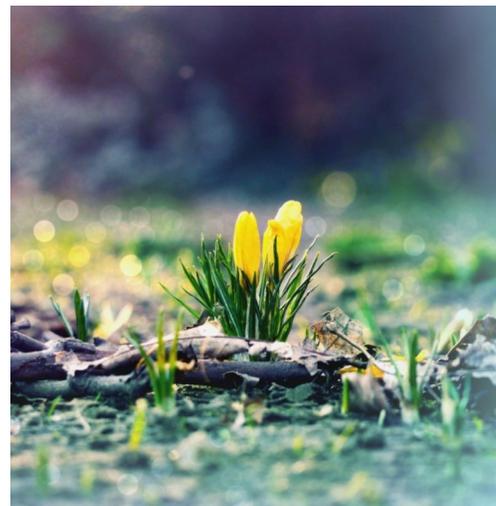
Whatever you're facing, the responder you connect to will give you space to share your problems, and help you find ways to keep yourself safe.

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

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



# ADI Program

## Culturally Responsive Evaluation (CRE) Frameworks

with Amber Bedard and Sofia Vitalis, Reciprocal Consulting

MAY 9 2024 10:00am pacific / 12:00pm central / 1:00pm eastern

Lawson Foundation Child and Youth Diabetes Strategy

Virtual Learning and Connecting Series Episode #8



LAWSON  
FOUNDATION

Register with this [link](#) or contact

Nayan Datta Biswas

[ndbiswas@lawson.ca](mailto:ndbiswas@lawson.ca)

For more information,  
please contact Jeff LaPlante

[jlaplante@lawson.ca](mailto:jlaplante@lawson.ca)

We are excited to announce the [Lawson Foundation Child and Youth Diabetes Strategy Virtual Learning and Connecting Series Episode #8](#).

Each episode in the series features speakers discussing topics related to health and Indigenous communities. The goal of the series is to inform participants from various sectors about Indigenous communities and their relationships with health and wellness, as well as with chronic disease like diabetes. The series fosters and encourages relationships among speakers, foundation and nonprofit leaders, researchers, and policymakers to work toward better supporting Indigenous communities.

### About the Event

The current episode features [Sofia Vitalis](#) and [Amber Bedard](#) from Reciprocal Consulting who will speak about Culturally Responsive Evaluation (CRE) frameworks. CRE frameworks look at best and promising practices through Indigenous evaluation methodology and provides space for further discussion on tangible tools that can assist with actionable steps to further decolonization and reconciliation work.

### Did You Know:

Raccoons have four times more sensory cells in their paws than most mammals. This allows them to "see" with their hands and get images of the object they touch without even looking at them. .

## Lawson Foundation Virtual Learning and Connecting Series

May 9 2024 10:00 am (Pacific)/ 12:00 pm (Central)/ 1:00 pm (Eastern)

For registration-related inquiries, please reach out to Nayan Datta Biswas [ndbiswas@lawson.ca](mailto:ndbiswas@lawson.ca)  
For more information, please contact Jeff LaPlante [jlaplante@lawson.ca](mailto:jlaplante@lawson.ca)

### About the Speaker

#### [Sofia Vitalis](#)



Sofia was born and raised on the unceded lands of the x<sup>w</sup>məθk<sup>w</sup>əyəm, Skwxwú7mesh Úxwumixw, and mi ce:p k<sup>w</sup>ətx<sup>w</sup>iləm Nations. Sofia is of mixed ancestry, though her strongest cultural roots are through her maternal side; connecting to her tierra in Colombia, South America. Sofia has a Bachelor of Arts degree in Sociology from Simon Fraser University, where her passion was deepened for critical reflection of systems and heart-centred value that affect all aspects of her work and life. Passions she was able to foster and grow through the work she does at Reciprocal Consulting. In her role, Sofia is passionate about adapting systems to meet people's needs as well as working collaboratively. Sofia also thrives on fostering relationships and deepening understanding through the organizational and community education work she is privileged to do at Reciprocal Consulting. Sofia has a special affinity toward systems in public health and access to safe inclusive services.

#### [Amber Bedard](#)

Amber Bedard is a member of Piikani First Nation of the Blackfoot Confederacy in Alberta and Montana. Amber has a diverse background in Indigenous research and consultation, primarily working within program evaluation in the public and private sectors. She is passionate about ensuring research and evaluation is done in a culturally responsive and safe manner, while also advocating for deep learning and creating space for Indigenous knowledge. Amber believes that this work must centre, appreciate, and uplift the strengths of Indigenous communities and histories, and work to create mutually beneficial pathways that honour Indigenous ways of knowing and doing. Amber now resides on the unceded lands of the x<sup>w</sup>məθk<sup>w</sup>əyəm, Skwxwú7mesh Úxwumixw, and mi ce:p k<sup>w</sup>ətx<sup>w</sup>iləm Nations.



# 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](mailto:vberg@ginew.ca) or in person to Veronica Berg at Ginew Wellness Center.

Q. How does the ocean say hello?

A. It waves!



*The chess term “checkmate” is from a 14th-century Arabic phrase, “shah mat,” meaning “the*

Q: What do you get when you put three ducks in a box?

A: A box of Quackers!

Q: Why are hairdressers never late for work?

A: They know all the short cuts!

**My kids, begging to stay up for just one more show.**



**Same kids, the next morning.**

**Every Family has one weird relative.**



**If you don't know who it is, then It's probably you.**

**Word Search**

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

ASEPTIC  
COUNTERMANDS  
DOLLS  
DYERS  
ENFEEBLED  
EPIGRAM  
EVICT  
GNOME  
GRANNY  
GRIP  
HEMPEN  
HERE  
HUMAN

IMPOSES  
IOTA  
JAPE  
JOINT  
LAWN  
LIEUTENANCY  
MEND  
MIDST  
MIMICRY  
MOGUL  
MONO  
NEWSPAPERED

OMELETS  
OUST  
QUANTUM  
REDS  
REEDUCATING  
RHYTHM  
ROSY  
ROYALISTS  
SKIMS  
STIES  
STRATEGISTS  
SWAMI

SWAMI  
TARNISHES  
TUBERCULOSIS  
UKULELE  
UNPREJUDICED



CO-OP // FOOD // RECIPES

## GREEN GODDESS PORK CHOPS AND POTATOES

### INGREDIENTS

- 2 tbsp CO-OP GOLD Olive Oil
- 2 cups quartered baby potatoes
- 1 onion, large dice

½ tsp salt

- 2 cups kale, 1-inch pieces

½ tsp salt

- 2 pork loin boneless centre chops

### Green Goddess Sauce

- ½ cup LIBERTE Kefir

- 1 clove fresh garlic, minced

½ tsp lemon juice

½ tsp lemon zest

¼ tsp salt

- 1 tbsp finely chopped fresh mint

- 1 tbsp finely chopped fresh basil

- 1 tbsp finely chopped capers

### DIRECTIONS

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Serves: 2

- Preheat oven to 375°F. In a bowl toss 1 tablespoon of olive oil, potatoes, onion and salt. Place in a roasting tray and bake, stirring regularly.
- When the potatoes are soft, after about 25 minutes, add kale and mix. Cook for another 10 minutes. Take out of the oven and drizzle 1 tbsp of olive oil over top and mix.
- While the potatoes are in the oven, season and grill pork chops for about 6 minutes on each side or until they are cooked through. Let rest for 10 minutes before serving.
- Mix all sauce ingredients together in a bowl.
- To plate, split your potatoes between two plates. Drizzle green goddess sauce over top of the potatoes. Place pork on top and enjoy.

### MORE FOOD



MORE  
COOKBOOK



MORE  
YOUR CO-OP IS TRULY  
LOCAL



MORE  
STORE BRANDS

### 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