

giNEWS

Ginew Wellness Center
Quarterly Newsletter

May, June, July 2024
Volume 2, Issue 2

CONGRATULATIONS
TO THE GRADUATING
CLASS OF
2024!

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**



INSIDE THIS ISSUE

Team Highlight cont'd.....	2
Events Surrounding.....	4
Events RRAFN.....	6
Homecare Program.....	8
Mental Health.....	20
ADI Program.....	22
Laughter	24

Chantal Seenie

STAR Mentor

How long have you been at Ginew?

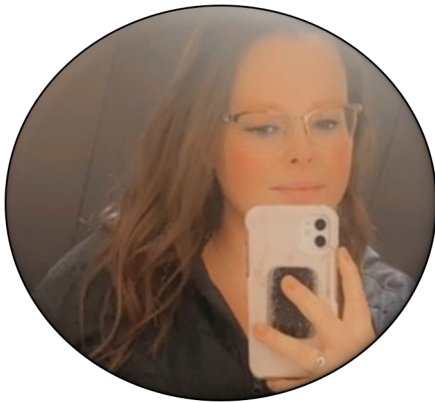
I have been at Ginew since January 2017.

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 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 grandmother's lap, losing 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'd 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



2024

Manito Ahbee

POW WOW

MAY 17-19, 2024

RED RIVER EXHIBITION PARK

WINNIPEG, MANITOBA, CANADA

GRAND ENTRIES

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

HEAD STAFF

ANNOUNCER: Rocky White, Hal Engelstiel, Howie Thomson
ARENA DIRECTORS: Ron McNab & Rusty Gillette
JR ARENA DIRECTORS: Thomas Bourneill
HEAD SINGING JUDGE: Randy White
JR HEAD SINGING JUDGE: Joel Gray
HEAD DANCE JUDGE: Onie Little Sky
HEAD MAN DANCER: Kevin Street
HEAD LADY DANCER: Debrae Tonewest
HEAD YOUNG MAN DANCER: Tim Fowell
HEAD YOUNG LADY DANCER: Anita Goodwill
TABULATOR: CAT Tabulators
SOUND: Hush Sound - Dale Roberts

HOT DRINKS

Showtime - Pine Ridge, South Dakota, USA
 Refresh - Macy, Nebraska, USA
 2024 Manito Ahbee Crowding Saturday Evening
 Live Webcam on Powwow.com

CONTEST PRIZES

Golden Eagle (1st-3rd)
 Traditional, Fancy, Jingle, Grass, Chicken
 1st \$1,500 2nd \$3,000 3rd \$500 4th \$100 5th \$400

SENIOR ADULT (40-50) JUNIOR ADULT (15-39)
 Traditional, Fancy, Jingle, Grass, Chicken
 1st \$1,500 2nd \$1,500 3rd \$500 4th \$100 5th \$400

NEW- MEN'S WOODLAND & WOMEN'S APPLIQUE (18-)
 Traditional, Fancy, Jingle, Grass, Chicken
 1st \$1,500 2nd \$3,000 3rd \$500 4th \$100 5th \$400

TEEN CATEGORIES (13-17)
 Traditional, Fancy, Jingle, Grass, Chicken
 1st \$1,500 2nd \$300 3rd \$200 4th \$100 5th \$75

JUNIOR CATEGORIES (6-12)
 Traditional, Fancy, Jingle, Grass, Chicken
 1st \$200 2nd \$150 3rd \$100 4th \$75 5th \$50

TINY TOT/STARS & UNDER 6 (Must be 6 years old)
 Traditional, Fancy, Jingle, Grass, Chicken
 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 BRAIDING COMPETITION (OPEN TO EVERYONE)
 1st \$1,000 2nd \$500 3rd \$300
 Sponsored by Red River

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

DANCE SPECIALS
MISS MANITO AHBBE YOUTH AMBASSADOR - SERENE GOODWILL
ORIGINAL STYLE MEN'S TRADITIONAL & OLD STYLE JINGLE
 Honoring Lyle Papp, Chief, Bill Tremaine
 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 Tonewest & 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, Anita Goodwill & Family
RESIDENTIAL SCHOOL, DAY SCHOOL, 60'S SCOOP SURVIVOR
 INITIATION DANCE SPECIAL
 Sponsored by NTSU Corporation
HONOURING OUR GIFTED RELATIVES DANCE SPECIAL
 Sponsored by Tim Fowell & Family (No registration required)
ESPIRIT HONOUR DANCE SPECIAL
 TINY TOT & JR. GIRLS FANCY SHAWL INITIATION SPECIAL
 Sponsored by The American & Sullivan Family
WOMEN'S APPLIQUE "WELCOME BACK THE STRAP DRESS"
 Sponsored by Tim Fowell & Family
EMBRACING THE JOURNEY - WOMEN'S JINGLE DRESS 18+
 Sponsored by Tim Fowell & Family
MEN'S FANCY SHOWCASE (13 & UNDER) (14-)
 Sponsored by Tim Fowell & Family
"GIVING BACK WAR IN THE 20'S"
 Sponsored by Tim Fowell & Family
TINY TOT & JR. GIRLS JINGLE SISTER DANCE SPECIAL
 Little Baby & Little Papp Initiation - Sponsored by the Whitlock Family
WOMEN'S JINGLE DRESS DANCE SPECIAL
 Sponsored by Tim Fowell & Family
PRairie Chicken Dance (18-)
 Sponsored by Premier Rob Kiewit & Family
MINI-MANAGEMENT - TINY WHITE 3RD ANNUAL MEMORIAL
 MEN'S TRADITIONAL & MEN'S WOODLAND DANCE SPECIAL
 Sponsored by Tim Fowell & Family
JUNIOR MEN'S PRAIRIE CHICKEN DANCE SPECIAL
 Sponsored by Tim Fowell & Family

Ignite your spirit
TRENTY I TERRITORY

ManitoAhbee.com • FOLLOW US @manitoahbee2024

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: 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

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.blso.ca (204) 324-6543

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@blso.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

GINEW WELLNESS CENTER

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

Maawaniji'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.

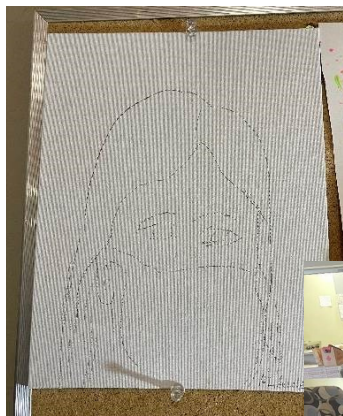
Let this gathering be a beacon of hope, and a testament to the strength found in coming together as one people, one family. Elder's shared opinions, personal life experiences with services, and shared some ideas that could be beneficial for programming.

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.



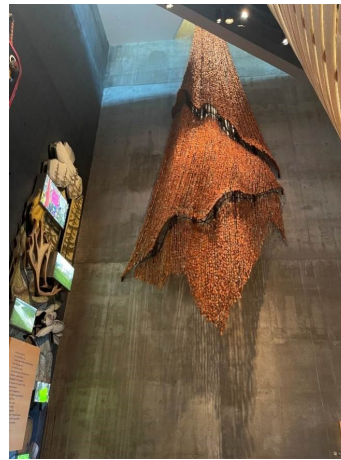
Artwork from
homecare clients



Tiikinagon Workshop
w/ Maria Whitecloud



Human Rights Trip



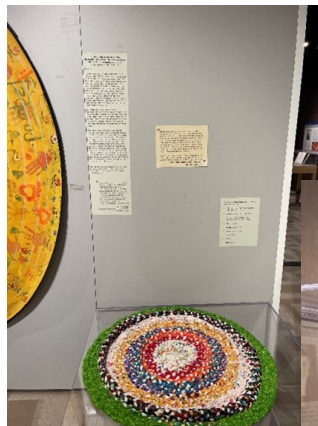
Sewing Corner



Medicine Picking - Cedar



Braided Rug in Saskatoon, SK



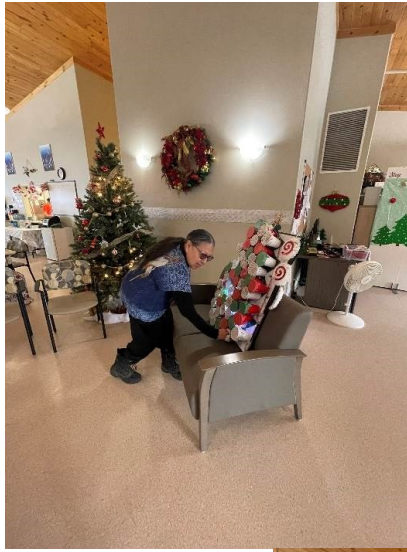


Epoxy Resin Art



Chocolate covered Strawberries & movie day snacks.

Christmas “Punch a hole game”



May 2024 – Homecare Client Activities

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

June – 2024 **Homecare Client Activities**

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

Strengthening Families-Maternal Child Health



If you would like to learn more about the

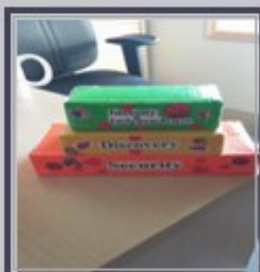
MCH Program

please contact:

Cindy Buhler RN BN

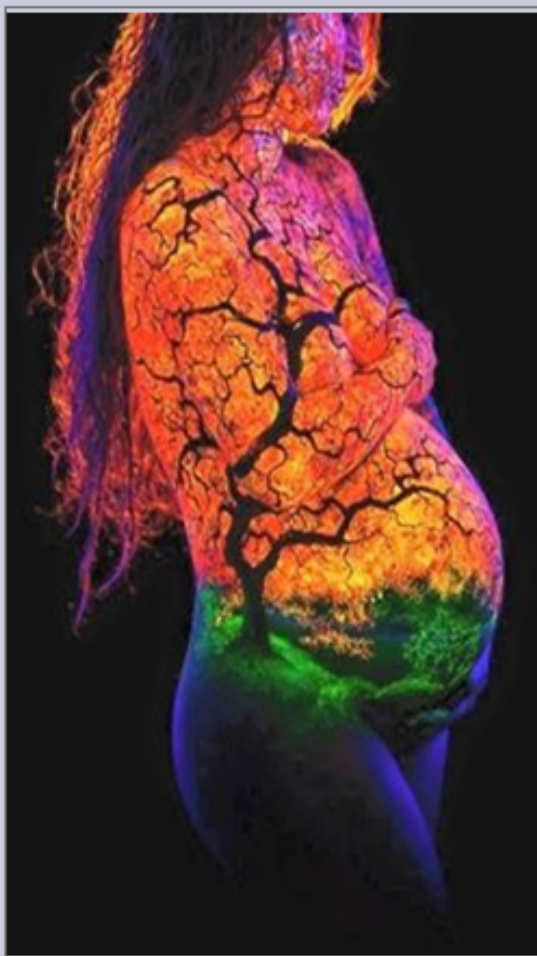
Faye Nelson, Family Visitor

Angelina Zacharias, Family Visitor



Ginew Wellness Center (431) 800-1275

Success Through Advocacy and Role Modeling

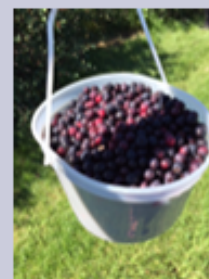


" We believe that women can obtain mental, physical, emotional and spiritual wellbeing for themselves and their families"



" 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



Canada Prenatal Nutrition Program



Experiencing Morning Sickness
or other pregnancy discomforts?



Are you pregnant or expecting?



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

21

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

For more information,
please contact Jeff LaPlante

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
For more information, please contact Jeff LaPlante jlaplante@lawson.ca

About the Speaker

Sofia Vitalis



Sofia was born and raised on the unceded lands of the xʷməθkʷəy̓əm, Skwxwú7mesh Úxwumixw, and mi ce:p kʷətxʷiləm 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 xʷməθkʷəy̓əm, Skwxwú7mesh Úxwumixw, and mi ce:p kʷətxʷiləm 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 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.



Playdates on Fridays



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

1/2 tsp salt

- 2 cups kale, 1-inch pieces

1/2 tsp salt

- 2 pork loin boneless centre chops

Green Goddess Sauce

- 1/2 cup LIBERTE Kefir

- 1 clove fresh garlic, minced

1/2 tsp lemon juice

1/2 tsp lemon zest

1/6 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