Garden River First Nation
Community Newsletter
April 2015 Volume 16 Issue 4

Congratulations!!!

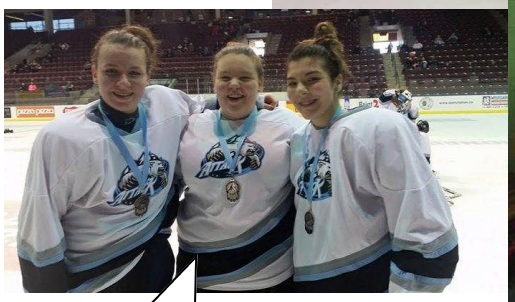
To All G.R. Members who participated in the Lil'NHL!!!

Many appreciative nods to Dana Boissoneau for organizing the Facebook events page for everyone to post the scores and pictures and comments during the Lil' NHL. It was a well populated idea and gave everyone a chance to experience the excitement and cheers of participants in this annual event, especially those who were unable to attend.

I've gathered some of the pictures for a bit of a montage of the weeks events for those of you who do not have access to Facebook.
An excellent example of how social media can share information, boost morale and lets many people participate!
Thanks again Dana!!

Being a past participant from Garden River First Nation I like to wish players, coaches, families, volunteers and all who are involved in organizing this great event a wonderful week! To this day, the Little NHL was one of my fondest memories as a youth playing hockey. It gave me a chance to play and meet new friends across our great nation but above all the site of seeing our people unite in fellowship in the name of sportsmanship was truly memorable! So play hard, make new friends and create your own memories that will last a lifetime!
Yours in Spirit, Ted Nolan

An inspiring message from Ted Nolan!!



Silver Medals!!

Team Logos!!

Team Jackets!!!

Garden River First Nation

April 2015

Community Calendar

Colour Coding

Wellness Centre Program
Education Unit Program
Youth Program
Newsletter Program
Food Bank Program
G.R. Community Trust
Community Event

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29 Country Classic Sunday 1—5 Food Bank Prize Bingo	**30** Food Bank Open Garbage Day—GRE Circuit Training Tutoring Youth Group Spring Walking Prg	**31** Garbage Day—GRW Tutoring Youth Group **DEADLINE for GR Com. Trust Applications**	**1** Food Bank Open Tutoring Youth Group Beading classes (1/5)	**2** Circuit Training Drop In Social (Easter Craft) Anxiety Disorders Tutoring Youth Group— Family Movie Night	**3** **Offices Closed**	**4** Family Swim
5 	**6** **Offices Closed**	**7** Garbage Day—GRE Tutoring Youth Group Mens Wellness Session	**8** Garbage Day—GRW Food Bank Open Tutoring Youth Group Drop In Clinic Prenatal Class Beading classes (2/5)	**9** Tutoring Youth Group Parent's Craft Sharing Circle	**10** Spring Walking Prg Food Bank Open Cancer Awareness Presentation	**11** Family Swim
12	**13** Spring Walking Prg Food Bank Open Garbage Day—GRE Circuit Training Tutoring Youth Group Understanding Addictions	**14** Garbage Day—GRW Tutoring Youth Group Triple P Parenting Prg (1/3)	**15** Food Bank Open Tutoring Youth Group Beading classes (3/5)	**16** Circuit Training Tutoring Youth Group Elders Craft Day Meditation Menopause Support Grp	**17** Spring Walking Prg Food Bank Open Newsletter Submissions Due	**18** Family Swim
19	**20** Spring Walking Prg Food Bank Open Garbage Day—GRE Circuit Training Tutoring Youth Group Coffee House	**21** Garbage Day—GRW Tutoring Youth Group Triple P Parenting Prg (2/3) Women's Wellness	**22** Food Bank Open Tutoring Youth Group Elders Luncheon Drop In Clinic Beading classes (4/5)	**23** Circuit Training Tutoring Youth Group Women's Sharing Circle Diabetes Ed Class	**24** Spring Walking Prg Food Bank Open	**25** Family Swim Community Garden Clean Up
26 Community Kitchen Country Classic Sunday 1—5	**27** Spring Walking Prg Food Bank Open Garbage Day—GRE Circuit Training Tutoring Youth Group Healthy Minds: Mental Health	**28** Garbage Day—GRW Tutoring Youth Group Make & Take Prg Triple P Parenting Prg (3/3) Sacred Site Teachings & Tour	**29** Food Bank Open Tutoring Youth Group Beading classes (5/5) Parent N Tot Prog	**30** Circuit Training Tutoring Youth Group Drum Teaching & Making Parent N Tot		

Congratulations to our daughter Charlotte Boissoneau who continues to proudly represent Garden River First Nation at Pow Wows.

She was this years Champion (First Place) in her age category for girls jingle dress at the Gathering at the Rapids Algoma U Pow Wow.

We would like to say a big Chi Miigwetch to those who continue to encourage and support her commitment to dancing: Marlene Syrette, Carol Hermiston, Lori Boissoneau, and Becky Boissoneau.

David and Tamara Boissoneau

Dreamcatcher Charitable Foundation

Miigwetch!!

Dreamcatcher Charitable Foundation

The Garden River Bantam team would like to send a Big Miigwetch/Thank You to Dreamcatcher for their generosity in providing our team with the team registration fee for 2015 LNHL. Our Team made it all the way to the B Final Championship game and our boys game home with a Silver medal losing in overtime. Jeff, Al, Larry and myself would like to say how very proud we are of each and every one of you. You all played awesome and worked very hard all week to get to that final game. Hold your heads up high and smile at all our hard work.

Garden River Education Unit Telephone Extension List 705-946-3933	
Irene M. Gray, *Receptionist/ Resource Centre Coordinator*	210
Dianne Roach, *Education Manager*	203
Kerry Boissoneau, *Finance Clerk*	219
Stephanie Jones *Administrative Support Worker*	208
Sherri Kitts, *Education Support Services Coordinator*	217
Anne Marie Jones, *Post-Secondary Counselor*	202
Phil Jones, *Secondary Liaison Worker*	209
Leah-Anne Pine, *Elementary Liaison Worker*	201
Natalie Barry, *AIM Teacher/Coordinator*	206
Michelle Thibault, *AIM Administrative Assistant*	205
Joanne Thiessen, *AIM Co-op Teacher*	211
Melissa St. Louis *AIM Teacher* *(Bonnie is on Maternity Leave)*	231

AIM Transportation Route

A.M. Route: Begins at 8:30 am

- Corner of Hwy 17B & Sweetgrass St.
- Corner of Eagle St. & Blue Jay St
- Corner of Sweetgrass St. & Sage St.
- Corner of Hwy 17 East and Gemah
- Band Office
- Big Arrow Variety
- Corner of Whiskey Jack Drive and Moccasin St.
- Corner of White Birch & Wolf St.
- Perrault's Gas Bar

AIM Departure: 12:00 Noon
PM Pick –up: Begins @ 12:30 pm
AIM Departure: 3:00 pm

Resource Centre News

G.R. Historical Society information sharing:

You can access ancestry.ca for free in the Library! There are handouts that provide information on how to do your ancestry research. There are community members who have started researching their family history and would be happy to share what they have found!

The Hiawatha Play is being researched again by outside groups and the Library is part of the collection of information. Area residents from Desbarats, Sault Ste. Marie and a museum in Chicago, Ill. are researching the Hiawatha Play and sharing their information with us. Come see what is on hand now! Contribute to the research!!

The G.R.H.S. is interested in becoming a recognized entity and we need more interested, committed members—if you have an interest in the history of your family and your community—please come and join us Saturday, March 28 at 10 a.m. in the Library. We will be developing a funding application to the G.R. Trust and your input would be appreciated.

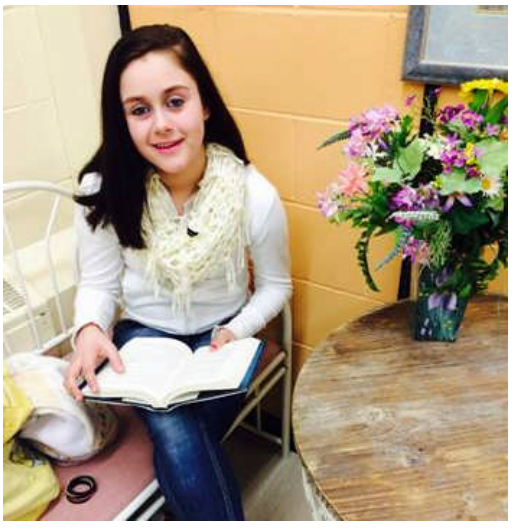
The Resource Centre has a magnificent collection of books for the community:

- First Nation content books—new recent books, historical books, ceremonies and children's books
- Story books for the kids
- Non-fiction novels for adults and teens—a wide variety of series and non-series as well. Newest series: the Immortal Instruments—books 1—6.
- Self help books—helping children deal with depression, dealing with ADHD, information on a variety of self help topics.
- Cook books—lots of cook books! From diabetic cooking to old fashioned recipes.
- Gardening books—get a start on your garden, create a new look for your yard.
- Do it yourself books—mechanic books for different vehicles, carpentry and household renovations.
- Craft books—how to create new things from old things.

Come on in and check out the wide selection and start making changes in your reading habits!

Get Caught Reading!!

Ernie Thiessen was **Caught Reading "I Like School"** with two of his children. As you can see, they all enjoyed the time spent together and unbeknown to the children—learning!



Elisabeth Lingle was **Caught Reading**—she likes mystery novels. Elisabeth knows that cultivating reading at her age is a terrific start to a life-long love of reading.

Garden River Community Garden's Gear up for Spring Event

Hopefully the snow will soon be gone from the area. With that hope in mind, I would like to plan a clean up day on Saturday, April 25 for all 2014 Community Garden Plot users who wish to keep their current plots for the 2015 growing season, to come out and help straighten up the Community Garden.

I already have a few requests from 2014 Community Garden Plot users to keep their plots. If you would like to keep yours, please call and sign out your Garden Plot before April 25 and join us to clean up the Community Garden.

In the event that there is still snow on the ground, the clean up day will be moved to the following Saturday, (May 2, 2015)

I will be at the Community Garden at 9 a.m. on Saturday, April 25 along with my trusty volun-told crew of hard working kids.

If you do not have a plot but would like one, please come out on that day as well to help clean up one of the unassigned ones and make it your own!

In anticipation of the 2015 Growing Season, I'd like to share the following gardening tips that I found online at: http://www.omafra.gov.on.ca/english/crops/gardbk/gh-ch4-1tips.htm. The article is quite lengthy so I won't put the entire article in the newsletter. But if you would like a hard copy of the full article, please let me know and I can print it out for you.

The Online Gardener's Handbook: Vegetable Growing Tips

Introduction
Vegetables grown in a well managed home garden are fresher and more flavourful, cost less than their store bought counterparts, and are often of better nutritive value.

Planning
When planning your garden, consider first the types of vegetables you want to grow, as well as specific varieties and quantities. Planting dates, location, spacing and fertilizer needs may then be determined. For an average garden of 3 m by 7.5 m, 15 to 20 different vegetables can be grown.

Do not forget when planning your garden to plan for pests and pest management. Many of the cultural controls outlined in chapter 2 are preventative and should be considered at the planning stage. It is important to plan for pest management in advance, because if you wait until pests appear on your plants you will have limited pesticide options.

Choose vegetables and varieties your family prefers. Look for varieties that are resistant to the pests dominant in your area. Try to select plants and varieties that are well adapted to environmental conditions in your area, as these are likely to be more vigorous and better able to withstand attack by pests.

If space is limited, consider growing compact, high yielding plants such as peppers, eggplants and bush tomatoes. Growing plants vertically will also help. Cucumbers, peas, and pole beans, for example, can be trained to climb a trellis. Vine tomatoes can be staked. If yours is a large garden, you may instead wish to plant space-consuming plants such as squash and melons.

Plant Selection
Divide your garden into four sections, each of roughly the same size.

Section 1: Perennial crops
Example: asparagus, rhubarb, perennial herbs, strawberries and raspberries.

Section 2: Long-season crops
Example: sweet corn, eggplants, tomatoes, peppers, melons, leeks, onions, squash, potatoes and turnips (rutabaga). Because of its shading effect, you may wish to plant sweet corn elsewhere in your garden.

Section 3: Short-season crops
Example: beans, beets, carrots, lettuce, radish, spinach, Swiss chard, dill and peas. When planning this section, keep in mind that multiple crops can often be harvested in one season. Plant a second crop of beans after spinach, cress or lettuce are finished. Plant a second crop of carrots or beans after the first have been harvested.

Section 4: Cole crops
Example: early and late cabbage, turnips, kohlrabi (long-season crops) and collards, kale, Brussels sprouts, broccoli and cauliflower (short-season crops). It is rare that two generations of a cole crop can be grown in one season. Instead, cole crops are often grown sequentially: a short-season crop is planted first, and a long-season crop planted later in the summer.

Planting Dates
Vegetables are planted at different dates and some

Resource Centre

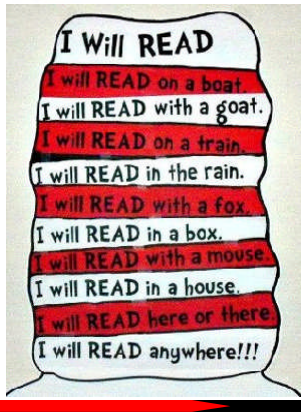
HOURS OF OPERATIONS
Monday—Friday
8:30 a.m.—4: 30 p.m.
Closed for lunch
12—1 p.m.

LIBRARY SERVICES
Book Lending—Free
- (2 week borrowing)

NEWSLETTER
- Monthly Publication
- Submission Deadline—3rd Friday of every month.

ARCHIVES
Available for public viewing
Limited collection, additions are always welcome!

Additional Services
- Photocopying/ Printing
- Scanning
- Faxing
- Posters
- Tickets



can be planted more than once a season.

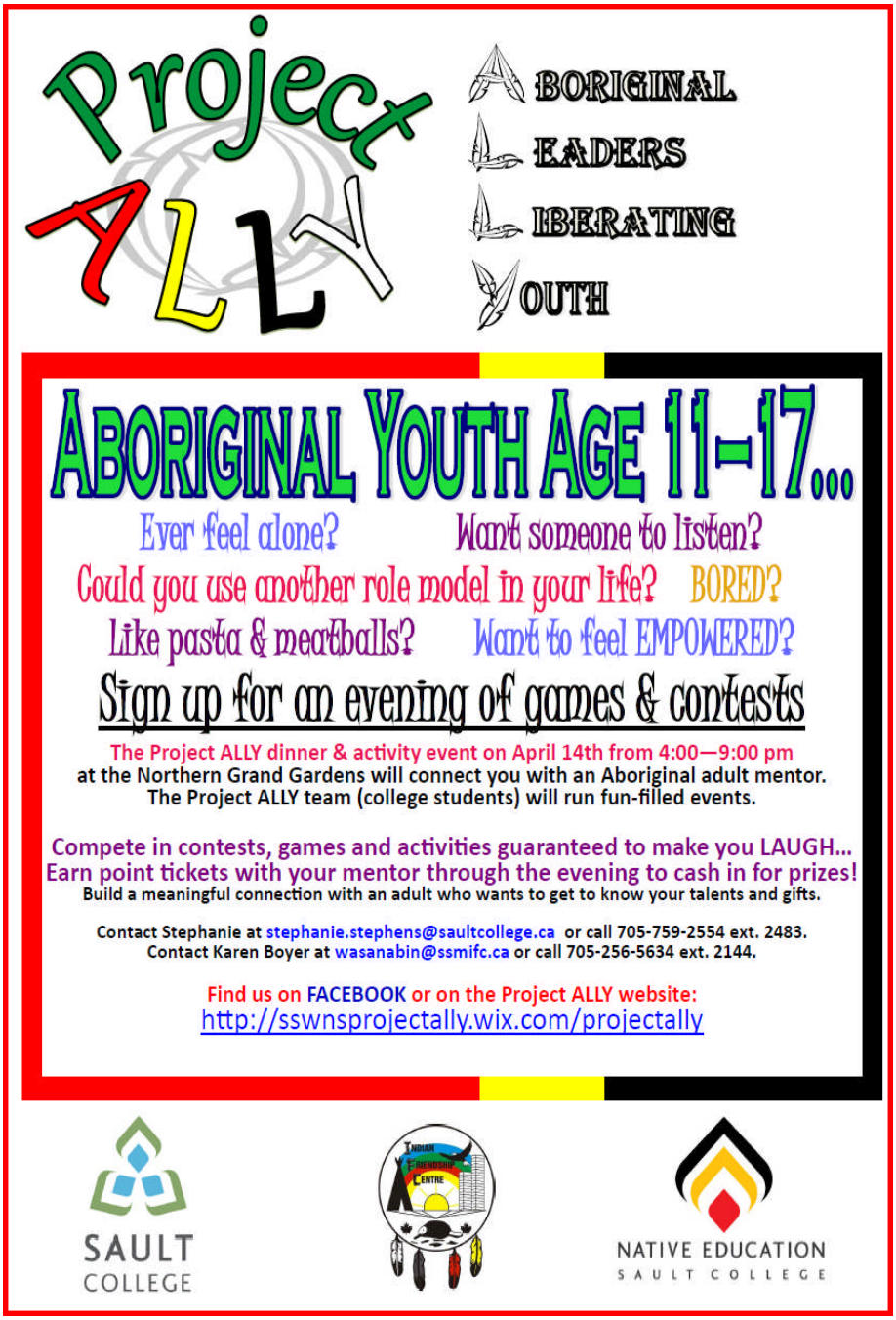
Cool season crops can be seeded or planted outdoors in early spring, when the weather is still cool. Example: beets, Swiss chard, cabbage, collards, broccoli, brussels sprouts, lettuce, onions, parsley, peas, potatoes, radish, spinach, turnips and carrots.

Warm season crops must be seeded or planted outdoors after the soil has become warm. A temperature of 14-15°C in the top 10-12 cm is a good guideline. Warm season crops can also be started indoors and transplanted when the soil is warm enough. Example: beans, beets, eggplant, sweet corn, cucumbers, okra, squash and melons. Beans and sweet corn, however, are not suitable for transplanting.

- Long-season crops require two to four months before harvest.
- Short-season crops require less than two months before harvest.
- Perennial crops grow year after year without replanting.

Use this knowledge to organize the timing of your planting season. You can plant cabbages, lettuce, beans, beets, carrots, green onions and spinach twice in one season; radishes can be planted three times. Plant vegetables such as broccoli, cauliflower, multiplier onions, lettuce, radish, spinach, beans and sweet corn at different times in different areas to have a constant supply. Follow early broccoli with cauliflower, and peas with brussels sprouts or late broccoli.

The full article can be seen at: http://www.omafra.gov.on.ca/english/crops/gardbk/gh-ch4-1tips.htm.



ALLY—Information Note for Caregivers

What is it?
Students in the Social Service Worker – Native Specialization Program at Sault College are hosting the 2nd annual Aboriginal youth/adult mentor night, in partnership with adolescent programs at the SSM Indian Friendship Centre. Free pasta buffet dinner is provided along with giveaway gifts and prizes. Activities are facilitated by students to connect youth with an Aboriginal Role Model from the community with goals of empowering youth and boosting their self- worth and confidence. We are planning for 100 youth/mentor partnerships this year.

Who can participate?: Aboriginal Youth ages 11—17 who send in a sign-up form
Mentors: Aboriginal adults ages 25 + who volunteer and are recruited by SSW-NS Program Faculty, identified as trusted role models in our community. Mentors include SSM Indian Friendship Centre staff, community professionals in social services, health care, educators, lawyers, early childhood educators, law & justice workers, business sector and more.

When: Tuesday, April 14, 2015 4:00 - 9:00 pm
We would like youth to attend right from school if possible, and we will feed them scone dogs and juice to hold them over until dinner Mentors arrive at 4:30 pm.

Where: Northern Grand Gardens: 1324 Great Northern Road
Old Riuniti Building – Let us know on the sign-up from if youth need help arranging transportation.

Contact: Stephanie Stephens 759-2554 x 2483
Stephanie.stephens@saultcollege.ca
Faculty Social Service Worker – Native Specialization Program, Sault College

Visit our website for additional details
http://sswnsprojectally.wix.com/projectally

Membership Rates

	1 year	6 months	3 months	Day Pass
Adult (18+)	$290.00	$202.00	$108.00	$5.00
Elders (55+)	$248.00	$170.00	$92.00	$3.00
Juniors (14-17)	$262.00	$180.00	$98.00	$3.00
Family (up to 4)	$550.00	$378.00	$220.00	

Fitness Centre Hours

ph: 705-946-4006

Fitness Centre Ext. 225

Sun.	Mon.	Tues	Wed.	Thurs.	Fri.	Sat.
12 p.m. to 4 p.m.	6:30 a.m. to 9 p.m.	6:30 a.m. to 10 p.m.	6:30 a.m. to 9 p.m.	6:30 a.m. to 10 p.m.	6:30 a.m. to 8 p.m.	8 a.m. to 4 p.m.

April 2015

Garden River First Nation
YOUTH PROGRAM MONTHLY CALENDAR
Garden River Education/Recreation Centre

Colleen Crowley, Youth Wellness Coordinator
Phone: 705-946-4006 ext. 3 Email: ccrowley@grfnrec.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs RIGHT TO PLAY Junior Youth Leadership Program 5 - 7 p.m. 11 - 13 yrs	2 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs RIGHT TO PLAY High School Youth Leadership Program 5 - 7 p.m. 13 - 18 yrs Family Movie Night 5—7 p.m.	3 Good Friday Offices Closed	4 Minaadendmowin Respect
5 Easter Sunday	6 Easter Monday Offices Closed	7 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs	8 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs RIGHT TO PLAY Junior Youth Leadership Program 5 - 7 p.m. 11 - 13 yrs	9 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs RIGHT TO PLAY High School Youth Leadership Program 5 - 7 p.m. 13 - 18 yrs	10	11 Dbadendizwin Humility
12 Zaagidwin Love	13 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs	14 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs	15 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs RIGHT TO PLAY Junior Youth Leadership Program 5 - 7 p.m. 11 - 13 yrs	16 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs RIGHT TO PLAY High School Youth Leadership Program 5 - 7 p.m. 13 - 18 yrs	17	18 Gwekwaadziwin Honesty
19 Debwewin Truth	20 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs	21 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs	22 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs RIGHT TO PLAY Junior Youth Leadership Program 5 - 7 p.m. 11 - 13 yrs Tween/Teen/Adult Movie Night 5—7 p.m.	23 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs RIGHT TO PLAY High School Youth Leadership Program 5 - 7 p.m. 13 - 18 yrs	24	25 Nbwaakawin Wisdom
26 Aakdewin Bravery	27 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs	28 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs	29 RIGHT TO PLAY Fitness Fun 4 - 5 p.m. 10 - 13 yrs RIGHT TO PLAY Junior Youth Leadership Program 5 - 7 p.m. 11 - 13 yrs	30 RIGHT TO PLAY Teen Fit Zone 4 - 5 p.m. Ages 13 - 18 yrs RIGHT TO PLAY High School Youth Leadership Program 5 - 7 p.m. 13 - 18 yrs	Live by the Seven Grandfather Teachings:	

All proceeds to the Right To Play Youth Leadership Program

Thursday, April 2, 2015

5:00 p.m. to 7:00 p.m.

Admission: $5/person includes: 1 slice of pizza juice box & small popcorn

Family Movie Night in Garden River

Extra snacks available to purchase!

Watch for Next Month's Family Movie Night!

All proceeds to the Right To Play Youth Leadership Program

Wednesday, April 22, 2015

5:00 p.m. to 7:00 p.m.

Admission: $5/person includes: 1 slice of pizza juice box & small popcorn

Tween/Teen and Adult Movie Night in Garden River

Extra snacks available to purchase!

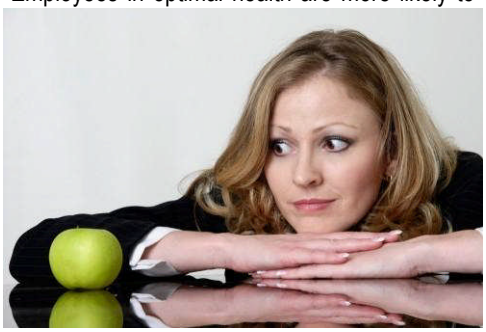
Watch for Next Month's Tween/Teen & Adult Movie Night!

Healthy Eating in the Workplace, Getting Started Makes Good Sense!

Did you know that each dollar spent on "workplace wellness" can have a 6-fold return on medical and absenteeism costs? It can:

- **Help companies cut costs on employee health insurance plans by over 34% 1**
- **Decrease disability days by 87% 2**
- **Reduce health-related lost productivity by 64% 2**

Employees in optimal health are more likely to



be at work and performing well.

Most people say healthy eating is important to them, so support your employees by offering healthy choices. *Make Nutrition a workplace priority!*

It takes more than nutrition education to change eating behaviours. Many workplace efforts to promote healthy eating focus solely on changing individual behaviour. Research shows that it's difficult for individuals to make lasting changes because eating behaviours are affected by many factors (e.g., physiological, psychological, social and environmental). Individual willpower is not enough!

Make the healthy choice the easy choice for your employees by improving the quality of foods offered and sold in your workplace, as well increasing employee knowledge and food skills about healthy eating.

Here are some easy ways to get started so that your workplace can support healthy eating. Below are essential key areas to get your workplace started in providing a healthier nutrition environment. Keep these in mind.

1. **Make an organizational commitment to change your workplace nutrition environment. *Start by*** creating a wellness or healthy eating committee to find out employee needs and interests and to plan, provide and obtain employee feedback about healthy eating activities.

2. **Provide a supportive social eating environment**. Examples include, scheduling appropriate breaks, not using food as an incentive or reward, not leaving "treats" out in work areas and providing healthier food choices during work events. ***Start by*** providing employees with a variety of healthier food choices at meetings, celebrations and special events by using our list of non-perishable healthy food and beverage options available upon request at Algoma Public Health.
3. **Provide a supportive physical environment. *Start by*** providing a safe and pleasant eating area and providing kitchen equipment such as a fridge, microwave, kettle, etc.
4. **Increase access to healthy, reasonably priced, culturally appropriate food. *Start by*** providing healthier food and beverages during meetings and/or special events.
5. **Provide credible nutrition information, access to a Registered Dietitian and support to employees and their families. *Start by* ….**
   - promoting free access to Registered Dietitians by calling Eat Right Ontario at 1-877-510-5102 or visiting www.eatrightontario.ca ;
   - promoting smart phone apps from Dietitians of Canada (with healthy eating tips, information about preparing and cooking food);
   - providing skill building activities such as how to read a food label (presentations);
   - creating an informal peer support group to talk about healthy eating or a salad or soup club where employees bring healthy food choices;
   - Ensuring healthy eating activities and/ or challenges are positive and result in lasting behaviour change. Examples - Fruit Fridays or a vegetable and fruit challenges (discourage weight loss challenges such as the "Biggest Loser").
6. **Provide nutrition education to all workplace key decision makers, e.g., managers, union representatives, cafeteria operators, etc. *Start by*** consulting with Algoma Public Health's Workplace Health Dietitian who can be reached at 705-942-4646.

Your workplace may not be ready to address all of these areas but starting somewhere is a good step forward!

Increasing awareness and education about healthy eating and taking steps to create a positive healthy eating environment in your workplace will contribute to healthier and more productive workforce. As your workplace adopts some of these key areas above, the healthy choice will become the easy choice and eventually your workplace may create a healthy eating policy that supports much of the healthy eating culture and behaviour in that has already been created.

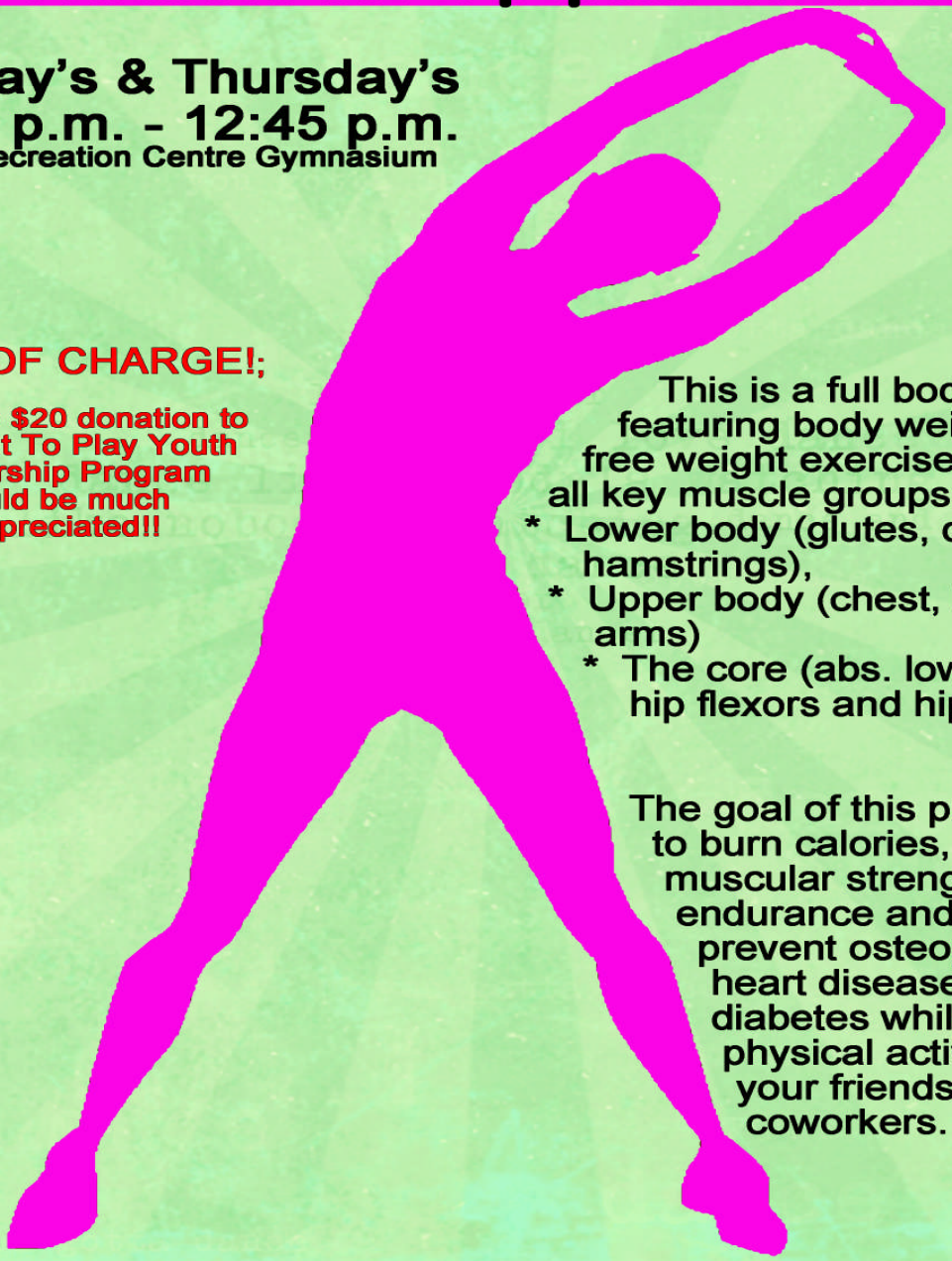
For more information visit www.osnpph.ca to review the Call to Action: Creating a Healthy Workplace Nutrition Environment or call Algoma Public Health at 705-942-4646.

Easter Snack Ideas

Circuit Training for Women:
Just 30 minutes Two Times Per Week

Continued due to popular demand!

Monday's & Thursday's
12:15 p.m. - 12:45 p.m.
in the Recreation Centre Gymnasium



FREE OF CHARGE!;

A $10 to $20 donation to the Right To Play Youth Leadership Program would be much appreciated!!

This is a full body workout featuring body weight and free weight exercises to target all key muscle groups:

* Lower body (glutes, quads, hamstrings),
* Upper body (chest, back & arms)
* The core (abs. lower back, hip flexors and hip extensors).

The goal of this program is to burn calories, develop muscular strength and endurance and help prevent osteoporosis, heart disease & diabetes while enjoying physical activity with your friends and coworkers.

GARDEN RIVER WELLNESS CENTRE

GR Recreation CENTRE

LOOK AFTER YOURSELF LOOK AFTER ONE ANOTHER
RIGHT TO PLAY

Garden River Community Trust

2015 Application Deadline is Tuesday, March 31 by 12 noon.

Wellness Centre Staff

Health Services Staff

Maxine Lesage, RN/BScN - Health Services Supervisor
Marissa Jones—Office Administration
Carol Hermiston, RN/CPMHN - Care Coordinator EDS Program
Cher Luxton, RN/CDE - Chronic Disease Management & Support
Natalie Belleau, RPN - Patient Records & Support
Lisa Mitchell, RPN - Patient Records & Support
Nicole Pelletier RPN - EDS Program
Vicki Boissoneau - NIHB Clerk
Rose Sayers, MCH, FASD - CPNP Programs
Kim Duguay, MCH, FASD - CPNP Programs
Robin Lesage, B.Ed - Coordinator, Transportation
Tyler Pine, Morley Pine, Gail Souliere - Drivers
Loretta Wagner, Nadine Belleau - Replacement Drivers
Personal Support Workers

Community Outreach Team

Kelly Solomon – Community Outreach Supervisor
Karen Belleau – Community Support Services Program
Rose Sayers – Early Childhood and Development
Arnelda Pine – Elderly and Disabled Services
Marlene Pine – Community Health Program
Marie Pine- Community Health Representative Program
Marie T Pine – Addictions/Mental Health Program
Kim Duguay – Early Learning and Literacy
Cynthia Morriseau – Health Educator/ Promoter

Visiting Health Care Providers

Rhonda Angeconeb - Nurse Practitioner
Malcolm McCormick - Nurse Practitioner
Debby Roach - Nurse Practitioner
Nisha Thomas - Physiotherapist
Ramona Weldishofer - Physiotherapy Assistant
Dr. Alan Gelmych - Psychologist
Bill Mansfield - Speech Pathologist
Dr. David Quon - Physician
Beverly Humphrys - Registered Dietitian
Karolee Gair RPN - Foot Care
Wendy Steele - Occupational Therapist
Algoma Public Health - Maternal Child Health and Dental

Parent/Child Drop In Clinics
Wednesdays: 1:30—4:00 p.m.
GR Wellness

April 8 & 22

A one on one appointment with the Algoma Public Health. Must call for an appointment.

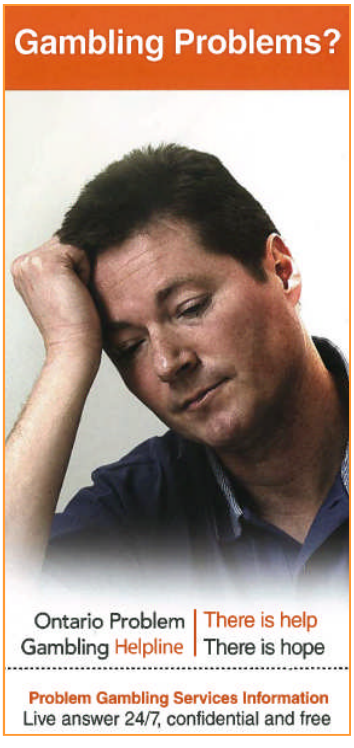
For more information, call Kim Duguay @ 705-946-5710

Community Swim Nights
Saturdays
8—9 p.m.
John Rhodes Pool

April 4, 11, 18, 25
May 2, 9,16, 23, 30
June 6, 13, 20

Please remember the following ratios: parent/child

- Any child under the age of 7 yrs MUST have an adult with them at all times. Within arm reach = 1 parent: 2 children
- Children 7 –9 yrs must pass swim test by pool staff, if child do not pass test—1 parent: 4 children
- Children 10– 13 yrs can swim without adult supervision after passing swim test.



Walking Program
Healing Lodge
Mondays, & Fridays: 9 a.m.

Snacks & Refreshments available
For more information, please call Arnelda or Marie Pine CHR @ 705-248-2231

Women's Wellness Seminar
Starts at 6:00 p.m.

Tuesday, April 21

For more information, please call Marie Pine CHR @ 946-5710

Medical Transportation Services
705-946-5710

Men's Wellness Seminar
6:00—9:00 p.m.

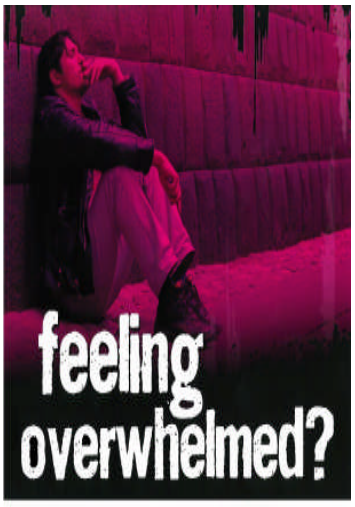
Tuesday, April 7

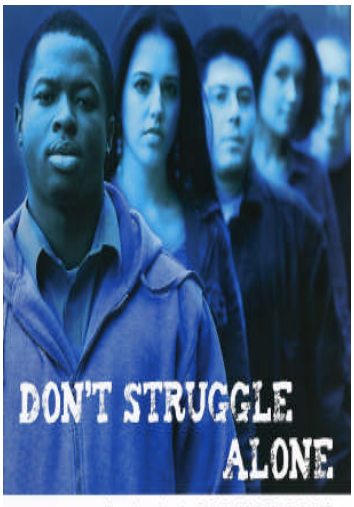
For more information, please call Marie Pine CHR @ 946-5710 Ext. 203.

Early Learning & Literacy Program Presents: Backpack Resource Lending

This skill-building backpack has everything children need to prepare for preschool! Included is a 3-month calendar filled with developmentally appropriate activities for children and parents. The activities reinforce the basic skills preschoolers need to succeed—from counting to letter recognition. The backpack includes materials needed to complete the activities—like colourful bears to sort & count, a ball for motor activities, a language-building book of nursery rhymes and more.

For more information or to sign out kits contact: Kim Duguay @ 705-946-5710 or kduguay@grhc.ca





Suicide Help Card

Submitted by: Marie T. Pine

If someone you know:
threatens suicide, talks about wanting to die, shows changes in behaviour, appearance, mood, abuses drugs, alcohol, deliberately injures themselves, appears depressed, sad, withdrawn...

You can help:
stay calm and listen, let them talk about their feelings, be accepting; do not judge; ask if they have suicidal thoughts, take threats seriously, don't swear secrecy - tell someone.

Get help: You can't do it alone.

Contact: Family, friends, relatives, clergy, teachers, counselors, doctors, crisis lines, mental health services or hospital emergency departments.

Call Sault Area Hospital:
Crisis Services
705-942-1872 or
1-800-273-TALK (8255)

PARENT COFFEE BREAK

This is an opportunity to learn about services and opportunities as well as share experiences about parenting a child with special needs. Group is held one Monday evening a month.

2014 Dates:	
December 8	Parent Stress and Coping
2015 Dates:	
January 19	Transitions
March 16	Summer Camps, Recreation and Respite
April 20	*Topic TBA*
May 25	*Topic TBA*
Time:	6:30 p.m. – 8:00 p.m.
Location:	Ontario Early Years Centre Holy Angels Learning Centre 102 Wellington Street East **Child Care Provided**

You may enjoy this group if you have a child with special needs. We usually have a brief information session about a topic chosen by the parents as well as time to discuss issues with other parents

child care algoma

Algoma PUBLIC HEALTH Santé publique Algoma

Children's Rehabilitation Centre Algoma

Non-Insured Health Benefits (NIHB) Program Update

Pharmacy Benefit Information

Pharmacist Prescribing - Lice Treatment
In various provinces and territories, legislation and regulations now allow pharmacists to provide more services; besides filling prescriptions, they can also prescribe medication for some conditions, renew or extend an existing prescription when a doctor is unavailable, and sometimes modify a prescription to meet the patient's needs.

Pharmacists can be a great resource to get information on lice treatment. Effective March 15, 2015, the NIHB Program will cover medications prescribed by participating pharmacists for lice treatment.

The laws and regulations on pharmacist prescribing are not the same in every province. Please talk to your local pharmacist to find out which of the services above are available in your area.

Introduction of Dose Limits for Stimulants
Stimulants (for example, Dexedrine or Concerta) are medications used to treat attention disorders in children or adults. On February 25th, 2015 the NIHB Program set a new dose limit for stimulants to help ensure that clients are using these drugs safely. Dose limits are the maximum quantity of these drugs that a client can receive per day.

NIHB has contacted doctors whose clients exceed this dose limit to inform them of the change. If the doctor has provided NIHB with justification, some clients may continue to receive the higher dose.

Reduction in Dose Limits for Opioids and Benzodiazepines
To ensure the safety of clients, on March 4, 2015, the NIHB Program lowered dose limits for opioids and benzodiazepines.

Opioids are strong pain medications used to treat acute or chronic pain. NIHB is gradually reducing opioid dose limits to be in line with the Canadian Guideline for Safe and Effective Use of Opioids for Chronic Non-Cancer Pain. This does not apply to clients who are taking opioids for cancer or palliative pain management.

Benzodiazepines (for example, diazepam) are used to treat numerous conditions including seizures, anxiety or insomnia. Beginning in 2013, the NIHB Program has been gradually reducing the benzodiazepine dose limit.

In some cases, clients may be exempt from these dose limits. Pharmacists should call the Drug Exception Centre when dose limits are reached.

Medical Supplies and Equipment Information
Improved Access to Ostomy Supplies
NIHB is changing its approval process for ostomy pouches and flanges to simplify access for clients who need them on a permanent basis. Effective March 16, 2015, clients with a *permanent* medical condition can be approved for two years instead of one. Your provider will help you with this approval.

Clients with a temporary medical condition will continue to require a yearly prescription.

Please be reminded that NIHB covers eligible claims which are not covered by other federal, provincial, territorial or private health insurance plans. When an NIHB-eligible client is also covered by another public or private health care plan, claims must be submitted to the other plan first.

Short-Term Crisis Intervention Mental Health Counselling (STCIMHC)

New Mental Health Counselling Publication

The NIHB Program's Short-Term Crisis Intervention Mental Health Counselling (STCIMHC) benefit provides coverage for crisis counselling services, when no other services are available. This benefit can help clients to access immediate care to stabilize a mental health crisis and, if necessary, to transition to longer-term mental health supports.

The NIHB Program collaborated with the Indian Residential Schools Resolution Health Support Program (IRS RHSP) to produce the Guide to Mental Health Counselling Services. This publication provides information to clients and providers on what services are eligible under each Program, and how these services or benefits can be accessed. It also establishes a common enrolment process for mental health counselling providers that enables them to provide services under either Program.

The Guide to Mental Health Counselling Services describes policies and procedures related to NIHB's STCIMHC benefit. Some key points for NIHB clients are:

- The prior approval process for clients to access the STCIMHC benefit has been simplified;
- In addition to 2 one-hour sessions for initial assessment, approval can now be provided for up to 15 one-hour counselling sessions per mental health crisis;
- Counselling can now be provided through tele-health, with the client's agreement.

Please consult the Guide to Mental Health Counselling Services at http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/crisis-urgence/guide-eng.php for a complete description of policies and procedures for the STCIMHC benefit and IRS RHS Program. You can contact your Health Canada regional office for a list of mental health providers who are enrolled with the NIHB Program and eligible to provide counselling services.

General Program Information

NIHB Navigators

NIHB Navigators help eligible clients to 'navigate' and access the NIHB Program. They are a resource for communities, organizations or individuals who need support or information on NIHB-related issues. Navigators are employed by regional First Nations organizations. Their roles and activities are adapted to meet regional needs, and generally include the following:

- Increase understanding of the NIHB Program and share information on eligible benefits;
- Help clients and communities to resolve NIHB-related issues;
- Link with health departments and agencies to help improve client access to NIHB benefits and related health services.

More information about NIHB Navigators, including contact information, can be found on the Assembly of First Nations website at the following link: http://health.afn.ca/uploads/files/nihb_navigator_(fe).pdf

Indian Status Card and NIHB Client Eligibility

In order to submit benefit claims to NIHB, service providers require your NIHB client identification number. If you are a registered First Nations person, providers may ask to see your Indian status card because your Indian status registration number also serves as your NIHB client identification number.

An eligible First Nations NIHB client should not be denied services because the renewal date on their status card has passed. Service providers can still use your status registration number to submit your NIHB claim and eligibility will be verified by the claims processing system. Providers can also call the Express Scripts Canada call centre or the Health Canada regional office to verify your eligibility with NIHB. If the renewal date has passed on your status card, or is about to, you should renew your card as soon as possible. All registered First Nations individuals can apply for the Secure Certificate of Indian Status by mail or by applying in person at any Aboriginal Affairs and Northern Development (AANDC) Regional Office. Application forms and office locations can be found on the AANDC Web site at https://www.aadnc-aandc.gc.ca/eng/1100100032380/1100100032381. Further information is available by calling 1-800-567-9604, emailing infopubs@aandc-aadnc.gc.ca or viewing the AANDC Website. The paper-laminate version of the Certificate of Indian Status (CIS) continues to be issued by First Nation Indian Registration Administrators and First Nations individuals can call their local band office for further information.

Reminder for Parents and Guardians of NIHB-Eligible Infant Children

Parents and guardians of infant children are encouraged to apply for registered Indian status or seek recognition from their Inuit land claims organization as soon as possible to ensure access to NIHB benefits. For most types of benefits, NIHB will cover infants up to one year of age under their parent/guardian's NIHB client number. For dental services only, contact your Health Canada Regional Office if dental services are required for an unregistered infant under one year of age.

Client Inquiries - General

Alberta 1-780-495-3302 (Main reception)
Toll-free: 1-800-232-7301
Atlantic 1-902-426-2656
Toll-free: 1-800-565-3294
British Columbia First Nations Health Authority (FNHA)
Toll free: 1-800-317-7878
Manitoba Toll-free: 1-800-665-8507
Northwest Territories/Nunavut Toll-free: 1-888-332-9222
Ontario Toll-free: 1-800-640-0642
Quebec 1-514-283-1575
Toll-free: 1-877-483-1575
Saskatchewan Toll free: 1-866-885-3933
Yukon Toll-free: 1-866-362-6717

Client Inquiries – Dental and Orthodontic Services

NIHB Dental Predetermination Centre Toll-Free: 1-855-618-6291 (Dental Services)
Toll-Free: 1-866-227-0943 (Orthodontic Services)

Small changes, big differences.

Triple P Positive Parenting Program for every parent

FREE Triple P Seminar

The Power of Positive Parenting

for parents of children up to 12 years old

Please Register with Kim Duguay @ 705-946-5710

DATE: Tuesday April 14, 21, 28 2015 **TIME:** 5:30 - 7:00 PM

PLACE: Garden River Child Care Centre

Snacks & Beverages
Child Care available
Incentives! Prizes!

- ✓ **Understand general parenting issues**
- ✓ **Be firm and effective with behaviours**
- ✓ **Identify and handle situations**

The seminars will help you feel more confident and ready to deal with your child's behaviour.

www.triplepontario.ca Facilitated by Algoma Public Health

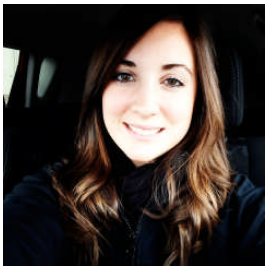
WELCOME to NOSM (Northern Ontario School of Medicine) students.

Two first year medical students will be on placement in our community for 4 weeks beginning April after Easter until May.

They will also be living in our community with a host family and will be immersed in our community activities and culture. I've attached both biographies of the students, please join me in welcoming them to our wonderful community.

Please watch for postings for an invitation to a meet and greet luncheon.

Maxine Lesage
GRFN Wellness Centre



NAME: KATIE KOMSA
CAMPUS: NOSM - LAKEHEAD UNIVERSITY (WEST)
CONTACT INFORMATION:
EMAIL: KAKOMSA@NOSM.CA
PHONE: (705) 943-9744

BIOGRAPHICAL STATEMENT:
I was born and raised in Sault Ste Marie, Ontario. My mother is a Crown Attorney and my step-father is a recently retired police officer.

I have an older sister, who is in her 4th year at NOSM on the East campus, and a younger sister who is completing her 4th year of undergrad at Algoma University. I have a golden retriever named Zoey, who moved to Thunder Bay with me. I enjoy playing sports, including hockey, baseball, basketball and volleyball.

In May 2013, I completed a Bachelor of Science Degree in Biology with a Minor in Chemistry from the State University of New York at Potsdam. I was the recipient of a hockey scholarship throughout my four years there.

LEARNING OBJECTIVES FOR THE ICE:

- To become immersed in the community's traditional practices and beliefs
- To learn from a diverse body of clinical practitioners including Nurses, Health Directors and Traditional Healers
- To recognize and respect cultural diversity and learn from community Elders
- To learn and experience health issues that particularly pertain to Aboriginal communities in Northern Ontario

NAME: OLIVIA CHRISTIE
CAMPUS: SUDBURY CAMPUS
CONTACT INFORMATION:
OCHRISTIE@NOSM.CA
705-662-3829

BIOGRAPHICAL STATEMENT:
Hello! My name is Olivia, I am a first year medical student at NOSM. I am very excited to be joining you in your community for the month of May. I am originally from Sault Ste. Marie. I completed a Nursing degree in London before beginning medical school this fall. I am very excited to get to know Garden River, and the services that they offer to the community. Some hobbies of mine include almost all outdoor sports. I thoroughly enjoy hiking, camping, canoeing, and snowshoeing. I look forward to taking part in any activities that are happening in the community.

LEARNING OBJECTIVES FOR THE ICE:

I hope to learn about the services that are offered through the Wellness Center, and get an idea of what is available to people living in Garden River. I am also interested in interprofessionalism, and hope to learn about the team that works together to provide services to your community. Other parts of this placement I am looking forward to learning more about are the cultural aspects of the community. I hope to spend some time with the elders, and getting to know members of the community throughout my placement.

Northern Ontario School of Medicine

EATING 9 TO 5! – April 2015

The secret to starting your workday off right? Get it going the night before.

- Put dinner leftovers into containers and refrigerate for tomorrow's lunch.
- Portion and pack lunchbox snacks, such as fruit, vegetables with hummus, or roasted soy nuts.
- Fill up and refrigerate your reusable water bottle for sipping at work.
- Prep breakfast: wash and chop fruit, get out the breakfast dishes and set up the coffee maker.
- Get ready for tomorrow night's dinner. Cut veggies, cook grains and marinate meat.

Drink. Refill. Repeat. Is this your coffee habit? Just three big mugs of coffee a day could deliver a caffeine surplus.

Too much caffeine can make you lose sleep, causes jitters, stomach upset and increased heart rate in some people. Health Canada recommends that adults have no more than 400 mg of caffeine a day. A big mug, refilled a few times, could put you well over that amount. Here are estimates of how much caffeine is in popular drinks:

- One cup (250 mL) of home-brewed coffee: 80-180 mg
- One cup (250 mL) of home-brewed tea: 25-45 mg
- A large (710 mL) coffee shop latte: 70-150 mg
- One can (355mL) of cola: 30 mg

Submitted by Bev Humphrys, Registered Dietitian

WE WELCOME YOU

to consider becoming a
School Bus Driver

Drivers Required for the
Garden River First Nation Bussing Contract

Ideal for Retirees, the Self Employed and the Stay at home Parents

We welcome community members to join our team in transporting our future generation of youth to and from school each day from September - June, Monday - Friday between 7:00 a.m. - 9:30 a.m. and 2:30 p.m. - 4:30 p.m. We can provide driver training for a Class "B" Licence and first aid certification at a competitive rate.

All driver's must:
- submit a clear vulnerable sector check (level 3 CPIC)
- be 25 years of age or older.
- have NO impaired convictions within the last 7 years.
- have less than 3 driving infractions within the past 5 years
- be accident/claim free within the past 3 years.
- submit to pre-employment drug testing.

You will earn a steady, competitive part-time income with all holidays off. Retirees will enjoy ample free time to pursue other interests and self-employed people can supplement their income with a sure thing.
You could play an important role in a child's education.

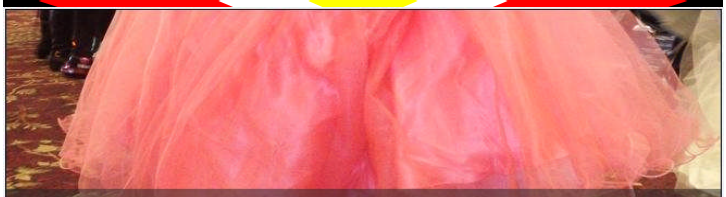
CALL TODAY!!!

Bossoneau Bus Lines Inc.
Office # 705-946-0992
45 Bell Street, Garden River, ON

BOISSONEAU BUS LINES INC.

For more Information:
Please contact
Dianne Roach, GRFN Education Manager
705-946-3933

Route times, vehicle types, rate of pay and other conditions may vary by route.
We are an equal opportunity employer.



Operation All Dressed Up!

Sault Ste. Marie & Algoma District

Algoma's Water Tower Inn

If you are graduating this year, we welcome you to join us at Algoma's Water Tower Inn on Sunday April 12, 2015 from 9:00AM to 3:00PM by appointment only. Walk-ins are welcome from 3PM to 5PM. Volunteers will assist you with the daunting task of "shopping" and preparing for your upcoming graduation from grade 8 or grade 12. The cost of these events can be high, and OPERATION ALL DRESSED UP is here to help!

If you wish to donate graduation dresses (we recommend donating dresses purchased between 2010 and 2015), shoes and accessories are also welcomed. Please drop off your donated items at the Sault Ste. Marie Police Service Building or the Ontario Provincial Police Sault Ste. Marie Detachment by Friday April 3, 2015.

Cst. Alison Kirkpatrick (705) 542-8678

Cst. Monique Baker (705) 542-5373

OPP

6 Homemade Easter Egg Dye Recipes

How to Make Blue
Ingredients
1 pound frozen blueberries (about 3½ cups)
2 cups water
1 tablespoon lemon juice

Directions
1. On the stovetop, bring frozen blueberries and water to a boil in a pot. Boil for 5 minutes.
2. Pour colored liquid into a cup or bowl, straining out the blueberries with a strainer.
3. Stir in 1 tablespoon lemon juice.

How to Make Yellow
Ingredients
2 tablespoons turmeric
2 cups water
1 tablespoon vinegar

Directions
1. On the stovetop, bring turmeric and water to a boil in a pot. Boil for 5 minutes.
2. Pour colored liquid into a cup or bowl.
3. Stir in 1 tablespoon vinegar.

How to Make Orange
Ingredients
2 tablespoons paprika
2 cups water
1 tablespoon vinegar

Directions
1. On the stovetop, bring paprika and water to a boil in a pot. Boil for 5 minutes.
2. Pour colored liquid into a cup or bowl.
3. Stir in 1 tablespoon vinegar.

How to Make Pink
Ingredients
12 ounces frozen raspberries (about 3½ cups)
2 cups water
1 tablespoon lemon juice

Directions
1. On the stovetop, bring frozen raspberries and water to a boil in a pot. Boil for 5 minutes.
2. Pour colored liquid into a cup or bowl, straining out the raspberries with a strainer.
3. Stir in 1 tablespoon lemon juice.

How to Make Brown
Ingredients
¼ cup instant coffee granules
2 cups boiling water
1 tablespoon vinegar

Directions
1. In a cup or bowl, stir coffee granules and boiling water together.
2. Add 1 tablespoon vinegar.

How to Make Green
Directions
In a bowl or cup, mix one part blue liquid with one part yellow liquid.

http://www.realsimple.com/holidays-entertaining/holidays/more-holidays/homemade-easter-egg-dye

Miijim Gaamig Food Bank

MIIJIM GAAMIG
FOOD HOUSE

Regular Hours

Monday— Wednesday—Friday
9– 12 & 1—4

Closed during Lunch

Please note:

Food Bank access is limited to one visit per month.

Thank you

Miijim Gaamig Food Bank

MEAT DRAW

Tickets $2.00 each or 3 for $5.00

Prize Package will not be exactly as shown

Prize Package will not be exactly as shown

1st Prize: $200.00 Meat Package from Dinelle's

2nd Prize: $100.00 Meat Package from Dinelle's

3rd Prize: $50.00 Bill

Draw to be held at Community Centre on Sunday May 3, 2015 before the Prize Bingo Jackpot

Come out and Enjoy Yourself at our Prize Bingo

Call Brenda at the Food Bank for More Information - 705-946-6300

Miigwetch!!

Dreamcatcher Charitable Foundation

The Miijim Gaamig Food Bank would like to express their sincere thank you to the Dreamcatcher Charitable Foundation for their generousity in assisting the Food Bank with their efforts to provide healthy food choices for the community members of the Garden River First Nation.

With the assistance of the Dreamcatcher Foundation, the Food Bank has been able to provide Christmas Cheer boxes and purchase need food items to keep the food bank shelves full.

Miigwetch again for your generousity in providing funds to the Miijim Gaamig Food Bank during the past 2014/2015 fiscal year.

Brenda Williams,
Food Bank Worker

HOUSING BULLETIN

ATTENTION ALL GARDEN RIVER TENANTS

HOMEOWNERS' MONTHLY MAINTENANCE CHECKLIST

Monthly inspection of items in and around your house is encouraged to ensure your house is an efficient and a safe place to live.

3-MONTH CHECKLIST

Here are Checklists for the next 3 months:

February:

- ☐ Clean/Replace furnace filter
- ☐ Clean range hood filter
- ☐ Clean inside surfaces
- ☐ Conduct annual safety check:
  a) Door locks
  b) Smoke / co detector
  c) Window locks
  d) Potential fire hazards

March:

- ☐ Clean/replace furnace filter
- ☐ Check attic
- ☐ Clean range hood filter
- ☐ Check ceilings
- ☐ Clean VenMar / HRV
- ☐ Check sump pump

April:

- ☐ Check eavestrough / downspouts
- ☐ Replace furnace filter
- ☐ Clean range hood filter
- ☐ Check roof
- ☐ Inspect landscaping (Soil Settlement)

CONTACTS

Anne Headrick, Housing Department Supervisor
aheadrick@gardenriver.org

Charlotte Boissoneau, Housing Assistant
cboissoneau@gardenriver.org

Carrie Zeppa, Tenant Relations Officer
czeppa@gardenriver.org

Greg Solomon, Construction Maintenance Coordinator
gsolomon@gardenriver.org

Tel: 705.946.6300
Fax: 705.945.1415

EMERGENCY CONTACTS

Garden River Housing Cell # (705)254-9492
Steel City Gas (705)945-7074 or Cell # (705)941-5908
D & R Plumbing (705)542-1881
Top Line Electric / Plumbing (705)575-3683

Recycling/ Reducing/ Reuse

Darwin Belleau Contracting
165 Jardun Mine Road

Monday—Friday
8:30 a.m.—4:30 p.m.

A friendly reminder from the recycling depot:

PLEASE DROP OFF RECYCLING MATERIALS ONLY and please use the provided containers.

Household Waste Products:

- No 1 & 2 plastics (e.g. pop & water bottles, shampoo & detergent bottles)
- Aluminum cans
- Tin food cans
- Cardboard
- Boxboards/small boxes (e.g. cereal boxes)
- Paper egg cartons
- Toilet/towel paper rolls
- Clean milk cartons

Electronics:

- Televisions
- VCRs
- Computers & components (e.g. keyboard, mouse, printer)
- Lap tops
- Video cameras
- Cell phones

Appliances:

- Fridges
- Freezers
- Dryers
- Hot water tanks
- Stoves
- Washers

Tires:

- Heavy equipment
- Car
- Truck
- NO bicycle tires

Use garbage dump for all other wastes

For more information contact:
Darwin Belleau Contracting
165 Jardun Mine Road, GRFN
Phone: 705-254-8676

Congratulations!

Congratulations to Phil Jones ... on winning at the recent Quonta festival...for technical work!
Alanna Cam and Sarah

here's the story....

Tova Arbus, Brandi McCallum, Phil Jones and Randi Mraud celebrate Sault Theatre Workshop's wins at Quonta.

Randi Mraud can thank her friends for helping her win her first Quonta award. She was named outstanding director at Quonta Regional Drama Festival Saturday for helming Sault Theatre Workshop's production of Snapshots. The drama, penned by American playwright Cynthia Mercati, is Mraud's fourth directorial effort at Quonta. She also oversaw STW's Annie Mae's Movement (2006), Rabbit Hole (2011) and You Are Here (2012).

Snapshots follows three friends, Hollis (Tova Arbus), Carol (Brandi McCallum) and Sherry (Terra McCrea), from high school to middle age. "They're great ladies, fabulous actors and work hard," said Mraud following the awards presentation at Studio Theatre. "They're willing to take anything that I would give them and work on it. They'd come back and give it to me. They're just amazing to work with." She compared the experience to "hanging out with friends." "It was like a group of friends put on a production," said Mraud.

She was excited about her first Quonta win. "I think it's awesome," said Mraud. "I'm ecstatic. I think it's fabulous. I've been doing it for awhile and it's nice to get acknowledged."

Mraud won one of three awards for Snapshot. Adjudicator Maja Ardal named McCrea outstanding lead actress. McCrea won for outstanding support actress at Quonta in 2007 for STW's The Discipline Committee. Phil Jones was recognized for his technical work. Snapshots was also recognized with three adjudicator awards.

Gore Bay Theatre's staging of Agnes of God was named best production. Shannon McMullan, who appeared as Mother Miriam Ruth in the drama, was outstanding actress. Agnes of God was also recognized for outstanding visual production. Gore Bay now advances to Theatre Ontario Festival in Oshawa in mid-May. "I was incredibly impressed with the two productions that I saw," said adjudicator Maja Ardal before presenting the awards. "The standard, quality, heartbeat in both these productions has been absolutely wonderful."

Snapshots and Agnes of God were the only two shows entered at Quonta this year. "It's up and down," said Mraud, who is also Quonta president. "It just happened that this year it just wasn't feasible for most of the groups."

Hockey Day in Garden River

Friday April 3, 2015

Open to Garden River Students

2 Hour FREE Hockey School

Ages 6-12 9:00am-11:00am

At the SOO PEE WEE

Due to limited space, the first 25 students will be accepted.
Deadline to sign up April 2, 2015 @ 12:00pm
Contact Jamie or Leah at 705-942-2080 or email
jamie@golfsilvercreek.com

Proudly Sponsored by:

Silver Creek GOLF COURSE

Early indications suggest that number will increase in 2016.

"Everyone said they are hoping to put one in next year," Mraud told The Sault Star. "Next year we may have too many entries."

Maximum number of shows for the festival is five. If more than that number enter, a pre-adjudication is done.

A host site for 2016 has yet to be named. Either a theatre group will step up by June or the Quonta executive will choose a central site and assign responsibilities for festival planning to each member group. They include Take Two Theatre in Timmins, Theatre Cambrian in Sudbury and Elliot Lake Amateur Theatre Ensemble.

Quonta award winners:
Adjudicator awards: Kayla Greenman (Agnes of God), Val Wilson (Snapshots), Jenn Floyd and Jasmine Nadon (Snapshots), cast of Snapshots, Shannon McMullan, Bob Sproule and Jean Lavalle (Agnes of God).
Outstanding visual presentation: Agnes of God;
Outstanding technical: Phil Jones (Snapshots);
Outstanding supporting actress: Shannon McMullan (Agnes of God);
Outstanding leading actress: Terra McCrea (Snapshots);
Outstanding director: Randi Mraud (Snapshots);
Outstanding production: Agnes of God.

Blurb from Sault Star, Sunday, March 22, 2015

Silver Creek Golf Course

$900 GOLF membership

KETEGAUNSEEBEE GARDEN RIVER First Nations

NEW for 2015

$1200 GOLF family membership

Special Rate for Garden River Members at Silver Creek

Single-$900.00 includes your green fee, cart fee & tab in the restaurant.

*Family (2 adults & JR's 18 & under)- $1200.00 includes green fee, cart fee & tab in the restaurant

Includes unlimited access to a shared power cart, unlimited access to the chipping, putting greens & driving Range.

14 day advanced booking tee times, member only specials in the pro shop and member only events! PLUS MUCH MORE.

Silver Creek GOLF COURSE

Payroll Deduction Payment Plan

Garden River First Nation Employees now have a payroll deduction option.

Monthly or bi weekly payments. Deductions must be completed by May 1, 2015

FOR MORE INFORMATION PLEASE CONTACT LEAH BOISSONEAU AT (705)942-2080 EXT 205 OR EMAIL lboissoneau@golfsilvercreek.com

Silver Creek GOLF COURSE

Join us for

BRUNCH

Mother's Day

SUNDAY

10:30am & 1:00pm Seating

$13.95 Adults $ 6.95 Children (5-12)

Reserve your spot today.

705-942-2080 ext 205

SUNDAY MAY 10, 2015

104 Belleau Lake Road | Garden River, ON

info@golfsilvercreek.com www.golfsilvercreek.com

		Green & Cart Fee	TAB	
ADULT		$ 1,300.00	$ 300.00	$ 1,600.00
ADULT COUPLE		$ 2,100.00	$ 450.00	$ 2,550.00
SENIOR		$ 1,200.00	$ 200.00	$ 1,400.00
SENIOR COUPLE		$ 2,000.00	$ 350.00	$ 2,350.00
JUNIOR	10-18	$ 250.00		$ 250.00
INTERMEDIATE	19-35	$ 600.00	$ 100.00	$ 700.00
GARDEN RIVER		$ 800.00	$ 100.00	$ 900.00

TAB

Each member is required to purchase a tab to be used in the restaurant. This tab can be used for any food or beverage purchase in the clubhouse and on the beverage cart, this does include the purchase of alcoholic beverages. You will also have the option to add more cash to your account as the season progresses.

NEW Tab can also be used in the Pro Shop

MEMBERSHIP PRIVILEGES INCLUDE:

- 14 day booking policy
- Full use of driving range
- Member guest rate
- Access to all leagues
- Discount in pro shop
- Access to member events
- Cart lease for season
- Unlimited golf

*Payment Plans Available

WEEKDAY SEASONS PASS
$1000
(no early payment discount available)

NEW

9 HOLE SEASONS PASS
$650
(no early payment discount available)

FULL USE OF GOLF COURSE MONDAY-FRIDAY
CART LEASE FOR THE SEASON
7 DAY BOOKING PRIVILIGES
ACCESS TO MEMBER EVENTS
ACCESS TO ALL LEAGUES
NO PRE PAID CHIT
NO PRO SHOP DISCOUNT
NO MEMBER GUEST RATE
NO DRIVING RANGE MEMBERSHIP

FULL ACCESS TO GOLF COURSE MONDAY-SUNDAY FOR 9 HOLES ONLY.
CART LEASE FOR THE SEASON
7 DAY BOOKING PRIVILEGES
ACCESS TO MEMBER EVENTS
MAY USE 9 HOLES FOR ALL LEAGUES (WILL BE THE ONLY 9 HOLES YOU CAN PLAY ON THOSE DAYS)
NO USE OF DRIVING RANGE
NO PRO SHOP DISCOUNT
NO MEMBER GUEST RATE

For more information on Golf Memberships please contact:
Leah at lboissoneau@golfsilvercreek.com Jamie at jhenderson@golfsilvercreek.com
or Call 705-942-2080

Batchewana Attack
Merchandise for Sale

Batchewana ATTACK
JUNIOR "A" HOCKEY CLUB

Call Patti(705) – 206-2717

$15 for Toques – One size
$25 for fitted
$20 Non-Fitted

Golf Shirts $ 40
T-Shirts $20

Happy Birthdays!!
Apr. 22
Happy 40th birthday to my cuzin, Nats
Apr. 25
Happy 27th birthday to my BC nephew Nicholas
Apr. 29
Happy 17th birthday to my Island nephew Christopher

Alanna Cam Sarah

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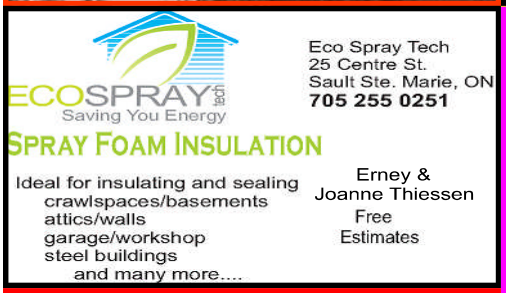
minimum 2 hour bookings
Irene M. Gray
705-206-9257
Available evenings/weekends for: Birthday Parties, Family Gatherings, Program Events, Pow wows, Costume Parties, and Just because you want to be painted up.
Member & Resident of Garden River First Nation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Evergreen
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Sage
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Soaps
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guest bars - $1.75
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Tracey Boissoneau

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Chris and Nancy Thibodeau
Ralph and Anna Carchidi
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(F) 705.575.1768
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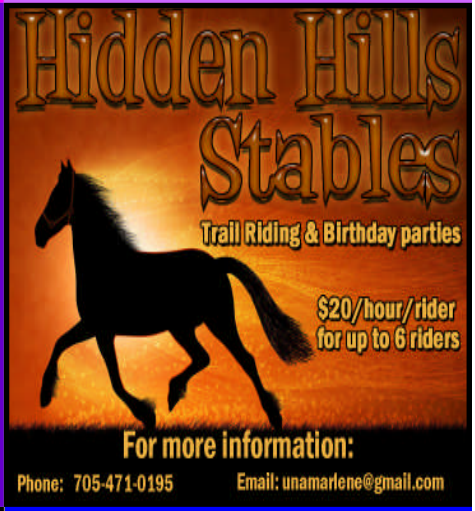
Hidden Hills Stables
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$20/hour/rider for up to 6 riders
For more information:
Phone: 705-471-0195
Email: unamarlene@gmail.com

Buzzno
Metal Works
Jeremy Boissoneau
Owner / Operator
313 Jardin Mine Road,
Garden River, ON
Tel: 705.575.4904
Fax: 705.575.5008
jbuzzno@live.com
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Garden River First Nation Mission Statement

In the spirit of our ancestors and our Treaty, we endeavour to conduct ourselves in a manner that is consistent with the Seven Grandfather Teachings given to us by the Creator. We envision a harmonious community that is built on mutual respect that maintains a healthy balance through prosperity and well-being. Through these actions we intend to create a self-sustaining community that fulfills the emotional, physical, mental and spiritual well-being of all members.

N'bwaakaawin—Wisdom
Zaagidwin—Love
Mnaadendmowin—Respect
Aakdehewin– Bravery
Gwekwadziwin—Honesty
Dbaadendizin—Humility
Debwewin—Truth

Councillor	Portfolio
BARRY, Caroline	Child Care, Niigaaniin
BELLEAU, Darwin	Education, Governance
BELLEAU, Terry	Economic Resources & Community Development, Niigaaniin
BELLEAU-JONES, Cindy	Health & Social Services, Recreation
JONES, Peter	Economic Resources & Community Development, Governance, Health & Social Services
LESAGE, Gerry	Administration/Finance, Recreation, Public Works
NOLAN, Brandi	Bingo Enterprise, Education, Governance
RICKARD, Andy	Child Care, Golf Resort, Governance
SAYERS, Craig	Education, Economic Resources & Community Development
SOLOMON, Chris	Administrative/Finance, Golf Resort, Recreation
SYRETTE, Paul	Administration/Finance, Public Works
ZACK-CARABALLO, Leslie	Bingo Enterprise, Health & Social Services, Public Works

GRFN Departments

Regular hours:
Monday—Friday 8:30 a.m. to 12:00 p.m. & 1:00 p.m.—4:30 p.m.
STATUARY HOLIDAY CLOSURE
Good Friday - April 3 and Easter Monday - April6

Garden River First Nation Community Newsletter Contact Information

Irene M. Gray
Resource Centre Coordinator
Garden River Education/ Recreation Centre
48 Syrette Lake Road
Garden River, ON P6A 7A1

Phone: 705-946-3933 ext. 210
Fax: 705-946-0413
Email: irene.gray@gardenriver.ca
Website: www.gardenriver.org/newsletter

May 2015 Issue Submission Deadline is: Friday April 17 by 4 p.m.

Garden River First Nation Business Directory

APS	705-946-2539
APS (Garden Detachment)	705-946-4196
ASSETS / AITC	705-256-5413
Band Office	705-946-6300
Big Arrow Variety & Gas Bar	705-942-2071
Clip & Snip	705-946-1025
Community Centre	705-946-2614
Dan Pine Healing Lodge	705-248-2231
DarMax Service	705-575-3356
Darwin Belleau Contacting	705-254-8676
Education Centre	705-946-3933
Family Tree—Native Crafts	705-949-6777
G.R. Bingo Hall	705-253-8718
G.R. Child Care Centre	705-256-5400
G.R. Fire Dept.	705-253-1870
G.R. Public Works	705-946-6300 x.222
G.R. Community Trust	705-942-1103
Hidden Hills Horse Ranch	1-705-471-0195
Medical Bus	705-946-5710
Quick Stop	705-942-0616
Recreation Centre	705-946-4006
Rick's Tree Service	705-946-4265
Silver Creek Golf Course	705-942-2080
The Massage Gallery	705-971-5155
Wellness Centre	705-946-5710