

Garden River First Nation

Community Newsletter September 2019



**BACK TO
SCHOOL GRFN**

**Orange Shirt Day
Sept. 30, 2019**



**Staring Kelvin Boissoneau
as Tommy—Youth Warrior**

South
Theatre
Workshop

SHOT IN
THE DARK

MAGICAL.
MISCHIEVOUS.
MIRACULOUS.

ROALD DAHL'S
Matilda
THE MUSICAL
Directed by Anthony Aceti

Sault Theatre Workshop | 121 Pittsburgh Ave.
7 PM October 23-26
2 PM October 26 & 27
Tickets: \$29 Adults/Seniors, \$19 Students/Children
Available at Station Mall Box Office

BOOK BY DENNIS KELLY • MUSIC & LYRICS BY TIM MINCHIN

ROALD DAHL'S MATILDA: THE MUSICAL is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are a direct supply of MTI. www.MTIshow.com

**Chief and Council
Elections
Voting Date:
September 19, 2019**

Phyllis' Story: The Original Orange Shirt

I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!

When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.

I was 13.8 years old and in grade 8 when my son Jeremy was born. Because my grandmother and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.

I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don't matter. Even

with all the work I've done!

I am honored to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.

(Article cited from orangeshirtday.org)

To learn more about orange shirt day or how you can participate visit:

www.orangeshirtday.org



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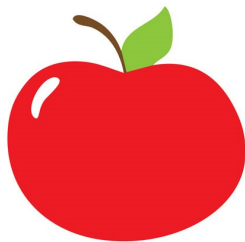
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pamela.grfn@gmail.com



Get Connected to GRFN!!!



GRFN WEBSITE: www.gardenriver.org

FACEBOOK: Like us on
Facebook @GardenRiverFirstNation



C&C Meeting Videos Location:
<https://vimeo.com/gardenriver/albums>
Password: L1vegarden1ver

Upcoming Meetings

- 📅 **Monthly Meeting: September 3, 2019 at 6:00 PM, Community Centre**
- 📅 **Chief and Council Working Meeting: September 11, 2019 at 6:00PM, Council Chambers**
- 📅 **Elections: September 19, 2019**

BE BEAR WISE



APS Garden River Detachment is looking for assistance in locating a TeePee that was borrowed from Ojibway Park and used during this year's Pow Wow.

The TeePee was taken down Sunday, August 18th around 7 pm and left at the Garden River Ballpark that night. The following morning (August 19th), the TeePee was gone however the poles and stakes were left behind.

The APS Garden River Detachment is seeking the public's help in locating the TeePee in hopes that someone is holding it for safekeeping before a full criminal investigation is begun.

If you have any information as to the whereabouts of the TeePee or you are holding it and would like to return it, please contact the Garden River Detachment at (705) 946-4196

Meegwetch!

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2 Labour Day	3 Early Years Program-EN 9:00 A.M-12:00 P.M.	4 Early Years Program-EN 9:00 A.M-12:00 P.M. Turtles Are Terrific-Parents AND Children Ages 0-6 - Belinda/Kelly - 5:00-6:30 - WC
8 Early Years Program-EN 9:00 A.M-12:00 P.M. How Attachment Style Affects Parenting Melissa – 5:00-7:00 - WC	9	10 Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 10 to 11, Colleen, REC 3:45-5:00 Kids In The Kitchen-Ages 7-9 - Paige-5:00-7:00 WC	11 Early Years Program-EN 9:00 A.M-12:00 P.M. Youth Leadership, Ages 13 to 24, Colleen, REC, 3:30-6:00 Painting With Feathers-Parents AND Children Ages 0-6 - Belinda/Kelly - 5:00-6:30 - WC
15	16	17 Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 10 to 11, Colleen, REC 3:45-5:00 Beyond The Blues, Jessica, Ages 13-24 5:30-7:30 - YL Self -Trust - Ages 10-12 – Karen – 5:00-7:00 WC	18 Early Years Program-EN 9:00 A.M-12:00 P.M. Youth Leadership, Ages 13 to 24, Colleen, REC, 3:30-6:00 Bellevue Park Fun-Parents AND Children Ages 0-6 - Belinda/Kelly – 1:00-3:30 – 62 Lake St Dove For Girls-Ages 8-9-Paige-5:00-7:00 - WC
22 Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 7 to 9, Colleen, REC 3:45-5:00 Single Parenting, Marie.T - 5:00-7:00- WC	23	24 Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 10 to 11, Colleen, REC 3:45-5:00 Parent/Child Craft, Paige & Rose - 5:00-7:00 - CC Beyond The Blues, Jessica, Ages 13-24 5:30-7:30 PM - YL	25 Early Years Program-EN 9:00 A.M-12:00 P.M. Youth Leadership, Ages 13 to 24, Colleen, REC, 3:30-6:00 Dove For Girls-Ages 8-9-Paige-5:00-7:00 – WC Thankfulness and Gratitude-Ages 10-12 – Karen 5:00-7:00 - WC
29 Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 7 to 9, Colleen, REC 3:45-5:00 Managing Emotions, Marie.T - 5:00-7:00 WC	30		Location CC =Community Centre REC = GR Rec Centre WC =Wellness Centre YL =Youth Lounge @ GR Rec Centre HL =Healing Lodge

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">5</p> <p>Early Years Program-EN 9:00 A.M-12:00 P.M. Communicating and Making Connections-Ages 10-12 – Karen – 5:00-7:00 - WC</p>	<p style="text-align: right;">6</p> <p>Early Years Program-EN 9:00 A.M-12:00 P.M.</p>	<p style="text-align: right;">7</p>
<p style="text-align: right;">12</p> <p>Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 12 to 14, Colleen, REC 3:45-5:00 Bullying - Ages 10-12 – Karen – 5:00-7:00 - WC</p>	<p style="text-align: right;">13</p> <p>Early Years Program-EN 9:00 A.M-12:00 P.M</p>	<p style="text-align: right;">14</p>
<p style="text-align: right;">19</p> <p>Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 12 to 14, Colleen, REC 3:45-5:00 Dove For Boys-Ages 8-9-Paige-5:00-7:00 - WC</p>	<p style="text-align: right;">20</p> <p>Early Years Program-EN 9:00 A.M-12:00 P.M Family Dance-REC-6:00-9:00</p>	<p style="text-align: right;">21</p> <p>COMMUNITY FAMILY SWIM – JOHN RHODES POOL 8-9 PM-IN HOME FAMILY SUPPORT</p>
<p style="text-align: right;">26</p> <p>Early Years Program-EN 9:00 A.M-12:00 P.M. Fit Zone, Ages 12 to 14, Colleen, REC 3:45-5:00 Dove For Boys-Ages 8-9-Paige-5:00-7:00 - WC</p>	<p style="text-align: right;">27</p> <p>Early Years Program-EN 9:00 AM-12:00 P.M</p>	<p style="text-align: right;">28</p> <p>COMMUNITY FAMILY SWIM – JOHN RHODES POOL 8-9 PM-IN HOME FAMILY SUPPORT</p>
<p>***Please take the time to register for programs, if child care is needed (at least 3 days in advance); If transportation is required, let us know. Call the provider for information. ***</p>	<p>All programs in purple(IHFS) geared to parents/caregivers of children 0-12 years</p>	<p>CALENDAR LEGEND BROWN = Colleen Crowley PURPLE = In-Home Family Support BLUE -Jordie/Jessica DARK BLUE- Kelly/Belinda</p>

YOUTH WORKSHOP

FOR AGES 13-24



Becoming an Encouraging Person

Tuesday September 24, 2019

5:30-7:30

YOUTH LOUNGE

MEAL & INCENTIVE PROVIDED



JESSICA WHITLEY
YOUTH & FAMILY IN-HOME SUPPORT WORKER
GARDEN RIVER CHILD AND FAMILY SERVICES
jwhitley@grcfs.ca
705-450-5071 EXT 216



MUST BE A GARDEN RIVER BAND MEMBER AND/OR COMMUNITY MEMBER. IF YOU WISH TO ATTEND THE WORKSHOP/S PLEASE PRE-REGISTER AT LEAST 2 DAYS IN ADVANCE, AS SEATS ARE LIMITED. THIS IS TO ENSURE THAT ALL PARTICIPANTS RECEIVE A MEAL AND INCENTIVE. TRANSPORTATION AVAILABLE. PLEASE CALL IN ADVANCE. FOR FURTHER INFORMATION FEEL FREE TO CONTACT JESSICA WHITLEY

MIIGWETCH!!!

YOUTH WORKSHOP

FOR AGES 13-24



Beyond The Blues: Dealing With Depression

TUESDAY SEPT 17, 2019

5:30-7:00

LOCATED IN ERDC BOARD ROOM
(DOWNSTAIRS AT HOUSING DEPT)

MEAL & INCENTIVE PROVIDED



JESSICA WHITLEY

YOUTH & FAMILY IN-HOME SUPPORT WORKER

COMMUNITY OUTREACH

705-450-5071 EXT 216

MUST BE A GARDEN RIVER BAND MEMBER AND/OR COMMUNITY MEMBER. IF YOU WISH TO ATTEND THE WORKSHOP/S PLEASE PRE-REGISTER AT LEAST 2 DAYS IN ADVANCE, AS SEATS ARE LIMITED. THIS IS TO ENSURE THAT ALL PARTICIPANTS RECEIVE A MEAL AND INCENTIVE. TRANSPORTATION AVAILABLE. PLEASE CALL IN ADVANCE. FOR FURTHER INFORMATION FEEL FREE TO CONTACT JESSICA WHITLEY

MIIGWETCH!!!

Adults in Motion

“Back to School” September Incentive
“\$50.00 Gift Card”



For Students who:

- **Register at AIM before or on September 30, 2019**
- **Must attend class at least 3x before or on October 18, 2019 or;**
- **Complete and submit at least 1 unit before or on October 18, 2019;**
- **Incentives will be issued on Tues. Oct. 22, 2019**

Garden River Education Unit Telephone Extension List 705-946-3933 Fax: 705-946-0413	
Dianne Roach, Education Manager	203
Education Receptionist/ Resource Centre Coordinator	210
Jessica Grawbarger Finance Clerk	219
Stephanie Jones Administrative Support Worker	208
Sherri Kitts, Education Support Services Coordinator	217
Anne Marie Jones, Post-Secondary Counselor	202
Deanna Jones Elementary Liaison Worker	201
Christopher Solomon Jr, Secondary Liaison Worker	209
Natalie Barry, AIM Teacher/Coordinator	206
Trixie Jones AIM Administrative Assistant	205
Joanne Thiessen, AIM Co-op Teacher	211
Bonnie Pregent AIM Teacher	231

BACK TO SCHOOL HABITS



sleep: According to Nationwide Children's, a website that tracks sleep, high schoolers need nine to nine and a half hours of sleep each night, but really only get about seven to seven and a half. Tip: Try to go to bed at the same time each night, get school work done in an efficient manner and avoid caffeine late at night.



study location: When you designate a study area, you are more likely to get things done (rasmussen.edu) Tip: Find an area with few distractions that you are comfortable in. Try to stay away from beds and couches though so you don't get too comfortable and fall asleep. Keep your area organized and you should be much more effective when getting things done.



electronics usage: During the school year, it is best to stay as far away from electronics as possible. Tip: When you do your homework, keep your phone in a different room, or turn it off. Use an actual alarm instead of your phone at night to keep distractions away. (dr.beurkens.com)



breakfast:

Breakfast is important for many reasons. It starts your metabolism and tells your body to burn calories, actually keeping you from gaining weight. Eating in the morning also helps you to focus and helps with memory, which correlates to a more productive school or workday. (rush.edu) Tip: Try to eat something in the morning everyday, even if it's something small.



exercise: Exercising is a great way to stay healthy during the school year and keeps you off of your phone for awhile. It also helps to improve your memory and thinking skills, helping you to be more proactive and successful during school. (superhealthykids.com) Tip: Try to get out and participate in some physical activity at least three times a week.

2019 Newsletter Submission Deadlines	
February	January 18, 2019
March	February 15, 2019
April	March 15, 2019
May	April 19, 2019
June	May 17, 2019
July	June 21, 2019
August	July 19, 2019
September	August 23, 2019
October	September 20, 2019
November	October 18, 2019
December	November 15, 2019
January	December 16, 2019

Welcome Back!

It's that time of year again! I hope everyone had a fun and relaxing summer vacation. I am excited to catch up with the students and hear about their latest adventures. I know this school year will be full of many successful experiences. I am looking forward to a wonderful school year filled with growing, learning and fun!

If you have any questions or concerns regarding your child and education, please feel free to give me a call.

Miigwetch,

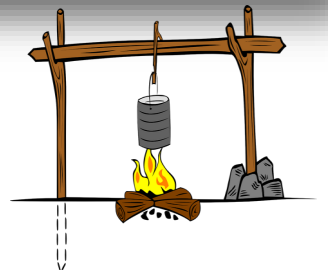
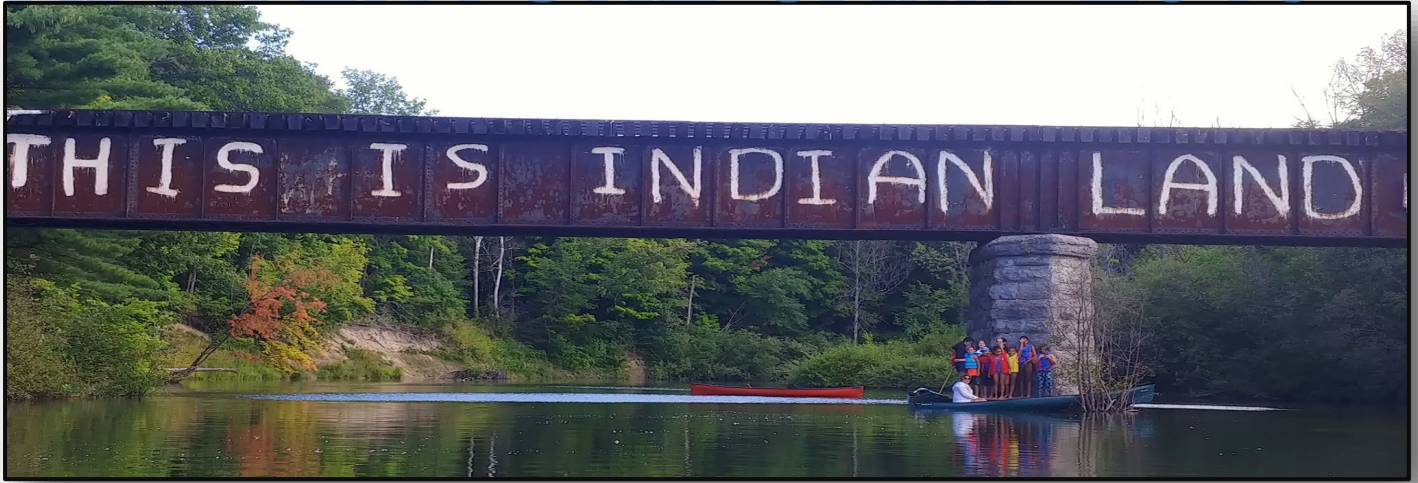
Deanna Jones

705 946 3933 ext 201

dejones@gardenriver.ca



A DEVENTURE CAMP 2019



STUDENT ACCIDENT INSURANCE COVERAGE FOR REGISTERED ELIGIBLE GARDEN RIVER STUDENTS

Just a reminder that the Garden River Education Unit sponsors coverage for our Garden River sponsored students who are registered with the Elementary, Secondary and Post-Secondary programs and who fall under the eligibility requirements.

Insuremykids student accident insurance is the key to financially protecting your family against the unexpected expenses you might face when your child is injured.

Covered expenses include:

- *dental accidents
- *total & permanent disability
- *fractures & dislocations
- *ambulance surcharges
- *hospital room expenses
- *paramedical
- *and much, much more!

Once the coverage policy begins, it is in effect 24 hours a day, 7 days a week during the coverage period.

Please visit www.insuremykids.com for more detailed information.

**THIS IS A FRIENDLY REMINDER TO PARENTS/GUARDIANS.
PLEASE FEEL FREE TO CONTACT OUR OFFICE AT 705.946.3933
TO CONFIRM COVERAGE FOR YOUR SON OR DAUGHTER.**

"FOR A BETTER PEACE OF MIND."

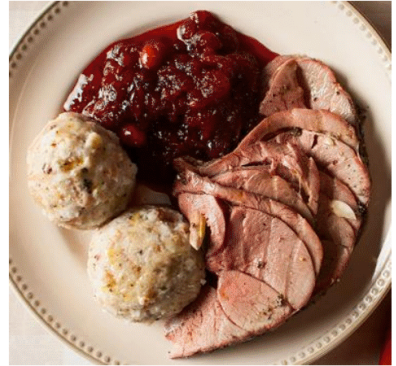
Adults In Motion

Wiisniidaa!

Food and Culture, HFC3M

This course focuses on the flavours, aromas, cooking techniques, foods, and cultural traditions of world cuisines. Students will explore the origins of and developments in diverse food traditions. They will demonstrate the ability to cook with ingredients and equipment from a variety of cultures, compare food-related etiquette in many countries and cultures, and explain how Canadian food choices and traditions have been influenced by other cultures. Students will develop practical skills and apply social science research methods while investigating foods and food practices from around the world.

There will be a strong focus on our traditional foods!!



We will learn and enjoy the foods Mother Earth provides for us in our own backyard!

We will learn to preserve fresh, local fruit and vegetables (canning, drying, etc.)

And, of course, we will feast!

Tuesdays 9am – 1pm

September 17 – December 10, 2019

**** The first class is Wednesday, September 18 9am – noon)**

(*There are 2 classes outside of these times)



Fall Course

AVI3O: Grade 11 Visual Art

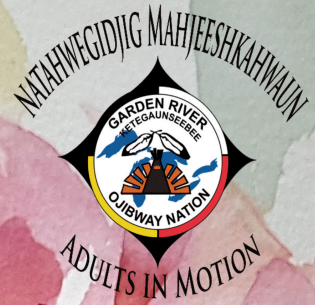
This course will be 50% teacher taught and 50% Independent Lessons. We will primarily work on art projects during class times.

Some activities include: Guest Speakers, Field Trip, Stone Pendants, Paint-'Nite', Salve & Soap making, Ribbon Skirts & Baby/Toddler Moccs, Quill workshop, Dreamcatchers, etc.

**Adults in Motion Starting October 9th
Wednesdays 9-12 & Thursdays 1-3**

Register Today!!!

Contact: bpregent@gardenriver.ca
48 Syrette lake Rd. GRFN, ON P6A 7A9
705-946-3933



Aaniin and Welcome to the new school year 2019/2020 !

Two weeks have come and gone by already. I know that I have been very busy here in the office getting everyone all settled but I want to take this time to wish you all the best on this school year.

Some of you are new to college or university and the rest of you are returning/continuing students. So, I just wanted to take this time to remind all of you that it remains the utmost importance to be a **RESPONSIBLE STUDENT** by attending all of your classes on time, by completing & submitting all of your required course work on time, by studying for every quiz/test/exam, by writing all quizzes/tests/exams on the day scheduled, and just as importantly, by actively participating in all of your classes...believe it or not, active participation (answering questions, asking questions, participating in class discussions, etc) help you to be successful. **Being a responsible student and being successful every semester, will help you keep your higher priority for future sponsorship.**

As you know, sponsorship is never guaranteed for the length of your program....you are required to **RE-APPLY every school year and your priority will be reassessed at that time.**

Please remember to read/review your copy of the GRFN PS Operating Guidelines thoroughly as they outline your responsibilities you have as a post-secondary student. Unfortunately, revisions have not been completed yet. But rest assured that as soon as they are done, and the final copy is approved by Chief and Council, copies will be made available online and notices will be sent out to you.

IMPORTANT Reminders :

- to all students, you should have **already provided me with access to your online student account so I can print and review your official schedule**
- if, at any time, you had to **change your educational plans by either revising your schedule by adding or dropping a course OR you transferred programs OR whatever changes you have made**, you **must** notify me so I can print out your revised schedule
- you must **maintain a full-time registration with a normal course load and credits** (check with the Registrar's Office if you are unsure) **to be eligible for your continued monthly allowance**
- **DID YOU MOVE?** Make sure you call me with your new address, phone, cell # and/or email address ASAP
- Budget your money wisely! Check and see if your bank has student accounts so you don't pay any fees. You will need to bring a copy of your schedule as proof that you are student.

NEW COLLEGE AND UNIVERSITY STUDENTS!!!

Your school and this office regards you as an adult and we will not be able to communicate with your parents about your academic work and responsibilities unless you give written permission to do so.

I ENCOURAGE YOU TO HANDLE YOUR OWN STUDENT RESPONSIBILITIES with my office, the school AND to also communicate with your parents/family about your "real" progress in school.

Do you have a Documented Disability?

If you have been diagnosed by a qualified healthcare professional in the past or recently, there may be extra supports and resources for you at your school if you **SELF-IDENTIFY** as per the school's policies. You will have to provide a copy of your latest **psycho-educational assessment or your doctor may have to complete a special form**. Please make an appointment at your school, Accessibility Office or Student Services, right away to get the process started. You will need to bring a copy of your most recent documentation so that they can work on your individualized plan to put "supports, modifications and accommodations" in place for you to remove or lessen any barriers that you may face for your success.

Accommodations are determined by the recommendations within the documentation from your qualified healthcare professional. By saying "supports, modifications and accommodations" it means things like a modified curriculum or classroom environment, modified quizzes/tests/exams, or extra time to write quizzes/tests/exams, quiet room to write, other extra resources supports at the school like a note taker, or regular appointments with a tutor or with the Accessibility Office.

Definitions:

MODIFICATION usually means a change in what is being taught to or expected from the student. Making an assignment easier so the student is not doing the same level of work as other students is one example of a modification.

An **ACCOMMODATION** is a change that helps a student overcome or work around the disability. Allowing a student who has trouble writing to

give his answers verbally is an example of an accommodation. This student is expected to know the same material and answer the same questions as fully as the other students but doesn't have to write the answers to show that s/he knows the information.

ADJUSTING: BEAT THOSE HOMESICK BLUES

(from an article in the Toronto Star)

Going to college or university can be a bittersweet experience. On the one hand, this opportunity to strike out on your own is a step toward independence. On the other hand, leaving your friends and loved ones can be difficult.

As first year students adjust to their homesickness, it's natural to feel that way, of course. But rather than let those emotions overwhelm you, check out these tips from students who have been in your shoes.

- **Familiar Surroundings.** Surround yourselves with things that remind you of home.
- **Get Involved.** Another way to tackle those homesick blues is to take advantage of campus clubs and organizations. Joining an organization is a great way to meet fellow students. From intramural sports teams to computer gaming clubs, your school is sure to have a variety of organizations to choose from.
- **Be patient.** Above all, give yourself time to get used to your new surroundings. It takes a while to make new friends and become accustomed to collegiate life.
- **PHONE CALLS, FACETIME or SKYPE**
I encourage you to check out all the options to stay in touch with your loved ones at home in the most economical way. I am sure that

even though you can text them or facebook with them, that they would appreciate seeing your lovely and handsome face once and awhile. Most cell providers have special "STUDENT" packages...make sure you ask for the best package for you.

If you haven't already done so, include my email address in your list of contacts so that you will receive my emails and please clean your account regularly so messages don't get bounced!

TIPS TO GUIDE YOU TO A SUCCESSFUL YEAR!

HIT THE BOOKS

Your ***first semester at college or university really does count*** and studying is not only suggested, it's ***expected***. This doesn't mean you have to spend every waking hour at the library or bonding with your professors. It simply means that you should include time every day to study, do your homework and complete your readings before class.

Studying for one to two hours a day is a much more sane option than studying for 20 hours the night before an exam. Cramming does not work. No matter how many cups of coffee you drink during an all-night study session, the chances of remembering the material are slim to none. **Pace yourself when studying. And get some sleep.**

NEVER UNDERESTIMATE THE IMPORTANCE OF DOING WELL IN ALL OF YOUR COURSES.

GIVE YOUR BEST EFFORT to your academic work. This **may sound pathetically obvious**, but you will have a lot of conflicting demands on your time, and there will be many temptations. **The surest way to keep your future options wide open is to have a good academic record when you complete your studies** (whether it is a certificate, diploma, undergraduate degree, or graduate studies).

If you aren't into studying alone, get a **study buddy**. While study groups are not for everyone, going over test material with a few friends might help you discover ideas or arguments you hadn't noticed before.

For those of you who prefer peace and quiet, don't be embarrassed to tell your friends you want to go solo. Simply find a room or lobby where people don't gather.

The main idea is **figure out which style of studying works for you and stick with it**. ALSO, if you are confused about anything discussed in class, **don't be afraid to talk to your professor** about it during his or her office hours. Don't wait until it is too late to ask for help.

No matter how you end up studying, **don't slack off. Failing grades count in college and university** - professors rarely drop test grades. Besides, **if you slack off now**, you may find yourself in the real world earlier than you expected - without the certificate, diploma or degree that you hoped to complete.

Most of all, don't sweat it. Your school years are one of the most memorable times in your life. So enjoy life, take advantage of every opportunity.

Tips from former Garden River students:

- ✓ **GO TO CLASS!** (Trust me on this one)...I messed up by thinking I could miss whenever I wanted to
- ✓ If you walk a long distance at night, take advantage of your campus Walk Home / on-campus security program.
- ✓ Although you may want to fit in as much partying this year as possible, you **don't HAVE to go out every time** people ask you. It's okay, and often necessary, to spend a Saturday night or entire weekend studying.
- ✓ **Keep on top of your readings.** Two hundred pages of dry readings spread out over two weeks is a lot easier on your eyes and brain than reading those same 200 pages the night before your class, tests, mid-term or exam.
- ✓ Get to know your city and check out the different local events.
- ✓ **BUDGET!** Live within your means...don't overspend!!
- ✓ **Residence too noisy?** Library too stuffy? Head to a local café and nurse a latte or coffee while you are reading.
- ✓ Instead of grabbing a chocolate bar when you get test or exam munchies, go for a piece of fruit or some light popcorn instead.
- ✓ Mom and Dad (and siblings and family members) miss you. **Call them once in a while.**
- ✓ **Have respect for yourself and your body.**
- ✓ You've probably already heard that your marks may or will drop. This is likely. What makes this even more brutal is you'll never work so hard for such low marks. You will invest blood, sweat and tears in what you think is a brilliant essay and end up getting a disappointing mark. **Don't get discouraged.** Once you learn how to write at this new level of school, your marks will steadily improve.

MOST IMPORTANTLY,
**ALWAYS BELIEVE IN
YOURSELF !**

If you ever need help along the way, **PLEASE DON'T EVER BE AFRAID TO ASK FOR HELP.**
There are many people ready to help, but you have to take the first step and ask.

ISC/INAC ACADEMIC ACHIEVEMENT SCHOLARSHIPS

The second release of the ISC/INAC *Academic Achievement Scholarships* will be on **September 27th, 2019.** **To be eligible you must have been:**

- a student that was enrolled full-time from September 2018 to April 2019 in an academic program (if you attended during the Summer 2019, your grades will be factored into your overall gpa calculation)
- must have achieved an overall average of "B-" or higher for the entire year
- **Your official final grades (no temporary or incomplete grades) to be provided no later than September 20th.** Reminder: one year GAS programs and other preparation type programs are ineligible.

Other Scholarships, Bursaries and Awards.....

As a Garden River sponsored student at college or university, please know that you are allowed to apply for and receive scholarships, bursaries and awards and you are encouraged to apply to as many as you can.

Check the POST-SECONDARY pages of the GRFN Education website...I have provided links for search engines and specific scholarships, bursaries and awards. Your school should also have lists of specific scholarships, bursaries and awards (sometimes they include this information right on your student portal) along with all the other information available online via a simple google search.

Trust me when I say that it is worth it to APPLY, APPLY, APPLY!! Please pay close attention to the application deadlines, the requirements and supporting documentation required.

I recommend that you take some time now before you get too busy to write yourself a great biography/ essay about yourself, save it and then just revise it for each new one that you apply for.

It is important to remember that the committee in charge of selecting the winners **DO NOT KNOW YOU PERSONALLY.** You must introduce and describe yourself to show them that you would be a great candidate. Highlight positives in your life as well as any struggles that you have overcome or are still struggling with.

IMPORTANT: All colleges universities receive money for an **Aboriginal/Indigenous Post-Secondary Education and Training Bursary** from the Ministry. If you anticipate experiencing or you start to have financial difficulties throughout the school year, please inquire about this bursary right away. There are requirements to submit for it but you may be eligible.

If you ever have any questions or concerns, please feel free to contact me at the office. I enjoy receiving both **"I am doing great calls"** as much as the **"I need help"** calls. **So, please keep in touch regularly.**

THE JOURNEY OF GRIEF – FINDING YOUR WAY

8 WEEK PROGRAM

Every Wednesday evening
beginning Wed Sep 11, 2019
5 – 8 PM

Supper Provided
Garden River Healing Lodge

Facilitator:

Iris Bertrand, MSW
Grief Therapist

Wed Sep 10
Wed Sep 17
Wed Sep 24
Wed Oct 1
Wed Oct 8
Wed Oct 16
Wed Oct 22
Wed Oct 29

TOPICS INCLUDE:

Types of Grief eg. Unresolved grief
Signs and Symptoms
Myths and Facts
Mourning and Avoidance Patterns
Trauma and Grief
Ways of Coping
How To Be A Companion on The Journey
Building A Support System
Aspects of Closure
Affirmations

LIMITED PARTICIPATION

To register contact Laurie at 705-946-5710 ext 228

Robinson Huron Treaty Gathering



“Aabiziitoodaa Anishinaabe Aadiziwin”
Rebuilding Our Nation

September 13, 14 & 15, 2019

Hosted by Wiikwemkoong Unceded Territory
at Nimkii Bineshii Kaaning, Kaboni Road, Wiikwemkoong

Sunrise Ceremony
Guest Speakers
Traditional Activities
Feast
Entertainment
and more!

For further information please contact: Trinity Jacko at
705-859-3122 ext. 242

This is a free event for all to attend!



REBUILDING OUR NATION – Robinson-Huron Treaty Gathering 2019
Commemorating the Anniversary of the 1850 Robinson-Huron Treaty

AGENDA

Thursday, September 12, 2019

Wiikwemkoong: Comedy show, Wikwemikong Arena, 7pm
 Manitowaning: Nine and Dine, Rainbow Ridge Golf Course, 5pm+

Friday, September 13, 2019

5:30am – 7:00am	Sunrise ceremony, prayer	Nimkii Bineshi Park (NBP) Lodge Grounds
7:00am	Breakfast served	tba
9:00am	Opening Ceremonies: Lighting of the sacred fire Introductions	Ogimaa Duke Peltier, Wiikwemkoong NBP Amphitheatre
9:15am	Welcoming Song	
9:30am	1850 Translations	Rita Corbiere
11:00am	Grand Entry	
12:00pm-1:00pm	Lunch served	tba
1:00pm	Litigation Update Seed Bomb Workshop	RH Legal Team Jocelyn Bebamikawe, Lodge Grounds
2:00pm	Chiefs Circle Chiefs, Elders, Youth	NBP Social Tent
3:00pm	Elders Panel: Our People, Our Land, Our Future	NBP Social Tent
5:00pm	Closing Remarks	Bemninzhaandjiget Kevin Wassegijig
5:00-7:00pm	Supper served	tba

Wiikwemkoong: Wikwemikong Annual Music Festival, 5pm+
 Manitowaning: Nine and Dine, Rainbow Ridge Golf Course, 5pm+

Saturday, September 14, 2019

5:30am-7:00am	Sunrise, prayer	NBP Lodge Grounds
7:00am	Breakfast served	tba
9:00am-11:30am	Keynote Address: HEIDI BOHAKER	NBP Amphitheatre
12:00pm-1:00pm	Lunch served	tba
1:00pm	Dr Darrel Manitowabi	NBP Amphitheatre
2:00pm	Creators Garden	NBP Amphitheatre
3:00pm		
4:00pm	Youth Panel: Our People, Our Land, Our Past	NBP Social Tent
5:00pm	Closing Remarks	RH Secretariat Mike Restoule
5:00pm-7pm	Supper served	tba

Wiikwemkoong: Wikwemikong Annual Music Festival, 5pm+
 Manitowaning: Nine and Dine, Rainbow Ridge Golf Course, 5pm+

Sunday, September 15, 2019

5:30am-7:00am	Sunrise, prayer	NBP Lodge Grounds
7:00am	Breakfast served	tba
9:00am	Dominic Beaudry	NBP Amphitheatre
10:00am	Joshua Manitowabi	NBP Amphitheatre
11:00am	Naomi Recollet	NBP Amphitheatre
12:00pm-1:00pm	Lunch served	tba
1:00pm	Chiefs Panel:	NBP Social Tent
3:00pm	Closing Ceremony: Remarks, Travel Song Final load to sacred fire	Ogimaa Duke Peltier
4:00pm	Feast	tba



APS Garden River Detachment is looking for assistance in locating a TeePee that was borrowed from Ojibway Park and used during this year's Pow Wow.

The TeePee was taken down Sunday, August 18th around 7 pm and left at the Garden River Ballpark that night. The following morning (August 19th), the TeePee was gone however the poles and stakes were left behind.

The APS Garden River Detachment is seeking the public's help in locating the TeePee in hopes that someone is holding it for safekeeping before a full criminal investigation is begun.

If you have any information as to the whereabouts of the TeePee or you are holding it and would like to return it, please contact the Garden River Detachment at (705) 946-4196

Meegwetch!

Acting Sgt. Chris Thibodeau #307
Garden River Detachment
(705) 946-4196 ext. 223
Cell: (705) 971-6686



Vehicles for Sale by Bidding Process

Bid must be submitted to the APS Headquarters office in a sealed envelope, no later than **September 20, 2019 @ 4pm.**

(Please mark on the envelope which vehicle you are interested in)

Vehicle will be sold "As Is"



2013 Dodge Charger
VIN - 2C3CDXAG0DH710964
170, 995 km's



2012 Dodge Journey
VIN - 3C4PDCG0CT206584
233, 045 km's

For more information, please contact Holly Zack
Phone (705) 946-2539 x 241 or hzack@apscops.org

*Vehicles not exactly as shown.



GARDEN RIVER FIRST NATION



Employment Opportunity

POSITION: VAN DRIVER - AIM
DURATION: PART TIME – 10-month contract
REPORTS TO: Teacher/Coordinator of AIM
Garden River First Nation Band Members are encouraged to apply

Overview

Under the direct supervision of the Education Manager, the successful applicant will be responsible for transporting individuals to and from programming. The Van Driver functions within legislative requirements, regulations, policies and procedures and the Mission, Beliefs and Vision of the Garden River First Nation, and contributes to the accomplishment of the strategic priorities.

Duties/Responsibilities

- Transporting individuals to and from AIM for programming
- Maintaining a logbook of all transportation provided (destination, mileage, etc.)
- Assisting clients
- Providing emergency First Aid if required
- Other related duties that may be required or assigned
- Comply with Privacy and Security policies

Qualifications

- Must have valid G Driver's License
- Must have minimum of 5 years driving experience
- Must provide clean Driver's Abstract
- Demonstrate sensitivity to and knowledge of the First Nation cultural values and traditions
- Ability to work independently and collaboratively as a member of the team
- Ability to use good judgement in assessing difficult situations
- Ability to consistently and display a positive/helpful attitude
- Stamina, sensitivity and strong negotiation and advocacy skills
- Ability to lift approximately 50lbs
- Flexibility required to keep pace with an ever-changing environment
- Ability to work under pressure and meet deadlines
- Must undergo a criminal record check (CPIC) prior to employment
- Valid CPR and First Aid Certificate

Please submit a cover letter and detailed resume by 12 noon, September 18th, 2019.
Please ensure VAN DRIVER is noted as reference to in the email or envelope to:

Garden River Human Resources Department
7 Shingwauk Street.
Garden River First Nation, Ontario
P6A 5K9
Email: employment@gardenriver.org

We would like to thank all applicants, but only those selected for an interview will be contacted.
Thank you for your interest | Garden River First Nation



Paul Calic, Human Resources Manager

September 4, 2019
Date Posted



GARDEN RIVER FIRST NATION



Employment Opportunity

Position: Youth Outreach Worker – 52-week contract under ISETS
Salary: To commensurate with education and work experience
Department: Garden River Education Unit
Reports to: Teacher/Coordinator of AIM

Garden River Members encouraged to apply

Overview

The Education Unit, through the Mentored Work Experience Program, is looking to hire a Youth Outreach Worker. The Youth Outreach Worker will provide guidance and supervision to help shape the growth and development of our students with the aim of improving student outcomes. This position will assist students to find a pathway to success within a cultural context. The Youth Outreach worker will act as an advisor and administrative support to unit staff.

Duties/Responsibilities

- Establish and maintain appropriate lines of communication between AIM, Education Unit, ASETS team and other related personnel.
- To provide administrative support and act as a resource for school administration and staff
- Assist in the development and organizing of a Youth Conference.
- Assist with planning, organizing and overseeing of student(s).
- To assist students with communication skills and improving interpersonal and social skills.
- Promote behavioural expectations required in school and promote life skills for students.
- Assist students with improvement of cross-cultural communication skills, interpersonal and social skills.
- Assist in the facilitation of the teachings and modelling of relevant cultural and lifestyle activities such as talking circles, drum making, sweats, moccasin making etc.
- Act as a resource for school administration and staff to raise awareness and understanding of cultural, personal and community issues that may impact the success of students.
- Perform other related duties that may be required and assigned.

Qualifications

- GRFN Band member, ordinary resident on reserve, Unemployed or Underemployed and not currently enrolled in school
- Between the ages of 15 to 30 years of age and has not been a previous recipient of the Mentored Work Experience Funding
- Social Services Degree or College Diploma in human services or related studies from a recognized institution, or Youth Programming (preferred).
- Minimum 2 years' experience related to Counselling Youth and/or Cross-Cultural programming preferred.
- Experience working in/knowledge of the community resources in Garden River First Nation and surrounding areas would be an asset
- Must undergo a criminal record check prior to employment
- Excellent facilitation, coordination, assessment and planning skills.
- Demonstrated sensitivity to and knowledge of the First Nation cultural values and traditions.
- Ability to work independently and collaboratively as a member of a team.
- Excellent organizational skills, time management skills, interpersonal and communication skills, both oral and written.
- Demonstrated work related computer skills (including MS Word/WordPerfect, Excel, Internet, Email, Outlook).

Interested applicants can email or drop off their resume and cover letter by **September 18th, 2019**. Please ensure **Youth Outreach Worker** is noted as reference to in the email or envelope.

Garden River Human Resources Department
7 Shingwauk Street.
Garden River, Ontario
P6A 5K9

Email: employment@gardenriver.org

We would like to thank all applicants that applied but only those selected for an interview will be contacted. Thank you for your interest in Garden River First Nation.



 Paul Calic, Human Resources Manager

September 4, 2019
Date Posted



GARDEN RIVER FIRST NATION



Employment Opportunity

Position: Social Activities Worker
Department: Home and Community Care
Reports to: Manager – Health and Wellness Centre

Garden River Members encouraged to apply

Overview:

The Social Activities Worker, Home & Community Care Program is responsible for developing and implementing community programming to provide social supports that meets the needs of the elderly population including well elders and for providing opportunities for elders to meet to preserve traditional healing methods and traditional ways, while functioning within legislative requirements, regulations, policies and procedures and the Mission, Beliefs and Vision of the Garden River First Nation Wellness Centre, and contributes to the accomplishment of the strategic priorities.

Duties/Responsibilities

- Determining the types of social supports that the elder population prefers through surveys and interviews.
- Planning, advertising, and implementing events in the community.
- Providing opportunities for the elders to gather to discuss the traditional ways.
- Developing opportunities to provide social support activities for the chronic population.
- Collecting feedback on the community programming to ensure that it is meeting the needs of the intended population.
- Preparing and submitting required statistical and narrative reports in accordance with funding agreements and internal policies.
- Participating in professional development/team activities.
- Maintaining professional and technical knowledge by attending educational workshops, review publications, establishing personal networks.
- Participates in regular supervision meetings, performance appraisals and self-evaluation as scheduled.
- Performing other duties as may be required and assigned.

Qualifications

- Post-secondary education in a related field preferred but life experience and related job experience will be considered
- Two years' experience working in a community health setting
- Program planning experience
- Knowledge and/or interest in traditional healing methods
- Knowledge and interest in health issues affecting Aboriginal people
- Demonstrated sensitivity to and knowledge of community-based health care and resources
- Excellent facilitation, coordination, assessment and planning skills
- Excellent knowledge of the resources and services that provide care and support for clients in the community
- Client service oriented
- Ability to deal effectively with difficult clients and conflicting situations, using good judgement
- Ability to be consistent and display a positive/helpful attitude
- Flexibility required to keep pace with an ever-changing environment
- Stamina, sensitivity and strong negotiation and advocacy skills
- Willingness to accept changes in work practices and technology
- Ability to work flexible hours, unplanned overtime and ability to travel if necessary
- Ability to work under pressure to meet deadlines
- Ability to work independently and collaboratively as a member of a team
- Excellent organizational skills, both oral and written
- Excellent computer skills (including MS Word, Word Perfect, Excel, Internet, Email, Outlook, DocShare)
- Able to report for work as scheduled
- Able to attend at work regularly
- Must have a clear criminal record check upon employment

Interested applicants can email or drop off their resume and cover letter by **September 20, 2019 at noon**. Please ensure **Social Activities Helper** is noted in the email or envelope.

Garden River Administration,
7 Shingwauk Street,
Garden River First Nation, Ontario, P6A 6Z9
Email: employment@gardenriver.org



Paul Calic, Human Resources Manager

Date Posted: September 6, 2019

Garden River Wellness Centre

Staff Directory

MANAGEMENT OFFICE SUPPORT		
PAM NOLAN	MANAGER OF HEALTH	216
ASHLEY BOISSONEAU	FINANCE PERSONNEL	220
HEATHER LESAGE	JANITORIAL	
JANICE BELLEAU	RECEPTIONIST	201
MARISSA JONES	ADMINISTRATIVE ASSISTANT	209
PHYLIS BENNETT	JANITORIAL	
TYLER PINE	eEMR BUSINESS SYSTEMS ANALYST COMMS	227
JAY ZACK	MAINTENANCE	
HEALTH SERVICES		
AMY ALLISON	HEALTH EDUCATOR PATIENT NAVIGATOR	229
BRITTANY BELLEAU	IMMUNIZATION & INFECTION CONTROL MANAGEMENT	269
DANNIELLE ROACH	CLINICAL & CLIENT CARE COORDINATOR	226
KATHY MANSFIELD	JORDANS PRINCIPLE	230
KIM DUGUAY	COMMUNITY SUPPORT SERVICES WORKER	273
NICOLE PELLETIER	CLINICAL SUPPORT NURSE	250
ROBIN LESAGE	MEDICAL TRANSPORTATION COORDINATOR	221
ROSE SAYERS	EARLY CHILDHOOD DEVT. HEALTHY BABIES HEALTHY CHILDREN	223
TESSA BELLEAU	HOME & COMMUNITY CARE COORDINATOR	225
TIA CARABALLO	ELDERLY & DISABILITY ACTIVITIES HELPER	249
VICKI BOISSONEAU	NON-INSURED HEALTH BENEFITS CLERK	202
MENTAL HEALTH AND ADDICTIONS		
ASHLEY IRWIN	MENTAL HEALTH COUNSELLOR OUTREACH	238
BRITTNEY DEPASQUALE	MENTAL HEALTH CASE MANAGER	243
CARLA DILABIO	MENTAL HEALTH CHILD AND YOUTH COUNSELLOR	235
CHERYL DENEALT	MENTAL HEALTH & ADDICTIONS INTAKE WORKER	245
JAY NIXON	MENTAL HEALTH CASE MANAGER	264
LISA CLARK	ADDICITONS MENTAL HEALTH NURSE	242
PAULINE LECUYER	CHILD & YOUTH INTENSIVE TREATMENT COUNSELLOR	244
SARAH JACKSON	ADDICTIONS COUNSELLOR	204
DAN PINE HEALING LODGE 705-248-2231		
LAURIE SOULIERE	INTAKE WORKER	228
TRANSPORTATION DRIVERS		
COLLEEN MCCABE	TRANSPORTATION DRIVER	
DINA BELLEAU	TRANSPORTATION DRIVER	
KRISTINE JOHNS	TRANSPORTATION DRIVER	
MORLEY PINE	TRANSPORTATION DRIVER	
IF YOU NEED ANY OF THE DRIVERS CONTACT ROBIN LESAGE EXT. 221		

Garden River First Nation



Family Swims



John Rhodes Pool—Saturdays from 8pm-9pm

SEPT. 21-28, 2019

OCT. 5-12-26, 2019

NOV. 2-9-16-23-30, 2019

DEC. 7-14-21, 2019

Admission for swim rentals

Under 7 years of age. All children must be directly supervised by an adult, within arms reach. Limit is 2 children to 1 adult.

Children 7– 9 years must pass facility test to swim alone. If they do not pass they must be supervised by an adult.

Limit 4 children to 1 adult

Children 10 years and over. Can swim alone.

**For more information, please contact the
Community Outreach Program**



FRIDAY LUNCH LESSONS

WHEN

**Every Friday
Starting Sept 13
12pm – 2pm**

WHERE

To be announced

FEATURING · Melissa Grawbarger · Marie T Pine · Janice Thibodeau ·

Must be a Garden River Band Member and/or Community Member. Please pre-register 2 days in advance, as seats are limited. This is to ensure all participants receive a meal and incentive. Transportation available with notice.

***GEARED TO
ADULTS NO
LONGER
RAISING
CHILDREN BUT
STILL
INVOLVED &
CARING**

**PLEASE PRE-
REGISTER**

**(705) 450-5071
x205, 214 or 208**

**VARIETY OF
LIFE &
PARENTING
TOPICS**

**BROUGHT TO
YOU BY:**

**Garden River Child &
Family Services
Community Outreach
Program**

**BENEFITING
Grandparents,
Aunties & Uncles**

ELDERLY & DISABLED UNIT TWO BEDROOM RENTAL UNIT AVAILABLE

ONLY completed applications accepted
Security Deposit required upon approval

Deadline to apply:

TUESDAY, SEPTEMBER 17th

12:00 P.M. NOON

Applications previously on file will require a
letter of interest



Tentative
move in:
**TUESDAY,
OCTOBER 1st**

**1 - TWO
BEDROOM UNIT**
**APPLICATIONS ARE
AVAILABLE IN THE
HOUSING DEPARTMENT**

ERCD Manager:  _____

Date: Sept. 3 / 2019

GRFN HOUSING DEPARTMENT
705.946.6300

Made with PosterMyWall.com



DIABETES EDUCATION PROGRAM

**THURS. SEPT. 12, 2019
5:00PM-7:00PM**

Diabetes education classes. We meet monthly to discuss various topics related to diabetes including nutrition, exercise, medications, etc. Topics can also be suggested for upcoming classes. You do not have to be diabetic to attend.

For More information contact Amy Allison, 705-946-5710, ext. 229

**LOCATION:
GARDEN RIVER
COMMUNITY
CENTRE**

**Everyone
welcome!**

**Light snacks and
refreshment
provided**

**Transportation
available**

**GARDEN RIVER
WELLNESS CENTRE**

23 Shingwauk St.
705-946-5710
www.grwc.ca





TRAINING OPPORTUNITY

STANDARD FIRST AID WITH CPR LEVEL C WITH AED TRAINING

WHEN:

Monday September 23, 2019

Tuesday September 24, 2019

WHERE: 6 Shingwauk Street
GRFN Community Centre

TIME: 9:00am – 4:30pm

If you are Interested in this training, you may qualify under the Garden River First Nation ISET program. To be eligible for ISET funding, participants must be unemployed or underemployed, Garden River First Nation band member and facing barriers to employment

To inquire about funding, contact ISET staff @ (705)256-5413

Wanita Jones - ISET Supervisor

Darryl Williams Jones – Youth Employment Counsellor

Lee Ann Gamble – Employment Counsellor



Funded by the
Government of Canada's
Aboriginal Skills and
Employment Training Strategy.

Canada



CANCER SUPPORT GROUP



Canadian
Cancer
Society



CANCELLED

Have you or your family been affected by cancer?

You are invited to attend monthly cancer peer support group meetings.

This group is for anyone who has been touched by cancer (past or present cancer patients, caregivers, and anyone who identifies as needing support due to their experience with cancer).

Everyone is welcome! Light snacks and refreshment provided.

Meeting
Garden River
Wellness Centre

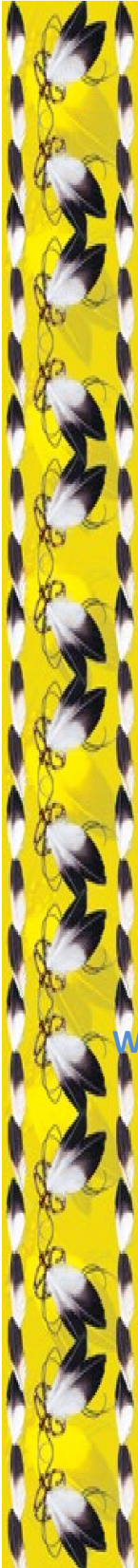
Oct. 8, 2019
Nov. 12, 2019
Dan Pine Healing
Lodge

Time:
7:00pm – 9:00pm

For more information contact:
Gerry Leblanc, Group Facilitator
705-946-2221
Coordinators:
Tim Callon 705-946-5492
Anna Lefave 705-949-7911

OR
Amy Allison, Health Educator/Patient
Navigator
Garden River Wellness Centre 705-946-
5710 Ext. 229





Garden River First Nation *presents...*

**ANISHINABE PRACTITIONER HEALING
With JAKE PINE**

Jake Pine is a Garden River First Nation member. He is married to Mary Pine, who has one son and one daughter. Jake has five sons, ten grandchildren and three great grandchildren. Jake has been providing Traditional Healer Work for the past forty years. He has worked on such illnesses as: chronic pain, cancer, heart conditions, diabetes, depression, high blood pressure and uses Traditional Medicine approach for those dealing with Methadone usage. He also works on various other illnesses. Jake works in many First Nations in Ontario. He also works with communities in Michigan.

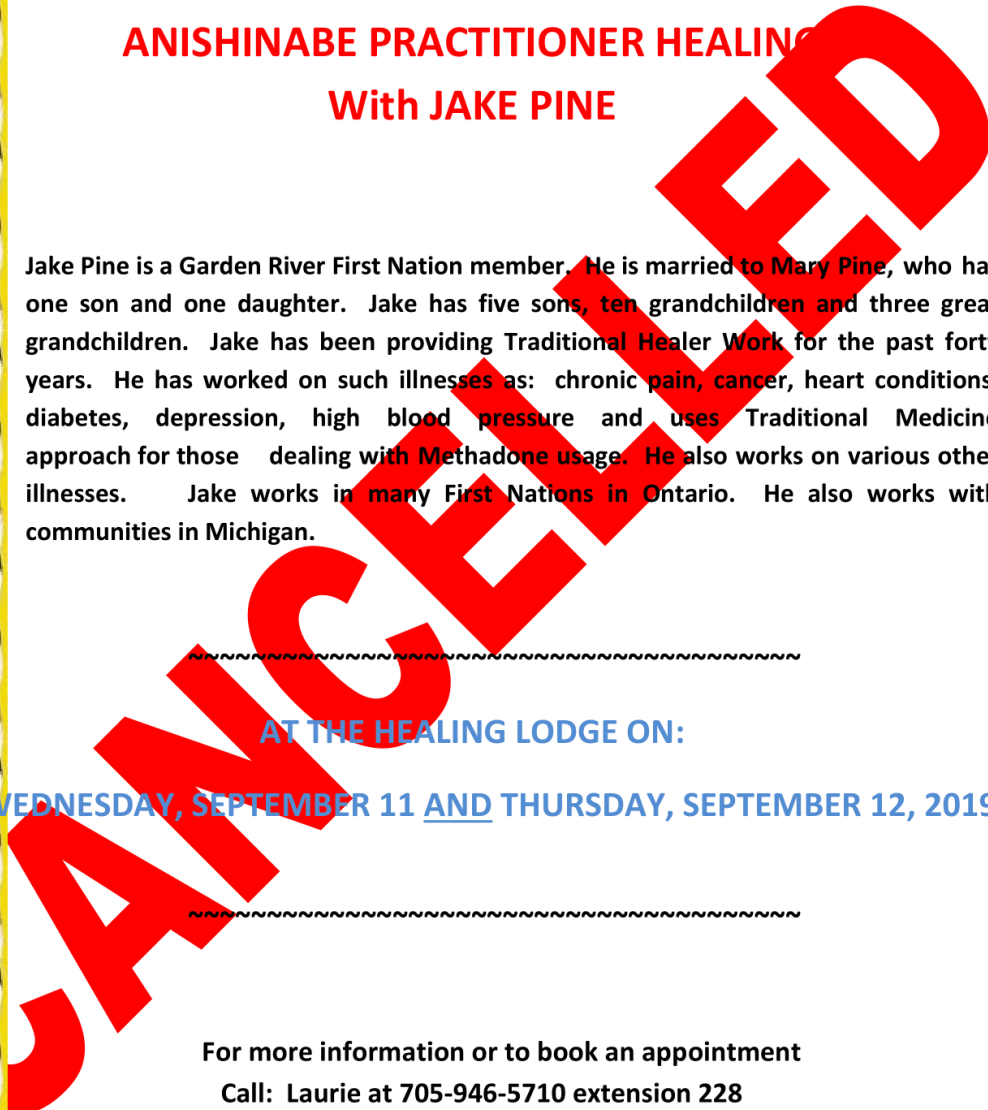
~~~~~  
**AT THE HEALING LODGE ON:**

**WEDNESDAY, SEPTEMBER 11 AND THURSDAY, SEPTEMBER 12, 2019**

~~~~~  
For more information or to book an appointment
Call: Laurie at 705-946-5710 extension 228

Protocols:

Please bring your tobacco / sema offering to your appointment.





CHAIR YOGA MONDAYS IN SEPTEMBER

September 9, 16, 23, 30

Join us for a low impact form of exercise and stretching. Among its potential benefits, chair yoga can increase circulation, alleviate joint pain from arthritis, promote a healthy mindset, reduce high blood pressure levels, alleviate stress, promote relaxation and reduce feelings of tension or discomfort



For more information contact:
Amy Allison Ext. 229

LOCATION: REC
CENTRE

TIME:
11AM-12PM

EVERYONE
WELCOME

TRANSPORTATION
AVAILABLE

GARDEN RIVER
WELLNESS CENTRE

23 Shingwauk St.
Garden River, ON P6A 7B2

www.grwc.ca

705-946-5710

Mijim Gaamig Food Bank

Please note:
Food Bank access is
limited to one visit per month.
Thank you!!

Regular Hours

Monday 9.00 to 4.00,
Wednesday 9.00 to 4.00,
Friday 9.00 to 4.00.
Closed for lunch from 12.00 to 1.00



New List of Extensions for Child and Family Services:

Child and Family Services	Office Number	Email Addresses
	705-450-5071	
Luanne Povey	Ext. 210	lpovey@grcfs.ca
Teddi-Joy Allinson	Ext 217	tallinson@grcfs.ca
Michelle Aubrey	Ext 203	maubrey@grcfs.ca
Karen Boissoneau		
Paige Boissoneau	Ext 201	pboissoneau@grcfs.ca
Belinda Camara	Ext 202	bcamara@grcfs.ca
Colleen Crowley	946-4006 Ext 3	ccrowley@grfnrec.com
Jo-Ann Grawbarger	Ext 212	jgrawbarger@grcfs.ca
Melissa Grawbarger	Ext 205	mgrawbarger@grcfs.ca
Kim Mianskum	Ext 204	kmianskum@grcfs.ca
Kelly Musgrove	Ext 206	kmusgrove@grcfs.ca
Marie T. Pine	Ext 214	mtpine@grcfs.ca
Christelle Tegosh	Ext 207	ctegosh@grcfs.ca
Jordan Thibault	Ext 209	jthibault@grcfs.ca
Janice Thibodeau	Ext 208	jthibodeau@grcfs.ca
Alicia Tousignant	Ext 218	atousignant@grcfs.ca
Jessica Whitley	Ext 216	jwhitley@grcfs.ca

Contact Information:

Garden River Child and
Family Services
7A Shingwauk St



****Youth Leadership Programs must pre-register with Colleen****

****All programs may offer snacks, refreshments and door prizes****

****Transportation available – please call program staff****

****Childcare offered on occasion – must pre-register****

Player's Club Appreciation Day

Free **BBQ** Free



11am - 6:30pm
Monday September 9th, 2019

It is also Free Strip Day



*** MUST HAVE PLAYER'S CLUB
CARD TO RECEIVE BBQ***

Player's Club Days September

B I N G O
14 24 33 50 71
2 19 39 54 70
9 28 --- 51 63
4 20 38 53 75
6 26 40 57 61
B I N G O
5 27 41 52 64
11 22 37 60 73
3 23 --- 55 66
8 16 35 51 61
1 25 42 48 74
B I N G O
2 30 43 56 67
12 29 40 46 72
4 26 --- 47 68
15 17 44 59 74
13 21 31 52 73



***Must
Be A
Member***

**FREE
STRIP**



every

**MONDAY and WEDNESDAY
ALL DAY**

GRFNBE has the right to change any promotion at any time. If you have any questions, please feel free to contact the promotions dept. at 705-253-8718 ext. 227, info@grfnbingo.com or come visit us at the promotions desk. Thank you!



Five Dollar Fridays CANTEEN SPECIALS



**3 Chicken Fingers
& French Fries**



Or
**Sausage on a Bun
& French Fries**

**EVERY FRIDAY \$5
IN SEPTEMBER**

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	2 Player's Club Day MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	3 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	4 Player's Club Day MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	5 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	6 \$5.00 Fridays MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL	7 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL
8 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	Player's Club Appreciation Day MATINEE, MAIN & NITE OWL SESSIONS	10 Double Points MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	11 Player's Club Day MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	12 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	1 \$5.00 Fridays MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL	14 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL
15 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	16 Player's Club Day No Matinee MAIN & NITE OWL SESSIONS	17 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	18 Player's Club Day MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	19 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	20 Double Points MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL \$5.00 Fridays	21 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL
22 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	23 Player's Club Day MATINEE, MAIN & NITE OWL SESSIONS	24 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	25 Player's Club Day MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	26 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	27 3x\$1000 JP 4x\$1000 JP MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	28 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL
29 MATINEE, PAY AS YOU PLAY, MAIN & NITE OWL SESSIONS	30 Player's Club Day MATINEE, MAIN & NITE OWL SESSIONS	Double Points All Month		Chase Ace		Bingo Capital of the North GARDEN RIVER BINGO

BINGO HOTLINE (705) 253-8718 PRESS #1

Garden River First Nation Business Directory

Algoma Tree Services	705-542-8836
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
Boissoneau Bus Lines	705-946-0992
Buzzno Metal Works	705-575-4904
Community Centre	705-946-2614
Coppertail Electric	705-946-5305
Dan Pine Healing Lodge	705-248-2231
DarMax Service	705-575-3356
Darwin Belleau Contacting	705-254-8676
Dog Catcher	705-971-0611
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	705-206-7525
Hidden Hills Horse Ranch	705-943-5836
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
Smoke Signals	705-946-1523
The Massage Gallery	705-971-5155
Wellness Centre	705-946-5710

GRFN Departments

Regular Hours

Monday—Friday: 8:30 AM -4:30 PM
Closed for lunch 12:00PM-1:00PM



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 — FULL LIST ON WWW.GARDENRIVER.ORG
Karen Bell	Golf Course, Niigaaniin, Public Works
Chris Solomon, Sr	Bingo Hall, Finance/Administration, Public Works, Recreation
Caroline Barry	Governance, Health & Social Services,
Andy Rickard	Governance, Healthy & Social Services, Recreation
Darwin Belleau	Elders & Youth, ERCD, Health & Social Services
Leslie Zack Caraballo	Bingo Hall, Education, Finance & Admin
Susan Bell-Chiblow	Education, ERCD, Governance,
Darryl Williams Jones	Elders & Youth, Golf Course, Recreation
Morley Pine	Bingo Hall, Elders & Youth, Public Works
Craig Sayers	Child Care, Elders & Youth, Golf Course, Niigaaniin
Deb Pine	Child Care, Finance & Admin, Niigaaniin
Pamela Perrault	Child Care, Education, ERCD



Garden River First Nation Community Newsletter Contact Information

Resource Centre Worker
 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:

Website: <http://www.gardenriver.org/newsletter.php>