



Garden River First Nation

The Creator's Garden

Community Newsletter

Sucker Moon
April 2022



**\$500.00
DOOR
PRIZE**

OJIBWAY PARK WEBINAR & FEEDBACK SESSION MAY 10, 2022

**WIN A BEACH
BASKET & WEEKEND
STAY AT OJIBWAY
PARK CABINS**

**\$50.00
GIFT CARD
GIVEAWAYS**

(Must have attended both sessions to
be entered into draw)

For more information and to register contact
Kristy Sayers @ ksayers@gardenriver.org or
call 705-946-6300 Ext. 241

Please Note: All of the "Did You Know" facts can be found on the Garden River FN Website—
www.gardenriver.org. Feel free to explore the website for more information.

Namebine Giizis



Volume: 22 Issue: 4





Words from the Chief...



Greetings, Aaniin, boozhoo elders, youth, and citizens!

March has come and gone and with that hopefully the snow follows soon after to allow for an early spring. I think we're anticipating a very wet spring season, which is why I have been holding discussions with our new Public Works Manager Joanne Pine on some of that important work. Our roads have always been a topic of discussion here in our community and we are hopeful that our plan moving forward to address long term fixes will allow our community to enjoy much better conditions. Aside from the roads are the ditching that will require some maintenance and improvements that will hopefully relieve the pressures of high-water tables in and around various parts of the community. We are quite certain that once our Public Works manager is able to identify the gaps, we'll work collectively to fill those areas.

I wanted to acknowledge the Child and Family Services team lead by Luanne Povey and staff members Melissa Grawbarger, Kiana Hill and Paige Sauve who recently held a celebration for the Granties (Grandma and Aunties) Program. I apologize if I missed anyone, but this program has had many of our elders and women participate from the community. These exceptional women graduated from a series of capacity building workshops and training that will help guide them to helping our community. I commend and congratulate all of those "Granties" who remained dedicated, committed and seeing this through. Your efforts are acknowledged, and we look forward to all of you who will play a critical role in helping our families, our children and our community.

I also wanted to acknowledge some of the other staff of the Child and Family Services team, Marie Pine, Dawn Roach, Jared Musgrove, Tamara Musgrove, Alicia Tousignant and others who I may have forgotten who helped to launch the 10-week Buffalo Riders program for our

youth between the ages of 10-13 and 14-18. I wanted to congratulate and commend our youth who took part in the program and to offer my sincere appreciation to those workers who helped to guide our young people through this program. If there is anything worth sharing, it is that we are deeply proud of you, and we encourage you to continue on with the knowledge and teachings you learned along the way. May those gifts allow you to make good choices in your life and we hope that you know that you are loved, and we are here for you here in our community.

On March 28, Garden River collaborated with the Chiefs of Ontario to host a 1-day Residential School session with elders and ceremonial helpers from around Ontario to start this work off in a good way. Elder and spiritual helper, Hector Copegog along with helper Vicki Monague assisted the event with the ceremonial protocols and procedures along with Darrell Boissoneau and other medicine people and pipe carriers from around Ontario. It was an opportunity to build relationships with other communities but also support some of our survivors, the work that communities will be embarking on and to strengthen the relationships amongst each other. Regional Chief Glen Hare and his team helped to bring this event to Garden River, and we'd like to thank him and his staff for working with us. A special thanks goes out to Kristen Jones who worked tirelessly and endlessly preparing and ensuring that the event was a success, her commitment and dedication to Garden River is and will always be very appreciated and acknowledged. Thanks also goes out to some of the finance staff, Tyana Solomon, Sidney Nolan, community members Cynthia Jones, our firekeeper Greg Boissoneau, our caterers at Silver Creek and Nogdawindamin's Anishnabe Aadziwin team who have helped to make this event a true success. Everyone played a critical role in being fantastic hosts. The elders and visitors from all over Ontario enjoyed themselves and we managed to make them feel at home here in Garden

River. I also had an opportunity to sit down with the Deputy Minister of Indian Affairs, Shawn Batisse to discuss our upcoming Indian Residential School project.

With May just around the corner, we will be launching our own Survivors project in conjunction with our partners, Narratives who are based out of Winnipeg. Narratives has helped to move our project forward from day 1 and we have decided to continue to do that work with them for this important matter. We will be hosting a signing ceremony in May along with a community survivor's session where we will discuss our strategy moving forward. We have Garden River members who are survivors of Shingwauk, Spanish and other residential schools along with our Day School Survivors. It has been a very difficult time for many of our people including families who are battling intergenerational trauma and other effects from these

Continued on page 21



CHIEF & COUNCIL

WHEN

April 5th, 2022 @ 6 pm
Monthly Meeting
Community Centre

April 12th, 2022 @ 6 pm
Working Meeting
Community Centre

April 26th, 2022 @ 6 pm
Working Meeting
Community Centre

WHERE

Remotely VIA Zoom

LOG ONTO THE LIVESTREAM:

Website: <https://vimeo.com/event/711625>

Password: L1vegardenr1ver



CHIEF & COUNCIL

MEETINGS

APRIL 2022

GARDEN RIVER FIRST NATION

7 Shingwauk St.
Garden River, ON

P6A 6Z8
www.gardenriver.org

Chief & Council Email Addresses

Chief Andy Rickard
arickard@gardenriver.org

Tim Johns
councillorjohns@gardenriver.org

Darwin Belleau
councillorbelleau@gardenriver.org

Brandi Nolan
councillornolan@gardenriver.org

Cindy Belleau-Jones
councillorbelleau-jones@gardenriver.org

Dan Tice
councillortice@gardenriver.org

Trevor Solomon
councillorsolomon@gardenriver.org

Chris Thibodeau
councillorthibodeau@gardenriver.org

Tyler Pine
councillorpine@gardenriver.org

Kassidy Armstrong
councillorarmstrong@gardenriver.org

Chester Langille
councillorlangille@gardenriver.org

Albert Williams
councillorwilliams@gardenriver.org

Karen Bell
councillorbell@gardenriver.org



GRFN History



Back on March 3, 1978; the local newsletter was called 'Moccasin Trail'. In Volume #1; Issue #11 was this article:

Bailey Bridge

Did you ever think that a bridge would be located at the High Dump area? I bet your forefathers never thought that a truck would someday be riding by their cabin!?

It seems to be just a myth that this

bridge has been constructed (March 2, 1978), however, the bridge is very real.

The Bailey Bridge is made possible though funding by the Department of Indian Affairs and the Garden River Band. Once again, credit is great-fully given to our very own Chief and Council for working so hard to accomplish this myth.

Eventually, the road to High Dump will be leading into unforested areas such as the Chesley Township and the Kehoe

Township.

The High Dump are will also be opened up for future Band projects, i.e. Charcoal Operation.

Not sure about you, but I learned a few things from this article. I didn't know when the bridge was built. Aren't old newsletters and documents awesome!!!

Irene



Garden River First Nation Lands & Resources Department

ANNOUNCEMENT REGARDING OFF-LEASH DOGS IN COMMUNITY



There have been multiple dogs that have been mauled in Garden River recently. Posted below are some tips to keeping our pets and community safe:

- Keep dogs in fenced-in areas, in a home, or tied up
- In-community dog attacks are likely from off-lease dogs and can happen from wild animals
- Off-lease dogs can harass wildlife and scare game animals
- Ensure dogs are vaccinated and fixed
- Avoid on-property animal attractants such as garbage or animal carcasses
- To report an off-leash dog, call GRFN's Dog Catcher Darren Zack 705 971 0611

183 Noonday Road, Garden River

705 253 0225

Aanii/Boozhoo Garden River,

This is a post about off-leash dogs within the Garden River Reserve and is intended to raise awareness about this issue and highlight ways to keep our community and pets safe.

Over the winter months, multiple dogs that were on a leash were mauled by two other off-leash dogs resulting in hospitalizations; another dog that escaped its enclosure was found mauled to death. Wild animals such as wolves, coyotes, and bears may attack domestic dogs; but it is much more likely that off-leash dogs attack other dogs.

Off-leash dogs pose a risk to community safety for humans, pets, and the environment. Dogs mauling humans are more common on-reserve, with children

being the most at-risk (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2387261/>).

From an ecology perspective, dogs are considered the third-most-damaging mammal on earth and have been responsible for the harassment and extinction of native animal species worldwide (<https://theconversation.com/the-bark-side-domestic-dogs-threaten-endangered-species-worldwide-76782>). Culturally important animals such as deer, rabbits, grouse, turtles, and wild turkeys can be harassed by dogs. Our community has many natural areas that can be quality habitats for wildlife if they are not harassed by dogs.

Tips to avoid dog-related incidences:

- Keep dogs in a fenced-in area, in a

home, or tied up

- Ensure dogs are vaccinated and fixed
- Avoid on-property animal attractants such as garbage or animal carcasses

If you see an off-leash dog, please call Garden River's Dog Catcher Darren Zack 705 971 0611

Aaron Jones

Fish & Wildlife Coordinator
Ketegaunseebee
Garden River First Nation
P: 1 (705) 253-0225 ext. 201
E: AJones@GardenRiver.org
W: gardenriver.org/site/



LANDS & RESOURCES COMMUNITY GATHERING SPRING 2022



GRFN Rec Centre, April 6th, 5:50-8 PM

Please join us for:

- Meeting the Lands & Resources Team
- A Water Ceremony
- Dinner provided by Bar Burrito
- Project updates:
 - Community-Based Water Monitoring Pilot Project
 - Lake Sturgeon Research Project
- Prizes! We will announce door prizes closer to event date

183 Noonday Road, Garden River

705 253 0225

LANDS & RESOURCES COMMUNITY GATHERING SPRING 2022 AGENDA

GRFN Rec Centre - April 6th

5:50 - 6:15	Opening prayer, Lands & Resources Team introduction
6:15 - 6:45	Water Ceremony
6:45 - 7:15	Dinner provided by Qdoba
7:15 - 7:45	Project updates for water monitoring and lake sturgeon research projects
7:45 - 8:00	Prizes & closing prayer



GRFN Sports



I wanted to commence a sports column to recognize the athletics of our gifted youth and started with this list.

I would encourage all parents, guardians, family, or friends to submit a photo and a short few words of who is in the picture, what sport they are involved with, successes, commitments they have made, and possible aspirations.

I started off with four pictures but there is so many more people connected to GRFN that should share so that all viewers of the GRFN Newsletter can also be kept updated and feel pride for all the athletes enjoying sports and maintaining a healthy lifestyle.

Please submit and share any and all sport related items of interest to : irene.gray@gardenriver.org

🏒 U 12 AA Sault Ste. Marie Greyhounds with Connections to GRFN



Phoenix Bell, Jarrett Solomon, Everett Versk, Brody Marchand, Ethan Cress
2022 NOHA Tournament of Champions

🏒 Aliya Rowe U 18 AA Female Sault Ste. Marie Greyhounds Accepted Offer to play with Ontario Female Team at the 2022 NAHC May 7-14 in Membertou, Nova Scotia

🏒 Brittney Zack – University of Nipissing Lakers plays in the OUA. Team Ranked 6th Nationally and represented Ontario at the 2022 Women's University National Championship in Charlotte-

town, PEI. Silver medalist vs Concordia University.

🏒 Jana Headrick – University of New Brunswick plays in the US. Former player with university of Toronto Varsity Blues. Team ranked 2nd Nationally and represented Atlantic at the 2022 Women's University National Championship in Charlotte, PEI. Winner of Hilliard Award for student-athlete community service at the USPORTS Women's Hockey Awards in Charlotte PEI.

Submitted by: Karen Bell



Big Congratulations to our daughter Britney.

Her Nipissing Lakers Women's Hockey team participated in the University Sports Women's National Hockey Championships in Charlotte-town, PEI.

Quarter Final Game: Nipissing University-1 vs University of British Columbia-0
Semi Final Game Nipissing-4 vs University of New Brunswick-0
Championship Game: Concordia University-4 vs Nipissing-0

They played for Gold, and came home with Silver.

It was quite the memorable experience!

We're so proud of you Brit!

Love your Mom & Dad





Community



Congratulations:

The Algoma District School Board (ADSB) has just announced that Neveah Pine of Garden River First Nation who attends White Pines High School has been appointed as a student trustee for the 2022-2023 ADSB school year. She will step into her role August 1, 2022 as the Indigenous student trustee. She will sit on the ADSB

Northern Indigenous Youth Council (NIYC) as the Chair.

Neveah is well known for her 2019 oral on human rights and raising awareness of the Missing and Murdered Indigenous Women and Girls (MMIWG) which earned her a 1st place finish at the Provincial level which she participated at a public speaking competition. She has presented her oral many times and was the GRFN Youth Representative

(Ogichiidaa kwe) and many other functions. Her goal is to inspire others to use their voice and ideas to become more engaged in recognizing and advocating the needs of indigenous students.

Submitted by: Karen Bell

Garden River First Nation Websites:

- Garden River First Nation website: www.gardenriver.org
- Education's website: www.gardenriver.ca
- Housing's website: www.grfnhousing.org
- Recreation's website: www.grfnrec.com
- Bingo Enterprises: www.gardenriverbingo.com
- Wellness Centre's website: www.grwc.ca
- Silver Creek's website: www.golfsilvercreek.com
- GR Child & Family Services (G'Naadmaagoom): www.grcfs.ca/
- APS website: www.apscops.org

Another Garden River Youth Shout Out!

Garden River's own, Neveah Pine, a high school student at White Pines has been selected to be a finalist in *Canada's Speaker's Idol* out of hundreds across the nation and will be performing in the public speaking competition in May!

Congratulations to Neveah on being the only Indigenous finalist and making it to her first national level! She has performed previously at the provincial level so congrats to Neveah on her continuous effort, dedication and skill that goes into the deliverances on important Indigenous matters and her initiatives with public speaking.

This will be a virtual event "Speaker's Idol ~ Stand Up. Speak Out. Be Heard (a public speaking competition for students in grades 6-12 on Wednesday, May 4, 2022 at 1:00 pm EST. Register with this link: <https://bit.ly/speakersidol2022>

Way to go Neveah you should feel very proud!



ALERT



Increase in suspected opioid related harms in the Algoma region

March 31, 2022

Algoma Public Health (APH) is cautioning anyone who uses street drugs to take extra precautions at this time, as there has been an increase in suspected opioid-related harms in Algoma. APH is also asking all members of the community to continue their support for residents at risk of opioid poisonings and their loved ones.

Opioid surveillance for Algoma consists of weekly monitoring of suspected opioid poisonings, confirmed opioid poisonings and opioid-related EMS calls. An alert occurs when the weekly counts for the opioid-related events surpass a threshold based on the previous 12 weeks of data.

Substance use and opioid poisoning does not discriminate, and neither should we when it comes to getting people the health services and help they need. Anyone who uses drugs should carry naloxone and make sure they always have someone with them when they use.

Please be careful, protect yourself, and reach out for support when you can:

- Call 911 immediately if you think someone is experiencing an opioid poisoning
- Never use alone – if this is not possible, have someone you trust check on you
- Always start with a low dose and increase slowly, especially if trying something new or restarting use. If you previously used substances regularly, but have not used for some time, do not take the same amount as before, because your body will not be used to it and will be at high risk of overdose.
- Carry a [naloxone kit](#)
- Never mix substances, including alcohol, as this increases your risk of overdose
- To prevent the spread of COVID-19, when responding to an opioid poisoning, wear a mask if possible, wear the gloves provided in the naloxone kit and perform chest compression only CPR
- [Mental health and addiction support services in Algoma](#)



Housing



Spring into maintenance

Your home is probably your most important investment. A regular schedule of seasonal maintenance can help you protect that investment for years to come and help keep your home – and your family – healthy and safe all year round.

The following list of spring maintenance tips that can help you put a stop to the most common and costly problems before they occur, in as little as a few minutes a week.

- 🏠 Check your furnace, air exchanger and air conditioner filters; clean or replace them if needed.
- 🏠 Check and clean your range hood filters on a monthly basis.
- 🏠 Make sure all indoor and outdoor air vents (intake, exhaust and forced air) are clear of snow and debris use a soft bristle brush such as an old tooth brush to clear screens.
- 🏠 Test the ground fault circuit interrupter(s) each month by pushing the test button, which should cause the reset button to pop up.
- 🏠 Have your fireplace or wood-stove and chimney cleaned and serviced as needed.
- 🏠 Clear all drainage ditches and culverts of debris.
- 🏠 Check smoke, carbon monoxide and security alarms and replace their batteries.
- 🏠 Clean all windows, screens and window hardware. Repair any holes in screens or replace them if necessary.
- 🏠 Open the valve to the outside hose connection once any danger of frost has passed.
- 🏠 Make sure your sump pump is operating properly before the spring thaw sets in and ensure the discharge pipe allows water to drain away from the foundation.



- 🏠 Re-level any exterior steps or decks that may have moved due to frost or settling.
- 🏠 Clean any debris from eaves troughs and downspouts,

reattach any sections that are loose and make sure they are securely attached to your home and that the flow of water discharges away from your foundation.

- 🏠 Carry out any spring landscaping rake leaves, debris and dispose of accordingly.

Greg Solomon,
Construction Maintenance Coordinator,
Housing Department



Membership



HAVE YOU MOVED?



PLANNING TO MOVE?

Please update your address
with the Membership Office



Contact

Terri Tice, Membership Clerk

705-253-0225 ext. 205

or online at:

<https://www.gardenriver.org/site/membership>

MEMBERSHIP OFFICE HOURS
MONDAY - THURSDAY
8:30 A.M. - 4:30 P.M.
CLOSED 12:00 P.M. - 1:00 P.M.



**IMPORTANT
NOTICE**

The Garden River First Nation Landfill is not open to the public.

The Garden River First Nation Transfer Station located at 216 Noonday Drive is **OPEN.**

Tuesday– 9am-5pm (Closed 12-1pm for lunch)

Wednesday– 9am-5pm (Closed 12-1pm for lunch)

Thursday– 9am-5pm (Closed 12-1pm for lunch)

Friday– 9am-5pm (Closed 12-1pm for lunch)

Saturday– 9am-5pm (Closed 12-1pm for lunch)

CLOSED SUNDAY & MONDAYS.



Hours of Operation

Monday 9:00 am – 4:00 pm

Tuesday – CLOSED

Wednesday 9:00 am – 4:00 pm

Thursday – CLOSED

Friday – 9:00 am – 4:00 pm

PLEASE NOTE: CLOSED (12:00 – 1:00 pm)

Food Bank access is limited to one visit per month

For Further information, please contact Michelle @ MIIJIM GAAMIG
(705) 946-6300 Ext.# 227

Food and Monetary Donations are always greatly appreciated



Community



Attention Community:

Well, the signs of Spring are certainly in the air: robins chirping, geese honking, and longer, warmer sunnier days!!

As the weather gets warmer, we are all anxiously awaiting our spring routines ... burning the grass, picking up dog doodos and finding whatever we can salvage in our yard from all the stuff that didn't get put away before winter hit!

Since 1994, I have always ridden my bicycle from Spring until it snows in the Fall AND I look forward to this year's cycling season! Riding my bike is relaxing, healthy and therapeutic – just me in the open skies enjoying nature's beauty!

What I DON'T look forward to, and I'm sure other residents of Garden

feel this way, are the dogs: guarding their territory, yards, neighbourhood and the roads where I ride. I understand that your dog is "friendly – he won't bite; he won't hurt anyone" but your dog does not know me. I am seen as a threat, as something to charge after and bare their teeth to – they scare me with their aggressive behaviour and threats!!

I am sure I am NOT alone in this. I feel that more people, especially our seniors in Garden River would LOVE to go for a walk along the road or the highway. However, if they are like me, the threat of dogs charging and chasing me, barking and bearing teeth and biting at me is extremely frightening and dangerous! The hair on the back of my neck stands up as I write this!!

If you are a dog owner, PLEASE tie

up your dog or put up a fence. I know there have been many accidents along the highway involving pets. Tying up your dog will ensure its long-term life with you, your kids and grandkids! Otherwise, your dog may meet its fate, its life ended in a possible tumultuous accident that can be traumatic to you – the dog owner – your kids and vehicle.

Securing your dog can also save the countless lives of nature: squirrels, rabbits, etc.

I'm looking forward to seeing more GR citizens SAFELY and comfortably walking and riding their bikes, enjoying the outdoors and fresh air this year!

Alanna Jones



GRFN Elementary School

Aanii akina wiiya from the GRFN Elementary Team! Onaabani-giizis (March) is a special time of the year. Seasons are switching from winter to spring and Shkagamigkwe (Mother Earth) is waking up from her long winters rest. We're starting up in our Iskigamizigan (Maple sugar camp). We are super excited to have this experience.

Some of our learning included:

- ✧ ice fishing trip
- ✧ Dr Seuss extravaganza
- ✧ 100's day
- ✧ reading with your stuffy
- ✧ Iskigamizigan (sugar bush camp)

Mii'iw

GRFN Elementary Team





Secondary

Education Unit – Secondary

Hey everyone, welcome to the month of April! First off I wanted to give a huge shout out to all of our secondary students, all grades, from all schools and all at different learning levels! High school can be both fun and challenging at times and each student is on their own journey. It is four years of growing up and probably a time in your life where you go through the most changes. There will be obstacles along the way and you may or may not hit some rough patches from time to time but it can also be a time in your life where you discover more about yourself and who you are as a person. If you find yourself struggling at school, please don't hesitate to reach out your teacher or a trusted adult at the school. If you're not sure where to go or who to ask for help, the front office will be able to help you. The Indigenous Grad Coaches are situated in the Cultural

Rooms or in another designated area, depending on which school you're at and are there to offer support for you as well. I am hoping to be more present there as well now that we are slowly getting back to normal or at least as some restrictions have been lifted and I look forward to seeing you.

A lot of school sports and other extra-curricular activities have been happening and congrats to all students who have made teams and are getting involved. It's so awesome to see our Garden River Youth getting involved!

Garden River grade 12 graduating band members don't forget to apply for post-secondary sponsorship (funding) if you haven't done so already and if you're considering college or university in September! The deadline for September starts is May 15th and you can email or call Anne Marie Jones, Post-Secondary Counsellor about that whole process. You can make an appointment to go in

and discuss how sponsorship works. We are planning on having some info sessions very soon and those details will follow.

Just a reminder about Tutoring as well. If you find yourself struggling or just need some extra help we can arrange to have you connected with a tutor for the support that you need. You are encouraged to check first with your teachers. So far we're seeing some great success with the students who have been utilizing the tutoring services.

I hope you continue to enjoy the longer days that are now upon us and please don't hesitate to contact me if you have any questions or concerns.

Warm Regards,

Steph

sjones@gardenriver.ca
705-946-3933 ext. 208

8 POWERFUL WORDS

FOR THE DAY

1. BELIEVE IN YOURSELF

BELIEVE YOU CAN AND YOU WILL

2. STAY STRONG

DREAM, BELIEVE, ACHIEVE

3. NEVER GIVE UP

A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS

4. BE GRATEFUL

A GRATEFUL HEART IS A MAGNET FOR MIRACLES

5. WORK HARD

GOOD THINGS COME TO THOSE WHO HUSTLE

6. STAY HUMBLE

WORK HARD IN SILENCE, LET SUCCESS MAKE THE NOISE

7. BE KIND

KINDNESS MAKES YOU THE MOST BEAUTIFUL

8. KEEP SMILING

BECAUSE OF YOUR SMILE,
YOU MAKE LIFE MORE BEAUTIFUL



Adults In Motion

AIM's Gardening Class's seedlings are doing well! We should have healthy seedlings ready to go in Community Garden and Greenhouse as soon as the weather says it's ready!

We've also been enjoying the Maple Syrup Camp with our GR Elementary School friends!

AIM Students and Staff



Post Secondary

Congratulations to all of our sponsored students that are nearing the completion of another school year! Hang in there...you are almost done! **CHALLENGE YOURSELF** to complete your homework on time, to read all of your readings BEFORE your class, to review your notes regularly, to study earlier and more than you normally would for your final exams; and of course, to attend all of your remaining classes. Teachers should be reviewing information to help you prepare for your final exams.

Are you Planning on Continuing your Studies in the Fall 2022?

Application for Sponsorship
Deadline is May 15th

DO I REALLY NEED TO SUBMIT A NEW APPLICATION AGAIN FOR FUNDING?

YES....If you are currently enrolled full-time or part-time at college or university, **AND** you plan on continuing

your studies in the September 2022, you must complete and submit a new **GRFN Application for Post-Secondary Educational Assistance**. You can either print out a copy of the 4 required pages via the internet at www.gardenriver.ca in the Post-Secondary Downloads section or you can stop by to pick up a copy here at the office. Don't wait until the last day to complete and send your application.

ARE YOU CONSIDERING GOING TO COLLEGE OR UNIVERSITY THIS COMING YEAR?

Remember.....you can't get accepted at a college or university if you don't apply through the **Ontario College Application Service (OCAS)** or the **Ontario University Application Service (OUAS)**! And you **can't get sponsored** if you don't complete the **GRFN Application for Educational Assistance by the deadlines**! Don't delay...complete and submit your applications early to avoid disappointment.

Even if you have not yet decided, please make sure that you submit your GRFN Application package for Post-Secondary Education Assistance... then at least, I will know that you are thinking about going and I can add you to the list of GR members applying for sponsorship.... then you will have some time to make your final decisions.

.... **COLLEGE STUDENTS: "INTENT TO RETURN" FORMS** - these are forms that your school may need YOU to complete and return or submit via your online student account to tell them that you are planning on returning to your studies in either the Fall 2022 semester. By submitting this as requested, the school will hold your seat in the program and work on your new schedule. IF YOU DON'T SUBMIT, the school will consider you as "not returning" and will not send you any new correspondence and/or will not have anything ready for you. **CHECK WITH YOUR SCHOOL ABOUT THIS TYPE OF FORM OR REQUIRED INFORMATION if you have not already submitted this form.**

.... COMMUNICATION:

If I don't know that you are having problems, I cannot help you. If I am not in my office or I am on the phone when you call, please leave me a message on my voice mail, with the receptionist or send me an email (if

you have internet access). Please don't think that if I am not in the office that you can't call and report problems or share some good news.

?? JOB HUNTING ??

If you haven't already done so, you should be starting your search for summer employment opportunities. Before you even start your job hunt, you need an up-to-date resume. Writing a great resume takes time. There are many styles of resumes. There are no strict rules to writing a resume, however, there are some important things to keep in mind. Be concise - use concrete language - research the position qualifications sought and list your appropriate skills/qualifications. AND just as important, you need to develop your interview skills by practicing AND preparing for your interviews.

The internet has excellent resources to help in preparing for interviews, resume writing tips, job listings, career information.

Good luck in your job search!

****Scholarships Reminder****

It's never too late to apply for some scholarships. *Please, please* visit one of the many websites to help you perform a customized search for a scholarship. This means that once you have keyed in your academic and personal information, it will search for scholarships for you. All you have to do is complete the application requirements.

WEBSITES TO VISIT:

<https://indspire.ca/programs/students/bursaries-scholarships/>
www.studentawards.com
www.scholarshipscanada.com

also check out the Post-Secondary: Scholarships/Bursaries/Awards section on our website - www.gardenriver.ca

CURRENT COLLEGE & UNIVERSITY STUDENTS....

ARE YOU GRADUATING THIS YEAR ?

If you haven't already done so, please contact me as soon as possible to confirm your graduation and to discuss your graduation gifts for the Annual Education Celebration in late June.... date will be announced at a later date.

2021/2022 HIGH SCHOOL GRADS and New to college or university students...

Are you planning on going to college or university in September? If you haven't already done so, please contact me at the office to set-up an appointment to complete your Garden River Application for Post-Secondary Educational Assistance soon. The deadline is May 15th for Fall 2022 fulltime and part-time sponsorship

If you were one of the students that applied to OCAS/OUAS by their deadline, February 1st, you should have started receiving information from the colleges/universities that you applied to.

IF SO, did you email me a copy of your "offer of admission /acceptance letter", "residence application information"? It is your responsibility to submit your official acceptance, tuition fees invoice, residence information to me in a timely manner.

FULL-TIME and PART-TIME POST-SECONDARY SPONSORSHIP APPLICATION DEADLINES:

For Spring/Summer: (May - August):
March 29

For Fall (September - December)
May 15

For Winter (January - April)
October 15

Deadlines are strictly adhered to!!
Apply early to avoid disappointment.

REMEMBER that, naturally, each school will be requiring you to respond to their “offer of admission” and make your final decision!

WHEN YOU RECEIVE CORRESPONDENCE, ALWAYS make sure to check for:

- 📖 deadlines to respond by?
- 📖 do they require a “confirmation fee”
- 📖 do you have to send more info?
- 📖 Are there any entrance tests to write?
- 📖 Residence / meal plan information - are you going to apply for residence? There are deadlines for this too...
- 📖 Etc.

PLEASE NOTE: I do not receive any documentation from the school directly during the application process. You are responsible for making sure I am kept informed at all times by bringing me copies of your information.

Remember, if you have sent your application to the Ontario College Application Service or the Ontario University Application Service, you will be reimbursed for the application fees, once you email me your “Acknowledgement Letter OR copy of your OCAS/OUAC receipt” and have **completed your Garden River Application package for Post-Secondary Education Assistance**. For those of you that sent your OCAS/OUAS application before February 1st, you should start receiving correspondence from the colleges/universities anytime now.

Please make sure that you read each letter carefully....there will be invitations to attend information sessions, to get a tour of their facilities or they will need more information from you before they can make their admission decisions... most **importantly**

though there will be deadlines to respond by.

Each school will be trying to convince you that their school is the best....you will need to do your homework -- this means researching your choices to ensure that your time at college/university will be both an enjoyable AND rewarding experience for you. As I am sure most of you know, each school has a reputation for certain types of programs - make sure you check out the program credentials along with the school credentials. Ask about or look for information on the availability of things like support services, campus life/activities, student residences for new students, accessibility by public transportation, etc., etc..... (visit the school web-sites for e-tours and basic information).

VISIT YOUR POTENTIAL COLLEGE/UNIVERSITY TO HELP MAKE YOUR FINAL DECISION

When you have received correspondence from all of the schools you applied to and prioritized/narrowed down your choices, you can then arrange and confirm a date for a campus visit or the orientation sessions that most schools have prepared for “potential students”. This is an excellent opportunity to “experience” your new school.

Remember that according to the GRFN Post-Secondary Operating Guidelines and as a new post-secondary applicant/student, you are **eligible for one trip to a prospective college or university to help you finalize your decision**. Once you have decided which school you would like to visit, you must submit a copy of the official “Campus Visit” invitation and confirmed itinerary. According to the length of the pre-arranged visit, you will receive travel assistance plus student rates for meals and accommodations according to the length of your official visit/tour. Remember, this is an excellent opportunity to help you make an informed decision about your new school. **In order to receive this assistance, you must complete your GRFN Application package for Education Assistance AND submit a copy of your invitation with full**

itinerary of your visit. This needs to be submitted to my office at least two weeks or a month in advance of your scheduled visit so that I can get your funding calculated and ordered for you in time.

This is an excellent opportunity to help you make an informed decision about your new school.

Even though you will have a lot of different opinions/suggestions from your parents, older brothers/sisters, your friends, your guidance counsellors, and so on, ultimately,

this education/career decision is yours to make !!

Do your homework and make an informed decision!!!!

Once this process is done, naturally, each school will be requiring you to respond to their “offer of admission” and make your final decision!

WHEN YOU RECEIVE CORRESPONDENCE, ALWAYS make sure to check for:

- 📖 **deadlines to respond by?**
- 📖 **do they require a “confirmation fee”**
- 📖 **do you have to send more info?**
- 📖 **Are there any entrance tests to write?**
- 📖 **are you applying for residence? You will need to apply separately with each school ...check for this information as there are deadlines for this too**
- 📖 **Etc.....**

PLEASE MAKE SURE THAT YOU EMAIL ME COPY OF YOUR OFFICIAL INFORMATION IMMEDIATELY SO THAT WE CAN PROCESS AND EMAIL SPONSORSHIP LETTERS BEFORE TUITION DEPOSIT DEADLINE.

Please be advised that this office is not responsible for payment of any



NOTICE: INCOME TAX

GARDEN RIVER **DOES NOT**
ISSUE T4'S FOR POSTSECOND-
ARY
STUDENTS.

You will be receiving your tuition fees form, T2202A, directly from your school. This is yours to use when filing your income tax. If you do not have a taxable income, you should be able to either save it for future use or you can transfer to a parent/guardian that can benefit from this tax deduction. Please check with a tax expert on this for proper information.

HOW DOES A DREAM GET OFF THE GROUND?

You can call them hopes, goals, or aspirations, but we carry a dream with us wherever we go. Everyone from the tiniest newborn child to the oldest person alive has one. And the wonderful thing about them is, no one dream is more important than another.

Big or small,
young or old,
EVERY DREAM
is worth building on.
**MAKE THE MOST OF
YOUR DREAMS.**

If you have concerns or questions about your education, please do not hesitate to call me at the office, 705-946-3933 ext. 202 or email me at amjones@gardenriver.ca or send a virtual meeting request or make an appointment for an in-person meeting.

Miigwetch
Anne Marie Jones
Post-Secondary Counsellor



While I know that the majority of GRFN Band and Community Members are very sports oriented, from my own experience, not everyone is keen on sports.

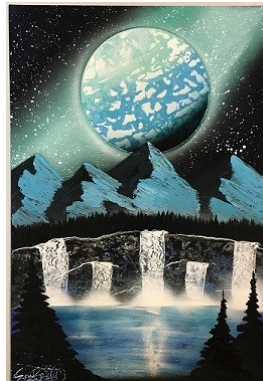
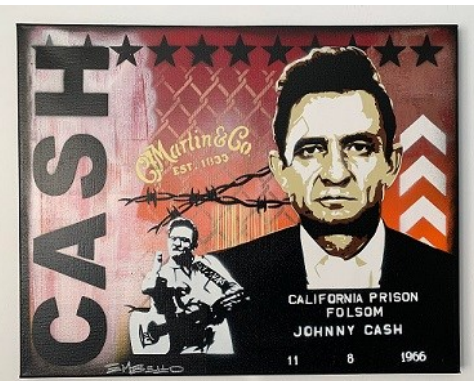
I would like to have a GRFN Arts section to include our own artists we have within our community. From youth to Elders, from beginners to masters of their craft.

Please submit images/word documents of your artistic endeavours—be it painting, sculpting, quill work, beading,

story writing, photography, poems, weaving, drawing, quilting; along with a brief write up of who you (the artist) are and what goals you have and what you have accomplished while travelling your artistic path. Doesn't have to be long a very basic "My name is ____ I have been creating ____ For about ____ years" or something similar.

Our First Nation is blessed with gifted and talented individuals, let us all join in being proud of each and everyone of us.

Irene M. Gray

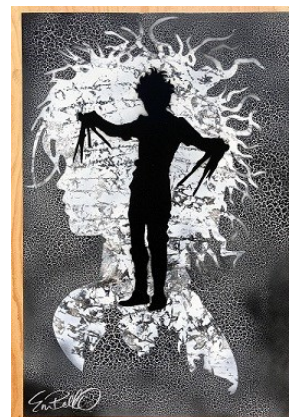


Aanii! My name is Emily Belleau, daughter of Darwin and Sherry. I'm 23 years old and have had a love for the arts for as long as I can remember. Drawing, playing instruments, film photography, and most recently spray painting.

My spray painting started with planets and sceneries, and I now cut my own stencils to layer and create more intricate portraits. To me, the best part about spray

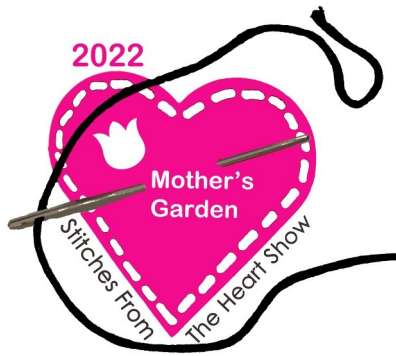
painting is standing back and seeing the final product after hours of work.

Follow me on
Instagram:
@embelloart
for more 😊





Surrounding Community



Stitches from the Heart Quilt Guild

Media Release

SAVE THE DATE for Mother's Garden Quilt Show This Spring

Sault Ste. Marie's Stitches from the Heart Quilt Guild is very happy to announce that we will be hosting a very special Quilt Show this Spring to mark our 30th Anniversary. The Quilt Show is a collaboration of textile art from talented fibre arts members and will showcase a variety of large and small quilts, wearables and miniatures. The show will be hosted on Saturday, May 7th through Sunday, May 8th at the Tarentorus Sports Club at 56 Avery Road in Sault St. Marie, north of Third Line.

"We look forward to showcasing the talent within our membership" stated Cindy Connell, Quilt Show Chair, "The theme of this year's Quilt Show is Mother's Garden as we are hosting our event on the Mother's Day weekend".

The Quilt Show will feature over 100 beautiful quilts of all sizes, colours and patterns along with wall hangings, wearables and miniatures. We will have FREE demonstrations throughout the weekend so you can learn a new skill; a Silent Auction featuring

homemade items; the ever popular New To You which features fabric, patterns and notions all at deep discounts. Quilt retailers will be showcasing their newest fabrics and kits and there will be food and refreshments available for purchase. We will also be raffling two full size quilts to raise money for the Kiwanis Lakeshore Club in SSM. "The quilt show offers something for everyone and will be a great outing for families to enjoy together during the Mother's Day weekend" stated Connell.

"All of our members have been busy preparing for our Quilt Show and have many beautiful projects to show after these past two years of Covid" stated Connell "Our Committee has decided that we are going ahead with the show as Tarentorus Sports Club has a 1200 person capacity. That means we can provide a safe viewing environment for participants by meeting social distancing requirements."

Admission to the show is only \$5 per person and includes entry to the show all weekend as well as a chance to win our door prize which is a full size quilt. Tickets for the Quilt Show are now on sale and can be reserved by calling Karen Madill at 705-945-9932.

Members of the Guild have been meeting via Zoom for the past year and are excited to be able to meet in-person. We meet on the last Tuesday of the month and feature demonstrations and a member's 'Show and Share'. Go to <https://www.facebook.com/StitchesFromTheHeartQuiltGuild> to view the quilts. Our next meeting is on Tuesday, March 29th at 7 p.m. at the Moose Lodge. Doors will open at 6:30 p.m. Proof of

vaccination and masks will be required. We encourage individuals who are interested in quilting to join us.

Stitches From the Heart Quilt Guild was created in 1992. Our Guild has grown considerably from the original group of 6 ladies who started meeting prior to the Guild's creation. We currently have over 100 members and will be celebrating our 30th anniversary at this quilt show.

Cindy Connell

Quilt Show Chair
(705)975-5905

Donna St. Jules
Media and Public Relations
(705) 971-5479



Become a Volunteer Driver Today!

Did you know that the simple act of driving your car can help cancer patients? Help people with cancer in your community get to and from treatment.

Find the volunteer opportunities in your area.

Register now at cancervolunteer.ca
or call 1-888-939-3333.



Canadian
Cancer
Society

**WHEELS
OF HOPE**

Resource Centre aka GRFN Public Library

Awensiwag



Across	Down
2. all	1. carefully
5. look	3. who
6. Sit	4. Yes
7. Come	9. says
8. Stand	10. Hurry
12. you	11. again
13. Enters	
14. Later	
15. no	

Answers on p. 23

Anishinaabemowin
Word for the Month:

Aki



Earth

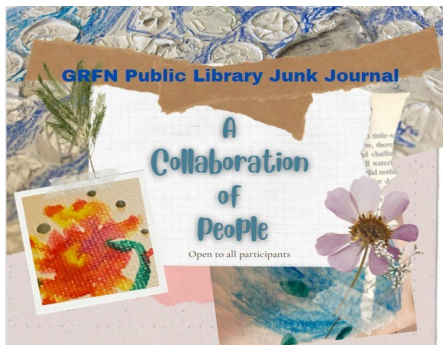
REMINDER

Need to print out school assignments. Need wifi for researching.

The GRFN Resource Centre is able to help community members and students with their Wifi and printing needs!

Words in
Anishinaabemowin with clues in English.

Books are Our Friends



A collaboration of artistic pages done by community members over how ever long it takes to complete.

Please - everyone is welcome to come in and 'dress up', decorate, paint, write on, paste stuff onto 2 pages.

Email me at irene.gray@gardenriver.ca to let me know when you are able to come in to work on a page.

I will be bringing a sampling of supplies to be available for those who would like to come in and complete a page.

It will have paint, paper, glue, stamps, ink, ribbons, stickers, construction paper, magazines... whatever else I can add to the container.

Starting Monday, April 4, 2022 - I will have the stocked container in the Library.

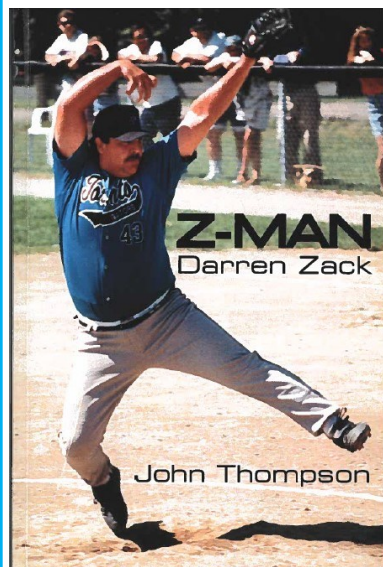
Open to everyone! You do not have to be artistically inclined! It is a fun few minutes to hours to work on something in the quietness of the library that would be on display for others to enjoy.

Feel free to make a page or two at home and then add them to the book as well, the pages are 9.5 inches (horizontal) by 10 inches (vertical).

Making memories and sharing history is what this is about.

For more info: irene.gray@gardenriver.ca

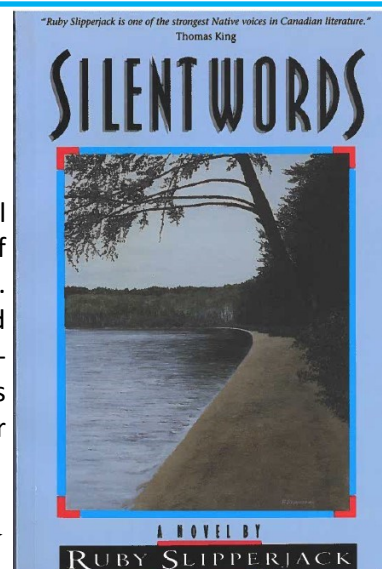
Books of the Month—available for borrowing



Z-Man Darren Zack—John Thompson

Z-Man Darren Zack is a unique perspective of fast-pitch softball (fastball) - a sport loved by millions—and the achievements of one athlete whose skills dominated the game in the 1990s. From the local leagues of Northern Ontario, to the heartland of America and around the globe in places like Argentina, Cuba, Mexico, New Zealand and the Philippines. Darren was simply the best on the mound and a tremendous ambassador for the sport with a following of fans throughout the world.

Silent Words—Ruby Slipperjack



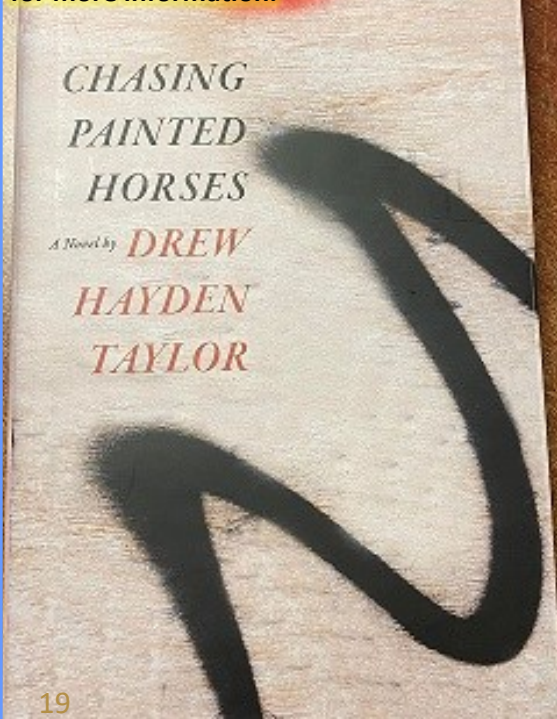
Set in northwestern Ontario in the 1960s, Silent Words tells the story of a young Native boy and his journey of self-discovery. Danny's life is a daily struggle for survival. He runs away from his violent and abusive home and, on his own, finds his way through a series of Native communities along the CN main-line. Various people take the boy in for a time, including a family with other children, an elderly couple, a boy and his father, a young bachelor, and a wise old man. Through his travels and encounters, Danny learns about himself and the world he lives in.

GRFN Public Library is seeking 4 avid book readers!!

Four readers who would like to participate in a Chasing Painted Horses (by Drew Hayden Taylor) Book Club. I have 5 copies of this book available. Club will start in May.

If there are interested readers who have their own copy of the book—Please feel welcome to join this club!

Contact Irene @ irene.gray@gardenriver.ca for more information.



GRFN PL Book Bingo Family Edition

Books to be from the GRFNPL or own collection

GRFN PL Book Bingo				
Family Edition			April & May	
A book about a bear	Read a book to your pet	A book of one of the seven grandfathers	A book with yellow on the cover	A book from the 500 - 599 call number
A gardening book	Read a book with a number in the title	A maple syrup book	Read a story to a loved one	Read a graphic novel or comic book
Read the back of a cereal box	Read a book that has water on the cover	FREE	A funny book	A book that made you cry
A book that became a movie	Read the close caption of a tv show or movie	A book you saw someone else reading	A book published in 2020	A fairy tale
A book you can finish in a day	A book by a female author	A book about magic	A book you started but didn't finish	A book over 350 pages



Wiindamaage



Mino-dibishkam noongom, Mino-dibishkam noongom, Mino-dibishkam (birthday person's name)! Mino-dibishkam noongom!

It's Kierra 5th
birthday
April 21
Love you always
From neema and
papa



And a shout out
from her
favourite Auntie Lexi

Happy 5th birthday
Kierra!!
Love Auntie Lexi



Happy 4th
Birthday to
Ndaanis Jones
April 22

Love Aunty Tay,
Autumn & Hazel
May!



Happy birthday to Lucas Pine,
Love from Katrina, Lorretta, Sonny, Lexi, Gunner,
Aurora, Talen, Silas, Blake, Journey and Nicolas

Happy birthday Uncle Tim
Love Katrina and Luke



Happy birthday to our sister and Auntie, Cherie
Pine Love the Dreamcatcher gang!!

Happy birthday Tyler Pine
Love the Dreamcatcher gang!

Happy birthday to our little love Journey Nolan
Pine Love you more plus 1 one, Gramma Trina and
Papa Luke, Auntie Lexi and Uncle Gunner

GRFNPL April & May Book Bingo

Each family member can help fill in the bingo card – for a full card. Write their initials in the box they completed. From April 1 until May 31st will be the run time for this book bingo game. A new game will start in June. Drop off or scan and email the finished full card – front and back to Irene @ irene.gray@gardenriver.ca or at the GRFN PL located at 48 Syrette Lake Road during office hours (8:30-12 & 1-4:30 Monday – Friday) Deadline to submit for this game is Tuesday, May 31, 2022 by 12 noon. All family names of submitted full cards (front and back) will be entered into a wheel of names to pick 3 winners - 1st, 2nd, 3rd prizes, at 3 pm, winning families will be notified by email of prize and pick up instructions. Actual prizes will be announced in the May Newsletter. Winners will be posted on Resource's Facebook page and in the June Newsletter. Happy Family Reading!

Family Name: _____ Email: _____

Family Members: _____

Date Started: April ____, 2022

Date completed: April or May ____, 2022

Please fill in this short questionnaire.

1. Would you or any family member like to recommend a book?
2. IF yes, please share the book title and author: _____
3. What was your family's favourite book? _____
4. What was your family's least liked book? _____
5. What was the title of the book that had yellow on the cover? _____
6. Which cereal box did you read? _____
7. What was better – the book or the movie? _____
8. What movie was it? _____
9. Who did you read to? _____
10. Did you read all 25 books? Yes ___ No ___ Why _____

April 2

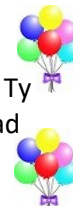
Happy Birthday Cheri
Love Mom & Dad Pine

April 5

Happy Birthday Luke
Love Mom & Dad

April 16

Happy Birthday Ty
Love Mom & Dad



April 26

Happy Birthday Journey
Love Gram & Papa Pine

April 26

Happy Birthday Journey
Love Daddy



EASTER MEMBERSHIP SALE!!



To inquire, come in or call us
(705) 946-4006

	1 Month	6 Month	1 Year
Junior (14-17)	\$35.00	\$190.00	\$260.00
Student (proof required)	\$40.00	\$170.00	\$290.00
Adult (18-59)	\$45.00	\$200.00	\$310.00
Elders (60+)	\$30.00	\$160.00	\$240.00
Couple	\$75.00	\$290.00	\$490.00

OPEN
Mon-Friday (7am-9pm)
Sat (10am-4pm)

DON'T MISS OUT!
APRIL 1ST-APRIL 19TH



Attention Members!!

As of April 1st 2022 the Garden River Recreation Center will be operating under these following hours...

Monday - Friday: 6am - 9pm

Saturday: CLOSED

Sunday: CLOSED

Thank you for your cooperation at this time.

If you have any questions or concerns please contact Chris Moretti
(705) 946 - 4006

painful moments for our people. We are hopeful that we can begin our healing journey as a community. We will be launching newsletters specifically to this initiative and will continue keep our members informed.

As I write this update, we have issued a Boil Water Advisories out to the community. When I sat down with the Water Department some time ago, I had committed my efforts to ensure we had the necessary support to improve and enhance our operations. We managed to secure funding for the first component of enhancement by getting funds for a feasibility study. This is the first step to determine the needs of our operations including a long-term plan on sus-

tainable funding. As we have begun this process, it has led us to the understanding that our needs are immediate and critical to improve our system. I will be leaning on our Council for assistance in our advocacy strategy to expedite the help needed to improve our operations. I want to thank operators, Jeremy Solomon and Ben Belleau who continue to dedicate their efforts to ensuring the safety of our water, I also want to commend the team with being able to utilize to the full capacity of what is there now. Our needs have outgrown what is there and we will continue our efforts to ensure we are addressing the current problems but also come up with long-term sustainable plans in conjunction with our water department team.

Our tiny homes initiative is inching closer to a reality. On-going meetings with various stakeholders continue to occur which will help initiate the process to construct and collaborate. With a unique spin on development, our Youth will help steer this process and will incorporate active participation in planning and construction. This project is set to happen over the next couple of months and we are quite hopeful that this will be a model initiative for other First Nation communities to follow.

There is a lot of good work that is happening around our community, and we hope to continue to build off of that momentum. We are focused on bringing new opportunities and initiatives to our community with an emphasis on determining how we improve the administering of our programs and services while governing effectively. It is important to acknowledge and recognize the many people who continue to make considerable contributions to our community, and I am quite proud of their commitment and dedication.

And finally, I'd like to take this opportunity to offer our prayers and thoughts to all those families, friends and members, who may have lost someone along the way since my last update. Any time we lose any of our members from Garden River, it will always be a tremendous loss. I hope there is comfort in having those memories and stories about our people live on through the families and friends of those members. I am thinking of you all and offering my prayers to our entire community.

In closing I want to say Miigwetch and stay safe!

Chief Andy Rickard
Nameh doodem



Wellness Centre



Social Activities Worker & Health Educator

YOGA

Starting Monday, April 4th, 2022

Every Monday For 6 weeks

11am-12pm in the Gym @ GR Rec Centre

must follow all Covid guidelines

Selena Belleau, RECE

Social Activities Worker

P: 705-946-5710 ext:267

C: 705-941-1523

sbelleau@grhc.ca

Amy Allison

Health Educator

P: 705-946-5710 Ext. 229

Cell: 705-987-5799

aallison@grhc.ca



GARDEN RIVER
WELLNESS CENTRE

"For All" Elders 65+

"on reserve"

Thursday, April 7th, 2022

Curb Side Pick up

&

Gift Card Distribution

@ GR Community Centre

2:00pm-4:00pm

Attendance will be taken

Must Register for Delivery (if needed)

by Tues April 5th.

Sm. Frozen Ham, 5lbs Potatoes, 1 dozen Eggs, 2lb Carrots,
2lbs Onions, 1% Milk, and WW Bread

**IF you're Lactose please specify by Mar 31st.*

Selena Belleau, RECE

Social Activities Worker

P: 705-946-5710 ext:267

C: 705-941-1523

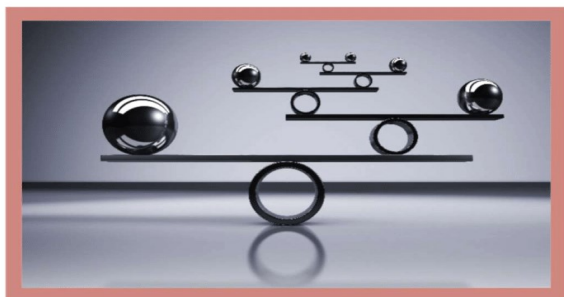


Garden River Volunteer Appreciation

Program Launch and Luncheon

April 20, 2022

Garden River Restorative Justice



Garden River Community Centre

12-3p.m. 705-946-6300

ext.277 Janice



RAPID TEST TAKE-HOME KITS

Available at the
Garden River Wellness Centre

Stop in at the
Wellness Centre

Monday to Friday
8:30am-4:30pm

Closed for lunch
12:00pm-1:00pm





G'NAADMAAGOOM

Garden River Child and Family Services VIRTUAL Program Calendar

April 2022

Phone: (705)450-5071

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Please Note: Virtual program participants will not be let in to Zoom more than 5 minutes after program start time</p>	<p>(LA) = Learning Activity</p>	<p>Please note: Previous Family Fun Challenges (FFC) held on Thursdays are now Learning Activities. Registration will be open on Tuesdays. Submissions due on the Friday of the same week.</p>			
<p>4</p> <p>AC/MH- Mondays with Mic & Ash: Being Honest 5:15 (7-9yrs) 6:00 (10-12yrs)</p>	<p>5</p> <p>KH- Thankfulness & Gratitude 6:00 (Parents/Caregivers of Children 0-12yrs) KH- Bineshih (Bird) (LA) Sign up 8:30-4:30 (Anishinaabemowin FFC) KIMBC - Animal Sounds 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Farm Animal Cups (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>6</p> <p>MP- Traditional Dance Teachings with Tracy 6:00 (13-24yrs) JT- Body Confidence 4:30 (13-24yrs) KIMBC - Farm Friends 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Feather Painting (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>7</p> <p>JT- Motivational Mindset 4:30 (13-24yrs) MP- Youth Job Readiness Session 1 6:00 (13-24yrs) KIMBC - Farm Friends 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Farm Animal Cups (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>8</p> <p>AC/MH- Fridays with Mic & Ash: Stress & Anxiety 4:30 (7-9yrs) 5:15 (10-12yrs) AC- Funivity: Easter Word Search (LA) 12:00 (10-12yrs) MH- Funivity: Easter Word Search (LA) 12:00 (7-9yrs) JT- Ojibway Scavenger Hunt (LA) 12:00 (13-24yrs) KH- Bineshih (Bird) (LA) Due 12:00 (Anishinaabemowin FFC)</p>	<p>9/10</p> <p>Family Skate- Saturday Apr. 9, 2022 6:00 @ Echo Bay Sportsplex</p>
<p>11</p> <p>AC/MH- Mondays with Mic & Ash: Chores and the Importance of them 5:15 (7-9yrs) 6:00 (10-12yrs)</p>	<p>12</p> <p>KH- Self Motivation 6:00 (Parents/Caregivers of Children 0-12yrs) KH- Giniwan (Rain) (LA) Sign up 8:30-4:30 (Anishinaabemowin FFC) KIMBC - Decorate Snack Container 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Anishinaabemowin: Egg (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>13</p> <p>MP- Traditional Dance Teachings with Tracy 6:00 JT- Understanding Anger 4:30 (13-24yrs) KIMBC - Story Time: Turtle Island 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Paper Bag Bunny (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>14</p> <p>JT- Assertiveness 4:30 (13-24yrs) KIMBC - Egg Decorating (LA) 3:00 (Parents/Caregivers & 0-6yrs) MP- Youth Job Readiness Session 2 6:00 (13-24yrs)</p>	<p>15</p> <p>KH- Anishinaabemowin: Giniwan (Rain) (LA) Due 12:00 (Anishinaabemowin FFC)</p> <p>Good Friday Office Closed</p>	<p>16/17</p> <p>Family Skate- Saturday Apr. 16, 2022 6:00 @ Echo Bay Sportsplex</p>
<p>18</p> <p>KH- Power of Positive Praise 6:00 (Parents/Caregivers of Children 0-12yrs) KH- Ininaagig (Sugar Maple Tree) (LA) Sign up 8:30-4:30 (Anishinaabemowin FFC) KIMBC - Sign Language 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Animal Sock Puppets (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p> <p>Office Closed</p>	<p>19</p> <p>KH- Power of Positive Praise 6:00 (Parents/Caregivers of Children 0-12yrs) KH- Ininaagig (Sugar Maple Tree) (LA) Sign up 8:30-4:30 (Anishinaabemowin FFC) KIMBC - Sign Language 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Animal Sock Puppets (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>20</p> <p>MP- Traditional Dance Teachings with Tracy 6:00 JT- Health Effects of Smoking 4:30 (13-24yrs) KIMBC - Story Time: Mishomis, what are the 4 seasons? 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Handprint Farm Animals (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>21</p> <p>JT- Healthy Snacks 4:30 (13-24yrs) KIMBC - Cotton Ball Sheep (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>22</p> <p>AC/MH- Fridays with Mic & Ash: Self-Esteem 4:30 (7-9yrs) 5:15 (10-12yrs) AC- Funivity: Write a letter to my future self (LA) 12:00 (10-12yrs) MH- Funivity: Write a letter to my future self (LA) 12:00 (7-9yrs) JT- Honoring Mother Earth (LA) 12:00 (13-24yrs) KH- Ininaagig (Sugar Maple Tree) (LA) Due 12:00 (Anishinaabemowin FFC)</p>	<p>23/24</p>
<p>25</p> <p>AC/MH- Mondays with Mic & Ash: Different ways to show respect.. 5:15 (7-9yrs) 6:00 (10-12yrs)</p>	<p>26</p> <p>KH- Building Self-Esteem in our Children 6:00 (Parents/Caregivers of Children 0-12yrs) KH- Makwa (Bear) (LA) Sign up 8:30-4:30 (Anishinaabemowin FFC) KIMBC - Dye Rice for Sensory Play 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Farm Animal Spoon Puppet (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>27</p> <p>MP- Traditional Dance Teachings with Tracy 6:00 JT- Co-Dependent Relationships 4:30 (13-24yrs) KIMBC - Story Time Nokomis: How do we dress for the weather? 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Grass Hair Buddies (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>28</p> <p>JT- Youth Culture 4:30 (13-24yrs) KIMBC - Coffee Filter Umbrellas (LA) 3:00 (Parents/Caregivers & 0-6yrs) KIMBC - Story Time Nokomis: How do we dress for the weather? 4:30 (Parents/Caregivers & 0-6yrs) KIMBC - Grass Hair Buddies (LA) 3:00 (Parents/Caregivers & 0-6yrs)</p>	<p>29</p> <p>AC/MH- Fridays with Mic & Ash: Kids in the Kitchen 5:00 (7-12yrs) AC- Funivity: word Scramble (LA) 12:00 (10-12yrs) MH- Funivity: Word Scramble (LA) 12:00 (7-9yrs) JT- A Letter to a Future Self (LA) 12:00 (13-24yrs) KH- Makwa (Bear) (LA) Due 12:00 (Anishinaabemowin FFC)</p>	<p>30/1</p>

To continue practicing safe social distancing - All programs will be on a virtual platform.

Off reserve band members are encouraged to participate!

HOW TO REGISTER FOR A PROGRAM

Please email or call Staff running the program to register! Join by phone, cellphone, tablet, or computer!

****PLEASE REGISTER ONE DAY IN ADVANCE AS SPACES ARE LIMITED****

PROGRAM INCENTIVES/DRAWS

PROGRAMS – Participants will receive an incentive for every program they attend.

LEARNING ACTIVITIES (LA) – Each family that participates in the Learning Activities will receive an incentive

MONTHLY DRAW – Participants will receive a ballot for each Program, Challenge, and Learning Activity they attend; these will be entered for a chance to win a “Spring into fun” package.

STAFF CONTACT INFORMATION

AC - Ashley Carbone – acarbone@gcfs.ca 705-941-1279

MH - Michaela Hill – mhill@gcfs.ca 705-989-7770

KH - Kiana Hill – khill@gcfs.ca 705-989-8189

MP - Marie T. Pine – mpine@gcfs.ca 705-971-7116

JT - Jordie Thibault – jthibault@gcfs.ca 705-971-7165

BC - Belinda Camara – bcamara@gcfs.ca 705-542-9200

KM - Kelly Musgrove – kmusgrove@gcfs.ca 705-987-1645

Baamaapi! from Colleen!

Dear Garden River Youth, Parents, Guardians and Other Community Members,

I have worked and played in your community for 11 years, but as of April 1st I will no longer be working for GR Child & Family Services. I have taken a position with the Sault Ste. Marie IFC to continue my work with Indigenous youth.

As I say Baamaapii to all of you, I want to thank you for 11 years of meaningful, rewarding and joy filled work. I will always remember my special experiences with so many Garden River youth over the past 11 years. Thank you to Lyndin, Raghan, Preston, Jacelyn, Emily, Sydney, Cheyote, Tyra, Kevin, and Hanna for making the early years really fun and often challenging. You helped me learn and grow! Thank you to Brianna, Summer, Blake, Sarah, Selena, Maddy, Brayden, Brandon, Brando, Janessa, sweet Joey, Donnie, Adanya, and of course, Alexa for being so supportive, fun and kind! Thank you to DJ, Bracen, Shayla, Ethan, April, Trinity, Olivia, Brooke, Gage, Tahneal, Jadyn, Sarah, John Robert, and Gavin for being willing to play! Thank you to Olivia, Lexie, Hannah, Addison, Madisyn, Sophie, Malayna, Journey, Jacob, Laynee and Kermit for being so cute and for making me laugh! Thank you to Sara, Brody, Melina, Aleya, Ella, Maggie, Kionna, Kaylee, Kaia, Dreyon, Andrew, Peyton, Brynn, Jasyn, Aiden, Denver, Tessa, Ava, Terry, Lexie, Corey, Jocelyn, Ava, Colton, Reese, Daeson, Arthur, Gunner, Deven, Tesla, Wes, Kayleigh and Daanis for being so engaged and participating with such enthusiasm. Thank you to the more recent, older youth, Wayne, Mariah, Sarina, Trenton, Mia, Kloe, Charlotte, Grace, Noodin, Mercedes, Parker, Marcus, Jay, Kaleb, Terrell, Maiana, Tressa, Kendall, Keenen, Mya, Jace, Cheyanna, and of course Kaiya for

sharing your thoughts and stories with me.

Every youth I've met in Garden River is special to me, so I apologize if I've missed your name. All of you have touched my heart and brought me joy! Thank you for the special and sometimes wacky moments we've shared. I will always smile when I think of Night Hikes, The Pit, Fruit Salad, Drop the Keys, Think Quick, "Hesitation" (said with a French Accent), Pterodactyl, Smoothie Making, Hidden Hills Stable, Wonderland, Long Rides on school busses through the night, Hikes in Lake Superior Provincial Park, Down Hill Skiing, Trap Rock, Beach Days at Ojibway Park, Sloppy Joes & Pita Pizzas, chocolate chip oatmeal cookies, Meeting Your Pets, Right to Play Youth Symposiums, Weird & Wacky Relay Races, and sharing our Gratefulness together!

Thank you to so many parents and guardians who showed their support, kindness, encouragement, and engagement over the past years. Your interest, involvement and kind words made a huge difference.

I also want to thank all of the past contract staff members, summer students, college placement students, employment program youth, and high school volunteers, who contributed so much to my programming! Your dedication, energy and creativity were so appreciated by me and by the

youth! I can't name all of you but Austin, Ashley, Joey, Jasmine, Qua, Zoey, Kayla, Naomi, Channel, Michaela, Brooke, Janine, Annie, Jamie, Anthony, Mukoons, Bonnie, Jessica, and the rest of you, contributed so much to the youth programs.

Thank you also to Chief Andy, Dianne and Dan for giving me your trust and handing me the reigns to develop youth programs for Garden River, 11 years ago. Thank you to Natalie, Irene, Stephanie, Michelle, Jo-Anne, Bonnie, Chris, Phil, Trevor, and all of the Education/Recreation staff for making me feel welcome and appreciated over those first 9 years. Thank you also to the Child & Family Services staff who are too many to mention. Working with you has been a pleasure and an inspiration as we overcame the challenges of COVID 19 and virtual programming together! I will miss you all dearly, especially the Trailer Park Girls, so please keep in touch!

Baamaapi!

Remember to Stay safe!

Move your body every day!

Take good care of yourself and our Mother Earth!

Miigwetch,

☺ **Colleen**

Here is an article and link for an opportunity to travel across Canada on the powwow trail!

<https://www.esupplycanada.ca/contest/>

Submitted by Nadine Roach



Dan Pine Healing Lodge



N'mekwendun NEW

Do you wonder if your childhood experience impacted you?
Have you wondered how trauma affects the mind, body and spirit?
Are you curious about the Naandwe Noojimowin 5½ Day Program?
Then join us for this informative workshop!



FREE WORKSHOP: 9:00 a.m. – 3:30 p.m.

LOCATION:

Via ZOOM VIRTUAL platform.

REGISTRATION REQUIRED

FREE to attend. Call for more information or a registration form.

WORKSHOP DATES:

- ❖ Fri. Apr. 22, 2022
- ❖ Fri. Aug. 19, 2022
- ❖ Fri. Nov. 18, 2022
- ❖ Fri. Jan. 20, 2023

Interested in NN Program?

*Attending N'mekwendun is a requirement BEFORE attending Naandwe Noojimowin program.

Registration form available by request to Mental Wellness Minobimaadizing Program
Toll-free 1-844-864-0523 or, mwmintake@nmninoeyaa.ca



473B Hwy17W, Cutler, ON, P0P1B0

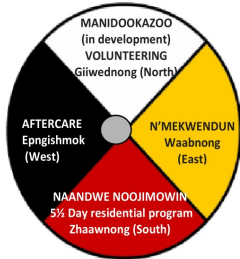
N'mekwendun translation, "Thinking about something that has come up; to recall, to recollect or come to think of."

Join the Naandwe Noojimowin team at this virtual workshop for community members, front line workers and leaders. The workshop focus is to create awareness about the lasting impacts of childhood trauma through a simplified approach.

Participants will be introduced to:

- How trauma/stress impact the mind, body & spirit
- Adverse Childhood Experiences (ACE) Study & Intergenerational Trauma
- Naandwe Noojimowin program background
- Explore how shame and anger are connected, and
- Childhood coping strategies that lead to communication styles that could cause difficulty in adult relationships.

Please join us at one of the four virtual workshops held annually.



Supported by:



Funding for Naandwe Noojimowin program has been provided by the provincial Local Health Integration Networks (LHIN)

Beauty from Ashes

Reconciling our Past, Reclaiming our future.

Beauty From Ashes is a 5 ½ day residential program for adults 18 years + who are ready to explore connections between childhood experiences and adult health, wellness and current behaviours

The program is offered three times per year using a cultural approach with Anishnawbek teachings, storytelling and sharing circles.

Two on-site programs are a collaboration between Dan Pine Healing Lodge and Maamwesying North Shore Community Health Services. The program will also be offered once per year virtually via Zoom.

Applicants outside our service delivery area will be accepted based on availability.

*Residential delivery is pending provincial pandemic guidelines.

****Participants are required to complete the one day virtual N'mekwendun workshop which focuses on creating awareness about the lasting impact of childhood trauma through a simplified approach.**

5 ½ PROGRAM RUNS SUNDAY TO FRIDAY

May 8-13, 2022
residential SSM

Oct 16-21, 2022
residential, location to be determined

Feb 5-10, 2023
virtual Zoom

For more information contact:
Laurie Souliere
Intake Worker
Dan Pine Healing Lodge
705-946-5710 ext 228 or
705-248-2231 or
lsouliere@grhc.ca

***COST**

There is no cost to attend the program. Travel to and from program site is at participant's expense.

***CHILD CARE**

Maamwesying receives Jordan's Principle funding through Nogdawindamin Family and Community Services, making it possible for us to offer (limited) childcare subsidy to our seven First Nation community members.



APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Traditional Health with Gerrard Sagassige, call Kimberly for appointment	4 Zoom Super WOW (Work On Whatever) 1 – 3 Kimberly	5	6 Zoom Let's Bead 10-12 Kimberly 7 Zoom 2 Spirit Indigi-Queer Hangouts 6-8 Kimberly	8 Session with Elder Willard Pine 9-11 & 1-3, call for appointment Kimberly	9	10 Traditional Health with Patricia Toulouse, call Kimberly for appointment
10	11 Zoom Super WOW (Work On Whatever) 1 – 3 Kimberly	12 Zoom Talking Tuesday 9 – 12 Kimberly	13 FB Live Drumming with Theresa Binda 1-2 Kimberly Zoom Wise Wednesdays with Margaret Neveau & Liz Webkamigad 2-4 Kimberly Zoom Full Moon Ceremony 6 -8	14 Zoom Tea & Talk 1-3 Kimberly	15	16
17	18	19	20 FB Live Drumming with Theresa Binda 1-2 Kimberly (ON HOLD) Circle of Learning with Carol Nadiwon – History and our Ojibway stories 5-8 pm (for past participants only) Laurie ext 228	21	22	23 Traditional Health with Patricia Toulouse, call Kimberly for appointment
24 Traditional Health with Patricia Toulouse, call Kimberly for appointment	25 Zoom Aambe Zheegagedas, Let's Paint (With your own supplies) 1 – 3 Kimberly	26	27 Traditional Health with Patricia Toulouse, call Kimberly for appointment FB Live Drumming with Theresa Binda 1 – 2 Kimberly	28 Zoom Tea & Talk 1-3 Kimberly	29 Session with Elder Willard Pine 9-11 and 1-3 Kimberly	30

Please email kpelletier@grhc.ca for a copy of a calendar with all the Zoom links.



Every
Night
at
6:30pm



www.gardenriverbingo.com/live-bingo

Play in the comfort of your own home



CANTEEN MENU

11:30AM - 7PM DAILY

CHEESEBURGER

Fries/Soup \$10 Poutine \$12 \$8.00

CHICKEN FINGERS

Fries/Soup \$10 Poutine \$12 \$8.00

CRISPY CHICKEN WRAP

Fries/Soup \$10 Poutine \$12 \$8.00

SMALL FRENCH FRY \$4.00

LARGE FRENCH FRY \$6.00

SMALL POUTINE \$6.00

LARGE POUTINE \$8.00

ONION RINGS \$5.00

BREADED RAVIOLI \$5.00

SOUP MADE DAILY \$4.00



20 Syrette Lake Road, Garden River, ON, P6A 6Z3
(705) 253-8718 Ext. 226



GARDEN RIVER BINGO

7 Days a Week

We will be open to indoor and outdoor Bingo

1pm Bingo

3:15pm Pay as you Play

6:30pm Bingo and Live Bingo





GR Community Trust



COMMUNITY TRUST

"Strength from the Past, Integrity of the Present, Respect for the Future"

Ph: 705-206-7525
Email: grfntrust@gmail.com
c/o 6 Shingwauk Street
Garden River, ON P6A 6Z5

**"1994 – 2022: Community Involvement:
Community Approved = Trust Funded!"**

NOTICE of Vacancies & Priority List

1. Are you:
 - A) trustworthy and honest?
 - B) over the age of 30 years on commencement of term as Garden River Trustee?
2. Can you make:
 - C) time commitment of a minimum of 5 hours per month?
 - E) sound judgments?
3. Would you:
 - F) help others in your role as a Garden River Trustee?
 - G) maintain loyalty to the Garden River Trustees, AND a higher loyalty to the Garden River First Nation (GRFN) Band members (beneficiaries), both present and future generations?

If you have answered YES to all of the above, Garden River band members should submit your resume and cover letter to the address below. Interviews will be scheduled for those applicants who meet the qualifications. Successful candidates would be entered onto a priority list for vacancies that occur within the Garden River First Nation Community Trust, whose purpose is:

"...the Trustees...will manage the Trust Property in a wise and prudent manner, and that the management of the Trust Property may include...investing and expending the Trust Property in ways that are to the greatest benefit to the people of GARDEN RIVER FIRST NATION, both those alive at the time this Trust Agreement is made and the future generations."

Interested GRFN Band members are invited to submit a letter and resume – **OPEN UNTIL FILLED -- to:**

Alanna Jones, Trust Manager
Garden River First Nation Community Trust
c/o 6 Shingwauk Street
Garden River, ON P6A 6Z5
Email: grfntrust@gmail.com

NOTES:

- a. Letter MUST be post-marked on or before closing date.
- b. Appointments as Garden River Trustees are conditional upon submission of:
 - a. clear Criminal Reference Check
 - b. clear/negative bankruptcy/credit check
 - c. signed Code of Conduct
 - d. Three (3) forms as required corporate trustee

For more information, please call Alanna at (705) 206-7525, or email grfntrust@gmail.com.

Posted Mar 16 2022



Community



THE GREAT
NORTHERN ONTARIO

ROADSHOW



**THE GREAT NORTHERN
ONTARIO ROADSHOW IS
VISITING GARDEN RIVER
FIRST NATION!**

JOIN US FOR A DAY FILLED WITH FUN ACTIVITIES,
SCIENCE NORTH SCIENCE SHOWS,
A LOCAL MARKET, AND MAKE MEMORIES
WITH THE PEOPLE YOU CARE ABOUT!

GNOR.SCIENCENORTH.CA

JOIN US

APRIL 22ND 4:00PM – 8:00PM
Garden River First Nation Recreation Centre
48 Syrette Lake Rd. Garden River, ON P6A 7A1



Canada

First Nation

sgfpno

nohfc

What do you call a
parade of rabbits
hopping backwards?

A receding hare-ling

What did the left eye
say to the right eye?

Between you and me,
something smells

Across	Down
2. gakina	1. weweni
5. inashke	3. awenen
6. Namadabi	4. Eya
7. Ambe	9. ikido
8. Niibawi	10. Wewiib
12. giin	11. Miinawaa
13. Biindige	
14. Baamaa	
15. gaawiin	



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	

Chief Andy Rickard	Community Trust, NSTC, Robinson Huron Treaty Trustee
Councilors	Portfolio
Tim Johns Jr.	Community Safety, Educational Programs, Infrastructure, Social Services
Darwin Belleau	Administration, Business, Infrastructure, Lands & Resources
Brandi Nolan	Administration, Business, KGPI, Lands & Resources, Nogdawindamin
Cindy Belleau-Jones	Business, Governance, Infrastructure, Membership, Nationhood, NSTC, APS
Dan Tice	Community Safety, Governance, Social Services, KGPI, Business
Trevor Solomon	Community Safety, Administration, Lands & Resources
Chris Thibodeau	Business, Lands & Resources, Social Services
Tyler Pine	Education, Governance, Nationhood
Kassidy Armstrong	Community Safety, Governance, Indigenous Women Anti-Violence Task Force, Nationhood
Chester Langille	Community Safety, Education, Nationhood
Albert Williams	Administration, Infrastructure, Social Service
Karen Bell	Educational Programs, Infrastructure, Nationhood, Environmental Committee

May 2022 Newsletter Submission Deadline: April 22, 2022



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: <http://www.gardenriver.org/site/newsletter-2022/>