



## ***FIRE BAN IN EFFECT***

**By order of the Ministry of Natural Resources,  
Garden River First Nation and the Garden River Fire  
Department**

**All open air burning including campgrounds and  
campfires is prohibited in Garden River First Nation  
until further notice.**

### **Failure to comply could results in:**

- a fine up to \$25,000.
- 3 months in jail.
- financial responsibility for any costs incurred in fighting a forest fire.

**During this ban all fire permits are cancelled.**

**Any questions please call the Garden River Fire Department at 705 253 1870.**

**In Effect until Further Notice. Once it has been lifted, notice will be sent out ASAP.**

**Remember—for emergency call 911**



Aanii/Boozhoo Elders, Youth and Fellow Citizens!

I want to take this opportunity to congratulate all the students who are moving on into the next grade, or year of their studies. Your hard work, dedication and commitment continues to elevate your path forward to achieving greatness. Being a graduate myself, with a Political Science degree, I know the feeling of accomplishment when you walk across the stage to receive your degree/diploma. I will always encourage our people to continue with your studies, whether it be post-secondary education or skills and trades. Our communities are in desperate need of skilled tradesmen which are required to fill the capacities within the projects that First Nations encounter with their partnerships.

On May 31st, I had an opportunity to travel to Toronto for the Ontario Sovereign Fund and the Ontario First Nations Limited Partnership AGM's. Both meetings happened consecutively which focused on updates and going through the Audits and normal functions. As Garden River continues to play catch up with our own Audits, the finance department forges ahead with the departments to ensure we are compliant with filing our reports. We are near completion on the 21-22 Audit, the 2022-2023 Audit will follow. Many First Nation communities within Ontario are behind in their reporting due to capacity issues and other related matters that resulted from COVID that has really demonstrated a challenge for most. Luckily for us, our finance team continues to fulfil the responsibilities of reporting and are working extremely hard of catching up. We are hopeful that all will be completed before the fall 2023.

The Ontario Sovereign Fund is a Fund that was established for the equity purchased through shares of Hydro

One. The fund was generated to create long term wealth for communities in Ontario. Most of the First Nations are a part of this fund and will not be able to draw down in terms of dividends for another 5 years. It is the hope of First Nations that funds will be available for investments back into the community. At this time, the fund is doing well and generating interest which will hopefully be significant once those investments start to flow back into the community.

I travelled to Curve Lake First Nation for the Anishinabek Nation Grand Council Meeting. I was asked to support and motion several resolutions pertaining to the following areas: Policing, UNDRIP, Sports/ Recreation and Youth. In the policing matter, supported the movement exploring the legal path towards a potential Human Rights Commission application that calls on the governments for equitable, fair, and consistent funding. The goal is to ensure that our Anishinaabe Police Services in Ontario are just as important as mainstream services. First Nation Policing should be classified as essential and not just a program. On the UNDRIP resolution, it was the intent to support the Anishinabek Nation with ongoing oversight and continuous lobbying to ensure the concerns, limitations and challenges were addressed. For Sports and Recreation, the Anishinabek Nation will be exploring efforts with other departments to create a space for conversations surrounding Sport in correlation with Health. In the area of youth, I was asked to speak in support of the ongoing work of the Eshkinijig Youth Council. Solidifying financial stability for the Youth Council is critical for them to continue with their mandate of Youth specific advocacy. I am hoping that we can follow their path of meaningful participation of our Youth and Elders in our governance systems. It will be another important

discussion we need to have in the very near future.

On Sunday, June 11th, 2023, I was invited by Herb George (Satsan) who is one of hereditary chiefs of the Wet'suwet'en Hereditary Chiefs of the Frog Clan and a long-time Speaker for the Wet'suwet'en Nation. Satsan is also the Project Co-Director for the Centre for First Nation Governance and has over 40 years of experience working towards recognition and respect for the inherent right to self-government in the courts, classrooms, and communities. Rekindling the Fire Gathering was to bring leaders, academics, and other community advocates to Carleton University to discuss governance, sovereignty, and inherent rights. I was asked to speak of the work we are doing here in Garden River but also the realities within our communities and the need to reclaim our right to self-government. I touched upon the impacts of colonialism from a governance standpoint but also the hopes of adopting a more collective system of governing. I shed light on the challenges to the collective and a need to go back to what has made our communities strong. It was an important discussion that is occurring throughout Turtle Island and I am hoping that we can invite the Centre for First Nation Governance to the community for a more in-depth conversation.

Leadership from the North Shore had a meeting with Minister Todd Smith to discuss the impending decision to select a successful partner for the Transmission lines project from Sault Ste. Marie to Sudbury and the other one from Timmins to Wawa. We had an opportunity to position ourselves, as North Shore communities to participate in the energy sector and we feel quite confident in our meeting. Our relationship with the other First Nation communities along the North

Shore go back historically and we continue to talk about opportunities to partner on that will insert our economic participation in these large scale projects with the hope that it brings generational wealth and employment to our people.

The Chiefs of Ontario gathered in Thunder Bay to for the Annual General Assembly on June 13-15, 2023. The meeting was an important one as there was an opportunity to discuss the Assembly of First Nations and the current challenges they are facing internally. A follow up meeting regarding the AFN is slated to take place virtually June 28, 2023. Another important discussion was the INTRODUCTION OF BILL C-53 Recognition of Certain Métis Governments in Alberta, Ontario and Saskatchewan and Métis Self-Government Act. The Chief in Assembly all supported the position to denounce the legislation and call for it to be deferred until proper consultation and review was afforded. This will continue to be an ongoing matter.

The Robinson Huron Treaty Secretariat (Waawiindamaagewin) coordinated a meeting with Justice Harry Laforme in Sudbury to talk about the upcoming community information sessions that is to take place in each of the 21 First Nation communities. There were several issues and concerns coming from the communities in relation to the Annuities, including the potential settlement agreement and the communication out to communities. The limitations of the legal proceedings and the negotiations between the Federal, Provincial and Robinson Huron Treaty Litigation Team (RHTLF) has been frustrating to many of our communities including leadership. But the sensitivity and the need to keep these matters confidential was critical in securing a potential agreement.

On Saturday, June 17, 2023, the

Government of Ontario, represented by Minister Greg Rickford and the Government of Canada, represented by Minister Marc Miller visited Ottawa travelled to Sudbury for the historic announcement of the proposed Annuities settlement agreement. The RHTLF, represented by the legal team of David Nahwegahbow and spokesman, Chief Dean Sayers from Batchewana First Nation, and former Chief Duke Peltier from Wikwemikong discussed the process and path forward. The agreement has yet to be signed but an agreement in principle has been reached. The work following this event still requires some work from all 3 parties which we hope will be solidified very soon. It was an exciting day and time for our people, as they have waited 170 years for past compensation from the 1850 treaty. We acknowledge and remember all those leaders before us who have paved the way for us to be on today and thank them for their sacrifices and contributions to bringing the treaty and its promises to light for many years. We must always remember them and all our members who never lived to see this day. We hope that as a community, we ensure that we are thinking about them along with the 7 generations ahead.

Garden River has been selected to host Treaty Week in September 2023 for the Robinson Huron Treaty Secretariat. Planning is under way to host the 21 communities here in Garden River which is poised to be a big event. We are hosting most of our activities at the Teaching Lodge, along with the Community Centre and a large tent to be erected outside the Centre. There will be many things happening during the day of the treaty gathering and we are quite excited for the opportunity. We will notify the membership of the agenda, including some of the events to be held here in Garden River.

The Algoma District Catholic District School Board's Director of Education

Danny Viotta and Superintendents, Joe Chilleli, Justin Pino, Christine Durocher, and Fil Lettieri visited Garden River in our teaching lodge to discuss our relationship. The day started off with a teaching from Dorothy Eli who presented the Spirits Journey. The other discussions surrounded the historical announcement of the Robinson Huron Annuities case and the issues/concerns from our community and its students in those institutions. It was an opportunity to shed light on some of the concerns we have as a community and discussed potential steps forward to a better relationship. We are both committed to ensuring that the spaces of our students are safe and that they recognize that they could do better to ensure that we are acknowledged, and our concerns are addressed. This is a start to a more and consistent conversation moving forward.

On June 21, 2023, Garden River celebrated the commemoration of 50 years of the iconic painting of the "This is NDN Land" on the train bridge. Community members came out to acknowledge, recognize and celebrate the 6 members of Garden River who decided to share their story. They were accompanied by their families and represented by their children, more specifically, the late Willie Boissoneau through his son Eagle and the late Bob Boissoneau through his son Robbie. Brandi Nolan and their planning team coordinated the event, and we'd like to thank her and the team for bringing it together. The 6 members: Keith Boissoneau, Darrell Boissoneau, Scott Lesage, Andre Lesage, and the late Willie Boissoneau and Bob Boissoneau who painted that iconic statement 50 years ago which still rings true today: This is NDN Land and will always remain NDN Land. The group was presented with retro jean jackets with the American Indian Movement and Garden River patches along with an embroidered This Is NDN Land bridge symbol and eagle feathers for their bravery and contribution.

There are many others from Garden River including the late Rick Nolan who maintained and contributed to protecting the sign over the years and we'd like to acknowledge and say Miigwetch to them as well. The day was capped off by a celebration at the Ojibway Park.

The Garden River team met with the City of Sault Ste. Marie's team through the CEDI relationship to talk about one of our proposed initiatives. Transportation and the idea of bringing a route to Garden River. Transportation barriers continue to affect our people and we are hoping that collectively and collaboratively we can solve a long-standing issue here in our community. Cheyenne Nolan from our ERCD department has been working closely with the city's Senior Administrators to explore funding opportunities and determine how we can make this a reality here in Garden

River. Commitment from both our Councils is important and we are excited to achieve some of the goals that we identified as Chief, Mayor and our respective Councils.

I was invited to open the training event "Surviving to Thriving" for the Anishinabek Nation and offer some words. This event was being held in Sault Ste. Marie and brought together professionals, social workers and other helpers that are assisting with Residential School Survivor initiatives. It was a good opportunity to share about our project but also acknowledge, commend, and offer words of support for the important work that they do. It was good to see some of our staff from our departments attend as well.

We want to acknowledge and congratulate all our students for completing the 2022-2023 school year.

May you continue to succeed in your studies and the next chapters of your life. Education is key to unlocking so many opportunities and wish you nothing but the best for your future and wish you all a safe and enjoyable summer.

On a final note, we'd like to take this opportunity to offer our prayers and thoughts to those families that lost their loved ones along the way. It is never easy when we lose any member from our community, but we also know that the memories of those live on through their loved ones. And we also send our prayers to those people that need them.

Miigwetch,  
Chief Andy Rickard,  
Namay Dodem  
Garden River First Nation

#### Garden River First Nation Websites:

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

#### Facebook Page pertaining to Garden River First Nation:

- Ojibway Park The Sun Sets Here
- Adults in Motion
- Boissoneau Bus Lines Inc.
- Silver Creek Golf Course & Restaurant
- GRFN Employment & Skills Development
- Garden River First Nation (City)
- Garden River Child and Family Services
- Garden River Community Centre
- Garden River Wellness Centre – Health Resources and updates
- Garden River Bingo Enterprises
- Garden River First Nation (community)
- Garden River Rec Centre
- Garden River Education Unit
- Garden River First Nation Energy Awareness
- Garden River First Nation Community Trust
- Garden River Fire & Emergency Services
- Garden River First Nation Lands & Resources Department
- Country Style and Convenience Garden River
- Big Arrow Variety, GasBar & ChipStand
- Vallee Ground Works
- GRFN 2023 Powwow
- Hidden Hills Stables
- Ojibway Natural
- JOE'S TRUNK
- Perrault's Gas Bar & Quick Stop
- Katie Solomon's Handmade Crafts
- Immaculate Heart of Mary Parish
- Little Lake George Cabins Echo Lake Cabin
- Joes smoke shop

# Community Sports

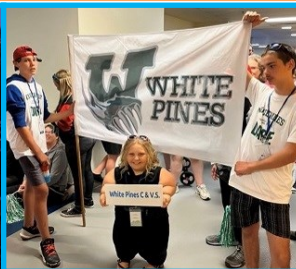
## Special Olympics!

My guy Keegan participated in the Special Olympics in Kingston (June 5-8, 2023) representing White Pines Dare Program & Garden River and they brought home the bronze medal!!

Keegan Kniahnicki; 15 yoa.  
Bronze Medal for Soccer  
White Pines Dare Program &  
Garden River resident

~Tammy Kniahnicki

**CONGRATS KEEGAN!!!**



## Soccer Bronze Medal Winners



## 2023 JEUX AUTOCHTONES de l'Amérique du Nord



## North American INDIGENOUS GAMES 2023

### NAIG— North America Indigenous Games

Please congratulate, commend, and support the known listed young athletes of GRFN for achieving an exceptional athletic achievement in being chosen to represent Ontario at the North American Indigenous Games (NAIG) to be held in Nova Scotia July 15-23. Their journey began with the selection of a sport, training for success, attending tryouts, and finally being successfully selected.

These games bring together more than 5,000 athletes, coaches, and team staff from across Turtle Island comprised of 756+ Nations. Collectively all these athletes of Indigenous heritage celebrate, share, connect, trade pins, develop friendships, and compete in hopes of collecting a medal for themselves, their respective nations and country. Moreover it allows a space to showcase themselves and their respective nation which in the end brings strong self esteem, pride, confidence, and achievement.

As a former athlete at these

games as well as escorting my son years later I can attest to the progressive evolution of the games and athleticism of each nation's athletes. It's with the upmost of determination and honour that they will compete in their respective sport on an international level. This is without doubt an experience of epic proportions that resonates with all attending athletes for their lifetime.

I am personally recognizing these athletes and their achievements. I wish them all the best in their chosen sport. I also want to acknowledge and express my gratitude for the sacrifices and support that their families and loved ones make to ensure their child's journey includes a safe and healthy route along with the opportunity to strive for success in their ambition to athletic success.

Best of luck to athletes, coaches, staff, and families in Nova Scotia! Giver Giver!

### Known Athletes Attending

- 👉 Journey Day
- 👉 Jacob Day
- 👉 Avery Zack
- 👉 Nevaeh Pine

My apologies if I have missed anyone.

Miigwech; Karen Bell

### From Our Neighbours

## The Book of LIFE



Grab your Game Board and Let's Play This Summer!

#### How to Win Prizes:

- Choose a path
- Complete Tasks
- Earn Ballots
- Track Progress
- Chat with other participants

#### Submit ballots 3 ways:

- In-person
- Discord chat
- Google Form

Google Form:



Any Questions?  
Call the Reference and Information Desk @ 705-759-5236 or email lib.info1@citssm.on.ca (Subject 'Book of Life')





# Wiindamaage



Happy 25th Birthday to Kyle David Jame Lothrop



With love,  
Your niece  
Gabriella and  
Cheyote

Happy 3rd Birthday to our sweet Hazel May!! We hope you have the best day!



Love Mom & Dad,  
Brynn Autumn &  
Ndaanis

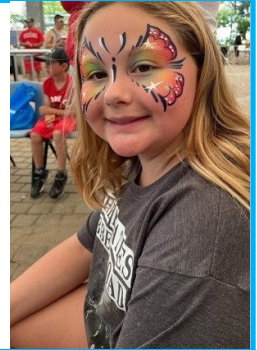
Happy Birthday to Tressa!! Hope you have a fantastic day!

Love Aunty Tay,  
Autumn, Hazel May  
& Ndaanis

July 10th Happy 11th Birthday Sophie Vanderheyden!

We love you so much!

Love Mom, Dad & Tess



Happy 1st birthday to our grandson,

Nigaani Ozawa Ginew Ray Allen Syrette,

Love Papa STU and Grammi Ange,  
proud parents Tyra and Dion,  
Aunty Sierra and Uncle Stu

Happy 21<sup>st</sup> Birthday to Brianna Marchand on July 16<sup>th</sup>

love Aunty Tamara and Uncle Dave



July 20th

Bud Vanderheyden

Happy Birthday to our #1! We love you so much!

Love Alicia, Tess & Sophie



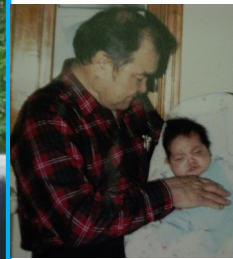
Want to Wish our Steven Day-Nolan/Uncle Steven to many, a Very Happy Birthday, Sweet Sixteen.

My how the years have flown by. Also congratulations on making the Sabercats Football Team. So far un-defeated, many Indigenous young fellas on your team as well.

Love Mom



Memoriam: I want to wish my Dad Bob Day baa, a happy heavenly birthday July 24th, he made his journey on July 7th,



1989. It has been 34 Years, but we think of you everyday. We know you are still with us, and guide us everyday. Love you Dad and hope you and Mom are enjoy watching all the grandkids and the great grandkids grow up.

I also want to acknowledge my Mom, Eva Day baa, who made her journey on July 23 1994, it has been almost 30



years since we seen your beautiful face and wonderful smile. We know that you too are with us and watch over us everyday. Miigwetch Mom and Dad, N'Gaazaagin / Love you.

I also want to mention my Grandma Lillian Perreault baa, Grandma Florence Pine baa, Uncle Bobby Syrette baa and Aunt Irene Lesage baa who all had Birthdays in July.



Steven Day-Nolan wishes to WISH his Dad a Happy Birthday: Steve Nolan, his Grandma Lorraine Nolan, his little Brother Andrew Nolan, his little Neice MISKO, Nephew Jacob Day jr, his Buddy Garney Barry, Cousin Justus Day-Andre, his cousin Connor Nolan and his lil Cousin Luvlee Nolan.

There are so many in July.

Also wishing Happy Heavenly Birthdays to his Pappa Rick Nolan, Big Bro Ryan Boyer-Nolan



Wishing our Jacob Day, another July Guy, not quit 16 but next year. First Year High School and Congratulations on your Track Field, who placed First in the 1500 and 3000 this year in the Cities and Then Off to NOSSA. The Kid can Run / Bimiibaatoo. Love Gramma Barb

Happiest Birthday / Mino Dibishkaan to our youngest of the Day Shawanda Clan: MISKO!



Misko means Red in Ojibway and she turns 4 years this year and off to JK in the Fall.

Love Gramma Barb



Congratulations Parker Trudeau 2023 Grade 8 Graduate. We are all very proud of you Love Mom



We are pleased to announce the following new hires and positions joining our GRFN team.

**New Employees:**

- Amanda Luther: Wellness Centre Manager
- Dustin Hollings: Communications Specialist
- Dan Tice: Heavy Equipment Operator (Emergency Hire)
- Annie Causley: P/T Personal Support Worker
- Tamara Nedeau: P/T Personal Support Worker
- Robyn Hache: KYWP Support Worker
- Sammi Jo Sayers: Early Childhood Educator
- Jennifer Solomon: NIHB Clerk

- Tracy Solomon: P/T Personal Support Worker
- James Roach: By-Law Enforcement Officer
- Evan Belleau: Energy Advisor
- Natalie Pine: Kitchen Assistant/ Custodian

**Existing Employees with New Positions:**

- Peter Wesley: F/T Personal Support Worker
- Sherri Cain: F/T Personal Support Worker
- Stacey Musgrove: Registered Behavioural Technician
- Jayselen Moore: Recruitment and Administration Officer
- Hailee Jones: Band Office Receptionist
- Adora-Lee Nawagesic: Acting Child and Family Services Manager

- Tim Johns Jr: Acting Emergency Coordinator and Fire Chief
- Luke Pine: Deputy Fire Chief
- Trevor Solomon: Fire Prevention Officer
- Cain Nolan: Chief Training Officer

Chi-miigwetch and stay safe!!

Janine Zack, Sr. Administrative Assistant – Special Projects  
 Ketegaunseebee Anishinaabeg | Ojibways of Garden River First Nation  
 7 Shingwauk Street, Garden River, ON P6A 6Z8  
 T: 1 705 946-6300 Ext. 295  
 C: 1 705 989-2037  
 E: jzack@gardenriver.org  
 Web: www.gardenriver.org



Robinson Huron Treaty  
LITIGATION FUND



Mizhinawe  
Naangidoondaa

# Community Engagement

LEAD BY **Harry Laforme & his Team**

**Annuities Case Question & Answer**

Create a dialogue on ways that you feel the Annuities Case settlement should be invested back into our community.

**July 3rd, 2023, 6pm  
Community Centre**

7 Shingwauk Street,  
Garden River, ON P6A 6Z8

FOR ONLINE ACCESS  
PREREGISTRATION IS REQUIRED  
TO CONFIRM MEMBERSHIP  
<https://us06web.zoom.us/j/9E9EC9hv-a0-GcdMRNUkRBB-X>



**Ketegaunseebee  
Garden River First Nation Announcement**

TO: Residents of Garden River First Nation  
 FROM: GRFN Administration  
 DATE: Effective July 1st 2023  
 RE: Minimum Wage Raise

As of April 1st 2023, the Federal minimum wage is quoted on the Government of Canada website as **\$16.65 per hour** worked. On that same day, the Ontario provincial minimum wage is quoted as **\$15.50 per hour** worked.

A recent motion put forth has been officially approved to raise the minimum wage on Ketegaunseebee to **\$18.50 per hour**.

This change takes effect July 1st 2023.

 <b>Federal Min. Wage \$16.65/hr</b>	 <b>Ontario Provincial Min. Wage \$15.50/hr</b>	 <b>Ketegaunseebee Min. Wage \$18.50/hr</b>
---	--	--

**JOKE OF THE DAY**

**What is green  
and can jump a  
mile in a minute?  
A grasshopper with  
hiccups!**



# Garden River Powwow

# NIIGAAN ZHAADAA

*Let's Go Forward*

**August 2023**

Garden River Ball Fields

**19th** GRAND ENTRY 12pm & 7pm

**20th** GRAND ENTRY 1pm

MC: Howard Copenance  
 Host Drum: Ottawa River  
 Co-host Drum: Bear Creek  
 Arena Director: Kevin Syrette  
 Head Veteran: Ray Cadotte  
 Head Male Dancer: Raymond Deleary  
 Head Female Dancer: Sarah McGregor  
 Head Female Youth: Nevaeh Pine  
 Head Male Youth: TBD

## Dance Categories

Women's Traditional  
 Women's Fancy  
 Women's Jingle  
 1st - \$1000  
 2nd - \$750  
 3rd - \$400

Men's Traditional  
 Men's Fancy  
 Men's Grass  
 1st - \$1000  
 2nd - \$750  
 3rd - \$400

Mens & Women  
 Golden Age 55+  
 1st - \$1000  
 2nd - \$750  
 3rd - \$400

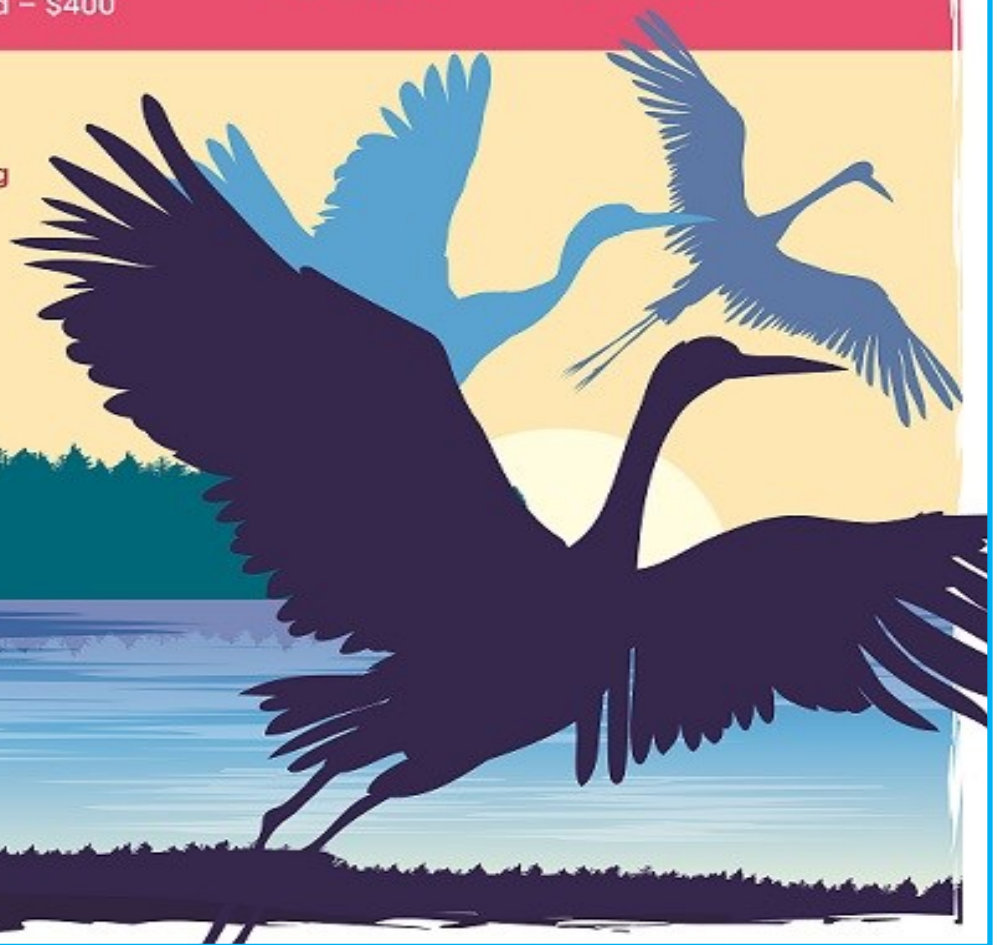
Junior Girls & Boys  
 Teen Girls & Boys  
 1st - \$100  
 2nd - \$50  
 3rd - \$25

## Contact

Joanne Perrault  
[grfnpowwow@gardenriver.org](mailto:grfnpowwow@gardenriver.org)  
[www.gardenriver.org](http://www.gardenriver.org)  
 📍 GRFN 2023 Powwow

## Registration

Youth - \$5  
 Adult - \$10







## Housing



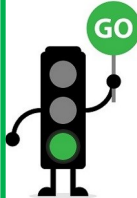
### Why Should I Maintain My Septic System

Did you know that septic systems are responsibility of you the homeowner? It is up to you to keep your system working properly to protect your environment, your health and your investment.

When properly designed, constructed and maintained, a septic system should provide long-term, effective treatment of your household wastewater. If you take good care of your system, you

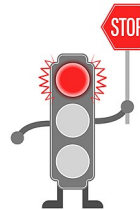
will save yourself the time, money and worries involved in replacing a failed system. Failed systems can be hazardous to your health, the environment and your pocket book. It can degrade water supplies and reduce your property value. Below are some valuable tips to ensure the longevity of your system.

A licensed sewage hauler or onsite sewage system professional should remove the septic tank cover and inspect the system every three to five years and pump out the solids and scum when required.



Do:

- Familiarize yourself with the location of your system
- Keep the tank access lid secured to the riser at all times
- Keep an as built system diagram in a safe place for reference
- Keep accurate records of septic system maintenance and service calls
- Test your well water at least three times a year—spring, summer and fall—for indicator bacteria
- Have your tank inspected for sludge and scum buildup on a regular basis (3-5 years) and clean out when a third of the depth of your tank is full of sludge and scum
- Have your effluent filter checked and cleaned every year; if you don't have an effluent filter, consider adding one
- Divert surface water away from your leaching bed
- Conserve water in the house to reduce the amount of wastewater that must be treated
- Repair leaky plumbing fixtures
- Replace inefficient toilets with low-flush models
- Consider installing a lint filter on your washing machine's discharge pipe
- Spread the number of loads of laundry throughout the week



Don't:

- Enter a tank—gases and lack of oxygen can be fatal
- Put cooking oils or food waste down the drain
- Flush hazardous chemicals, pharmaceuticals, cigarette butts or sanitary products
- Use a garbage disposal unit/garburator unless your system has been designed for it
- Use special additives that are claimed to enhance the performance of your tank or system—you don't need them
- Dig without knowing the location of your leaching bed
- Pave over your leaching bed
- Plant trees or shrubs too close to the septic tank of leaching bed
- Connect rain gutters, storm drains, sump pumps or allow surface water to drain into a septic system
- Connect leaching bed or greywater system to agriculture field drainage
- Discharge water softener backwash to the septic system unless your system has been designed for it
- Drain hot tub and spa water to the septic system

### Ask To See The License!

Anyone in the business of pumping and cleaning septic tanks must be licensed by the Ontario Ministry of the Environment.

Anyone who installs, repairs or services septic tanks must be licensed by the Ontario Ministry of Municipal Affairs and Housing

A complete guide can be found at <https://www.ontario.ca/page/septic-systems>



## Recipe



### BLUEBERRY BANNOCK

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ¾ cup fresh or frozen blueberries
- 2tbsp baking powder
- ½ tsp ground cinnamon
- 1/8 tsp salt
- ½ cup skim milk

- ½ cup water
- 1tbsp canola oil

### DIRECTIONS:

1. preheat oven to 400F (200C)
2. in bowl combine flours, blueberries, baking powder, cinnamon and salt.
3. stir in milk, water and canola oil, using hands moisten all ingredients, handling dough as little as possible.

4. turn dough out of bowl and place on lightly floured surface.
5. using hands, form disc about ½ inch thick and 9-10 inches in diameter, sprinkle with flour if sticky, cut into 8 wedges.
6. Place on parchment lined baking sheet and bake for 15-20 minutes or until golden brown.

Submitted by Greg Solomon



Miijim Gaamig Food Bank presents:

# Back to School Prize BINGO

Sunday, August 20, 2023

GR Community Centre

Doors open @ 11 a.m.  
Bingo starts @ 1 p.m.

Prize Table  
Draws for Bake Table

Canteen will be available



### Great things to donate to GRFN-MIIJIM GAAMIG—Food Bank

- Peanut Butter & Jam
- Pasta (dry or canned)
- Pasta Sauce
- Canned Tomatoes
- Tuna or Salmon

Other canned meats: chicken, ham or turkey flakes

- Kraft Dinner, Sidekicks, Mr. Noodles
- Hot & Cold Cereal
- Canned Soup
- Rice/Flour/Oatmeal
- Coffee (instant or ground)
- Tea
- Juice Boxes

Donations can be dropped off at Miijim Gaamig Food Bank located at the GRFN Band Office. For further information, please contact, Michelle @ 705-946-6300 ext. 227

**MIIGWETCH FOR YOUR SUPPORT**

### GRFN Miijim Gaamig

Garden River First Nation Food House

### Hours of Operation

- Monday—9 am—4 pm
- Tuesday—CLOSED
- Wednesday—9 am—4 pm
- Thursday—CLOSED
- Friday—9am—4 pm

PLEASE NOTE: CLOSED (12-1pm)

Food bank access is limited to one visit per month

Further information, please contact Michelle @ MIIJIM GAAMIG (705-946-6300 ext 227)

\*Food and Monetary Donations are always greatly appreciated



APS & NOG



GR Trust



# Anishinabek Police Services & Nogdawindamin Alternative Care & Kinship

presents

## family fun day & bbq

For All Ages

### FREE EVENT

Thursday August 24th, 2023

#### Activities:

- Door Prize
- Fish Pond
- Dunk Tank
- Face Painting
- Bounce House
- Music
- Popcorn
- Food & Drinks
- and Much More!!

Garden River Recreation Center  
11:30am - 2:00pm



## 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 7B2

"1994 – 2023: Celebrating Community Engagement: Garden River Membership Approved – Trust Funded!"

#### NOTICE OF VACANCIES & PRIORITY LIST – OPEN UNTIL FILLED

1. Are you:
  - A) trustworthy and honest?
  - B) over the age of 30 years on commencement of term as 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 Trustee?
  - G) maintain loyalty to the Trustees, AND higher loyalty to the Garden River Band members/beneficiaries, both present and future generations?

If you have answered YES to all of the above, you are invited to submit your resume and cover letter to the address below. Interviews will be scheduled for those applicants who meet the qualifications\*. Successful candidates who meet these qualifications may serve as a Trustee 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."

Send resume, cover letter to: Alanna Jones, Trust Manager  
Garden River First Nation Community Trust  
c/o 6 Shingwauk Street  
Garden River, ON P6A 7B2  
Email: [grfntrust@gmail.com](mailto:grfntrust@gmail.com)

\*NOTES: Meeting criteria s.6.6 of Trust Agreement; and interview process (average 50%+1 interview score); appointments to serve as Garden River Trustee are conditional upon submission:

- 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](mailto:grfntrust@gmail.com).  
Posted June 23, 2023



KYWP



Scentsy



## KETEGAUNSEEBEE YOUTH WELLNESS PROGRAM

Presentation on INTERNET SAFETY

## DINNER & INCENTIVES

Monday  
July 10th

5pm-8pm



Garden River Community Centre

DID YOU KNOW

3 out of 4 victims are trafficked ONLINE



Register with KYWP Support Worker  
Robyn Hache  
(705) 946-6300 ext. 244  
[rhache@gardenriver.org](mailto:rhache@gardenriver.org)

Rennie Girls Scent Shop

+1 (906) 370-8551  
+1 (705) 206-2056

Scentsy  
INDEPENDENT CONSULTANT

Scan & Order



# JULY 2023 TRAILER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 Canada Day Holiday <b>Closed</b>	4 Batchewana FN in Rankin 11:00-4:00	5 Garden River FN 10:30-4:00	6 Goulais 10:30-2:30	7 Sagamok FN 10:00-4:00
10 Thesslon FN 11:00-3:00	11 Batchewana FN in Rankin 11:00-4:00	12 Garden River FN 10:30-4:00	13 Batchawana Bay 10:30-2:30	14 Atikameksheng 11:00-3:00
17 Mississauga FN 10:30-3:30	18 Batchewana FN in Rankin 11:00-4:00	19 Garden River FN 10:30-4:00	20 Goulais 10:30-2:30	21 Sagamok FN 10:00-4:00
24 Thesslon FN 11:00-3:00	25 Batchewana FN in Rankin 11:00-4:00	26 Garden River FN 10:30-4:00	27 Batchawana Bay 10:30-2:30	28 Atikameksheng 11:00-3:00
31 Mississauga FN 10:30-3:30				



## Ojibway Park



### Ojibway Park The Sun Sets Here

Monthly Draws! Draws held live on our Facebook page every last Friday of the Month! Tickets are available in the Gatehouse (\$3 each or \$5 for 2 tickets). Please ensure you stop at the Gatehouse!

The Gatehouse hours are 8:30 a.m. until 8 p.m. everyday!! Hope to see you this summer!

~ Ojibway Park Staff



# Education



## Elementary School

Aanii Kina Weyaa....

We have had a great year at the Garden River Elementary School. We learned to do math. We learned to read. We spent many hours outside doing seasonal activities, monthly activities and weekly activities. We say chi-miigwech Gzheminidoo for the awesome weather all year long.

Miigwech from the staff at the Garden River Elementary School.



# Elementary Liaison



For Indigenous youth aged 14-16



## Aki Kikinomakaywin

An Indigenous-led, land- and water-based science, technology, engineering, arts and mathematics (STEAM) experiential learning program for Indigenous youth in northern Ontario.

Thunder Bay, Ontario • July 16-22, 2023

### Through learning led by Elders and Knowledge Keepers, youth will:

- Get closer to nature and feel more connected to the land, water, spirit, and yourself.
- Learn how to combine Indigenous and Western knowledge to find creative solutions and explore the exciting world of environmental science.
- Boost your confidence to pursue higher education and kick-start your career in STEAM!

### Learn more and apply:

www.akikinomakaywin.com  
@aki.kikinomakaywin  
Aki Kikinomakaywin

Our program is free!



Aki Kikinomakaywin

Keep connected with us!

www.akikinomakaywin.com  
@aki.kikinomakaywin  
Aki Kikinomakaywin

Interested in applying or want to learn more?

Visit our website:  
www.akikinomakaywin.com

Contact our Co-Lead:  
haley.macleod@algonau.ca

When

One-week summer camp  
July 16-22

Who

Indigenous youth ages 14-16 from northwestern and northeastern Ontario

Where

Lakehead University Campus  
Thunder Bay, Ontario



Aki Kikinomakaywin

Learning on the Land  
Summer Camp 2023



### Our vision

To provide Indigenous-led and land-based, hands-on education opportunities to Indigenous youth in northern Ontario. For youth to:

- Connect to the land, water, spirit, and self
- Understand the benefits to using Indigenous and Western ways of knowing together

### What you can look forward to

A week of land- and water-based learning led by Elders and Knowledge Keepers that centres Indigenous knowledge, stories and teachings.

- Cultural activities and the sharing of a traditional meal at the School of Indigenous Learning
- Hands-on and land-based art activities and workshops led by Indigenous artists
- Conduct a stream assessment
- Participate in a water walk ceremony
- Tour Confederation College
- Make new friends
- And more!



### Who are we?

An Indigenous-led, land- and water-based science, technology, engineering, arts and mathematics (STEAM) experiential learning program for Indigenous youth in northern Ontario.



# ROBOTICS

CAMP



17-21  
JULY

PARTICIPATE IN OUR FIRST INDIGENOUS FOCUSED ROBOTICS CAMP

HOSTED BY:  
SAULT COLLEGE

FOR STUDENTS ENTERING GRADES 7 & 8 IN SEPTEMBER

LIMITED SPOTS AVAILABLE

#ROBOTICS

## REGISTRATION

### New Student Enrollment

If your child is born in 2019 (JK) or 2018 (SK), please register them with us today.

How to register:

1. Come in anytime at the Garden River Education Unit
2. Fill out registration papers
3. Provide status card if your child has one
4. Receive a copy of the Elementary guidelines to see what services are provided for your child

Please register with Deanna Jones, Elementary Liaison

I can be reached at 705-946-3933 ext 203 or by email at dejones@gardenriver.ca

## Secondary Liaison

### Attention High School Graduates ~ Have you applied for OSAP?

The Ontario Student Assistance Program (OSAP) is a financial aid program that can help you pay for college or university. Even for those of you who will be sponsored by Garden River to attend at home here or out of town, still apply and find out!

This program offers funding through grants (money you don't have to pay back) and/or a student loan (money you need to repay once you're done school). Once an application is submitted, they automatically consider you for both and you have the option to decline the loan part (opt out of it) once your application's been approved. OSAP is based on financial need and can help cover the following: tuition, books and equipment, fees charged by your school, living expenses (for full-time students only) and child care (for full-time and part-time students with children). Band sponsorship does cover tuition, books and living allowances if approved for the sponsorship but that also has its limitations, especially for those who stay in Residence. And OSAP is a way to help you get by and cover things, offering a peace of mind perhaps, while you're focusing on your studies and for some of you, being away from home and family for maybe the first time. So, even with community funding, scholarships and bursaries, Indigenous students can still apply, be qualified and greatly benefit from OSAP funding - and a suggestion if you're doing so, to really consider your options - accepting both the loan and the grants or just stick with the grants portion of OSAP.

To know if you qualify, you have to submit the online application and currently, the 2023-2024 online application is still open for full-time and part-time students.

- <https://www.ontario.ca/page/osap-ontario-student-assistance-program>

I don't have actual testimonials to provide at this time, but am aware of students who've received funding from Garden River and still eligible and have received OSAP funding in addition to their Garden River sponsorship, so apply now students, there is still time and it's worth a shot! I can assist you with starting the application process if you need it and the best way to reach me is via email at

[sjones@gardenriver.ca](mailto:sjones@gardenriver.ca) or reach me at ext. 208.

### SCHOLARSHIPS

There are so many to mention but students, just google it and you will have access to so many opportunities to apply. Here are just a few to check out.

- <https://www.scholarshipscanada.com/>
- <https://de-beersgroup.scholarshipscanada.com/index.do>

The De Beers Group Scholarships for Canadian Women were created to promote the inclusion of women in STEM and STEM-related academic studies at post-secondary institutions in Canada.

There are a maximum of ten (10) awards available through the De Beers Group Scholarships for Canadian Women. Each award is valued at \$4,500 CAD.

- <https://www.scholarshipscanada.com/Scholarships/62879/Opterus-Helen-Rose-STEM-Award>

To apply for the Helen Rose STEM Award, you must be a woman between the ages of 18-26 and plan on pursuing an education in STEM (Science, Technology, Engineering, Math) at an accredited Canadian university or college. The student we are looking to fund is pursuing a field of study that will help them in the future to create or contribute to a new mindset for a better world.

- <https://www.janitorialmanager.com/scholarship/> - \*Deadline is July 1st
- <https://indspire.ca/programs/students/bursaries-scholarships/>

More than 59,000 bursaries, scholarships and awards to First Nations, Inuit and Métis students.

- <https://grantme.ca/8-scholarships-for-indigenous-students-in-canada/>

Eight (8) Scholarships for Indigenous students in Canada.

*Stephanie Jones  
Secondary Liaison Worker  
Garden River First Nation Education Unit  
PH (705) 946-3933 ext. 208  
FX (705) 946-0413  
[www.gardenriver.ca](http://www.gardenriver.ca)*

As the school year has wrapped up we want to wish all students and grads alike a big congratulations, success and best wishes for whatever is next in their journeys.

We hope the summer break will bring you happiness and adventure!

Stay safe!

Ending with a huge shout out to all the graduates of 2023, way to go!

## Medicine Walk & Strawberry Pouches

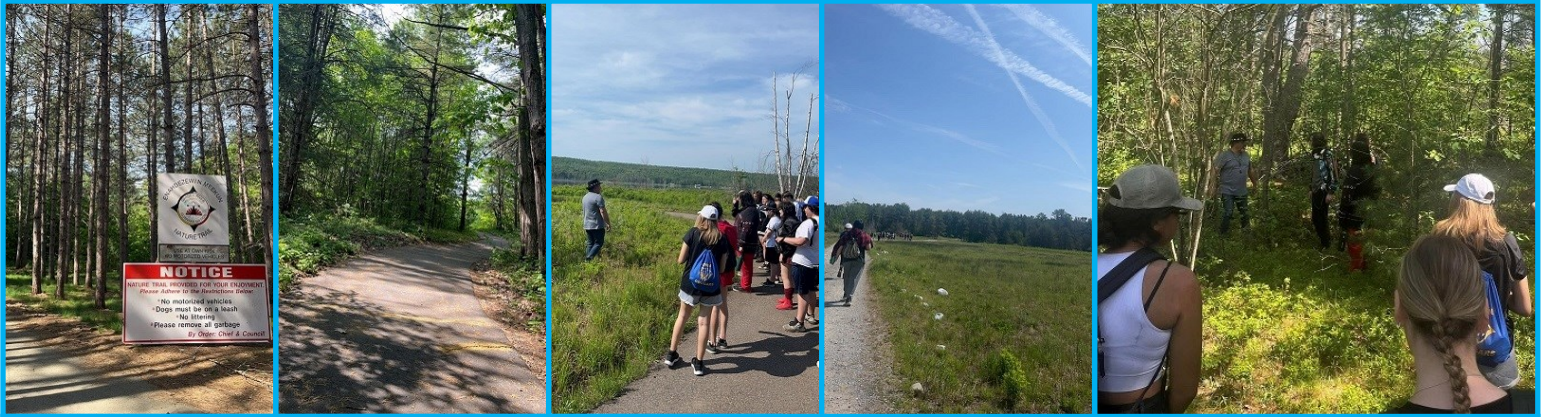
June brought many wonderful opportunities, one of them being a Medicine Walk that I was able to join in on with the Korah Indigenous Grad Coach, Samantha MacKenzie and a great group of Korah students earlier in the month, which was guided and led by Garden River's, Phil Jones at the GRFN Pow Wow grounds. I was excited to help arrange this; which was part of Korah's Cultural Week held May 29<sup>th</sup> to June 2nd. Students and adults alike, took in some very valuable information about various traditional medicines that we have right here in our own backyards. What we took away was gaining knowledge of what

different plants and berries can be used for and how to use them. Phil ended the walk with a very riveting story legend! It was a great experience, a beautiful morning and I am so glad to have accompanied the group.

I had the privilege of having Cheryl Jamieson, coming in to facilitate a Strawberry Medicine Pin/Sachet Making Workshop "ode'imín mashkiki" for some GR students earlier in the month and it was a great learning experience for all. The students received some teachings along the way and we all enjoyed some dinner and delicious strawberry cake. Way to go students for making some time to come

out, so awesome to see you! A great group of youth!

*Stephanie Jones*  
Secondary Liaison Worker  
Garden River First Nation Education Unit  
PH (705) 946-3933 ext. 208  
FX (705) 946-0413 [www.gardenriver.ca](http://www.gardenriver.ca)





# Graduates Parade



## Post Secondary

Aaniin from the Post-Secondary Counsellor:

Summer is officially here! Congratulations to all of our graduates again! We celebrated the graduates with a Graduate Parade through the community on June 13th. It was so uplifting to see all of the families supporting their graduate as we pulled up to their driveways - some with a few happy tears. Although the weather was threatening to rain on us, it held out and we were able to enjoy the evening celebration.

Enjoy these next two months because before you know it, it will be time to head back to school!....yikes!

**Congratulations** to the 46 full-time students that received the ISC Academic Achievement Scholarship on June 30th. These 46 full-time students maintained an overall "B minus" or higher gpa for all of their courses from September 2022 to April 2023. The second release date is September 29th for students that continued their studies through the Summer 2023 semester. Graduate level (Master's and PhD) students starting their 2nd year of studies will receive their Level III scholarship.

The next post-secondary sponsorship application deadline is October 15th for Winter 2024 sponsorship.

For now, we have only been able to approve Priorities #1, #2 and #3 for 2023/2024 using our remaining PS budget. All remaining priorities and waitlisted applicants for Fall 2023 will be updated as soon as I receive more information from Indigenous Services Canada (ISC) and get the final word from my Manager. We have received official confirmation that the last of our expected additional allocations for the fiscal year will again be provided. Please check your emails regularly for more info and please remember to clean out your emails so that you can accept new emails.

All remaining applicants will be notified as quickly as possible. As usual, remaining applicants will be considered based on their individual priority number, the identified and approved Education Plan submitted on the Application for Sponsorship and of course, by how much

PS monies we have received and what remains available in the PS budget.

For all **students claiming dependents (spouse's or children)**, please remember that you must submit your new **Child Care Benefit Summary (released in July)** to verify your marital status and eligible dependents/children by August 11th, 2023.

It is **very important** for you to keep me updated on your official Education Plan and Basic Student Information at all times. This means that you need to keep me informed about things like:

- I. if you change your mind at any time and decide not to attend after you were approved and you had been officially accepted into a program or
- II. if you change your program/school or if you get married or have another child or
- III. if you move or get a new email address or new phone number, etc....please keep me informed.

At this time, I want to also **remind all of the students** that applied for and were granted sponsorship for this **2023/2024 school year** and that have not yet done so, **please send in your acceptance letters with your student number, tuition fees statements, residence, and welcome back letters.....this is the only way that I can send the school a "SPONSORSHIP LETTER"** for you and the only way that I can ensure that your confirmation fee, tuition deposit fees and/or residence fees are covered.

It is also important to provide me with access to your online student account so that I can print your schedule and then grades later on.

Just in case you haven't read all of your Garden River Post-Secondary Operating Guidelines yet, here are a few key excerpts :

### STUDENT RESPONSIBILITY

***It is the responsibility of each student to read these guidelines thoroughly AND to fully understand how your sponsorship works.***

*It is also the responsibility of each student to **know the specific requirements for the certificate, diploma or degree they seek.** Notwithstanding the education unit's efforts to keep a student informed, the ultimate responsibility for meeting all sponsorship and graduation requirements within the limits of sponsorship rests with the student.*

*Students must ensure that all information submitted is accurate and complete.*

*In addition, students are strongly advised to maintain regular contact with the Post-Secondary Counsellor throughout their academic studies. **Where it becomes necessary, each student is responsible to report to the Post-Secondary Counsellor any problems (academic or personal) and/or changes that will affect their academic studies in any way.** The Counsellor is available to provide support, encouragement, counselling and guidance services for all sponsored students.*

### MORE Information:

- if you are claiming dependents on your monthly living allowance (spouse and/or children), you must submit your latest Child Tax Benefit Summary that is released in July to verify your allowance category. If you do not submit this form, you will be automatically given an allowance equivalent to single student until you have submitted the necessary documentation.
- if you **ATTENDED FULL-TIME THROUGHOUT THE SUMMER**, and are continuing full-time in the Fall 2023, once you have submitted your full-time registration/schedule, you will be eligible to receive an allowance for **AUGUST**.
- **ALL STUDENTS FROM 2022/2023 .....** please make sure that you have provided me with your current login/password so that I can print a copy of your official final grades.
- **REMEMBER.....**please keep your email active and up-to-date as this makes it a lot easier to communicate after regular work hours.
- **REMEMBER.....**at all times, please keep

**your email, phone number, and online student account information up-to-date.**

I truly look forward to meeting, visiting, assisting, supporting, and helping you to ensure that you have a positive and successful experience at college and/or university. If you ever have any questions or concerns, or if problems arise, please do not hesitate to contact me. I can be reached at either 1-866-518-7806 or (705) 946- 3933 ext. 202 or feel free to email me at amjones@gardenriver.ca.

Have yourself a great and safe summer!

Anne Marie Jones  
Post-Secondary Counsellor



**Have you changed your mind about attending college or university this Fall 2023?**

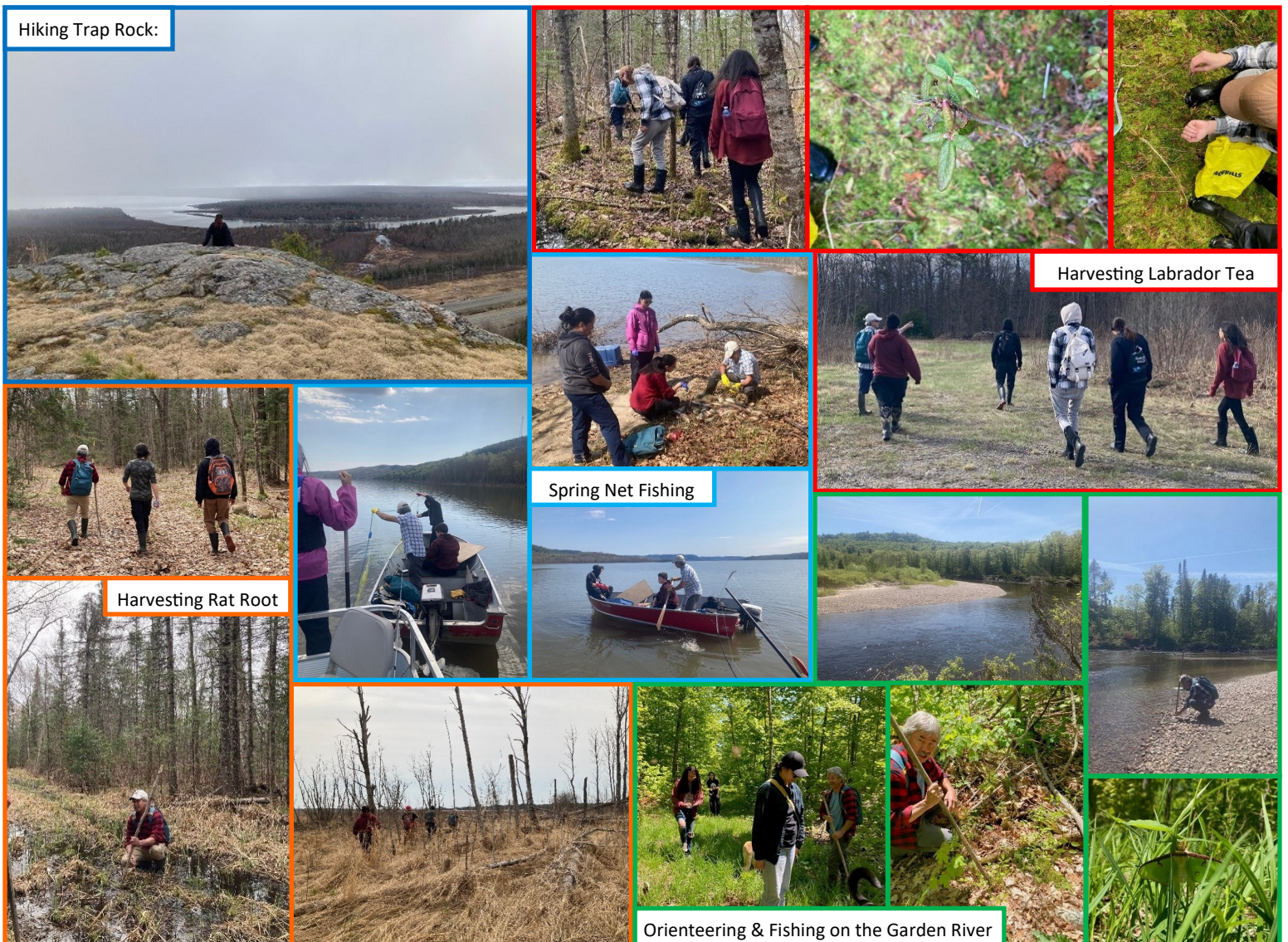
If you have changed your mind about attending school this Fall and more importantly, if you have already been accepted into and confirmed your offer of admission to a program, please remember that it is

**your responsibility to officially Withdraw from the school/program to avoid all tuition charges.** It is also your responsibility to send me a copy of your official withdrawal papers **AND** to call me with your decision. If you do not officially withdraw and tuition fees are charged, you will be held responsible for paying.

## Adults In Motion

This past spring has been a busy time for the teachers and students at Adults In Motion. I'd like to say Chi Miigwetch to Randy Pine for sharing your time, knowledge and skill with the AIM Outdoor Ed class this spring. It has been a great learning experience for the students as well as the teacher and helper. Here are a few photos from our spring activities.

Miigwetch, Kim



**The GRFN Public Library presents:**  
(48 Syrette Lake Road)

## The 2023 GRFN PL Reading Challenge


### July's Challenge

**To read:**

- ~ a summer murder mystery;
- ~ a book that includes swimming;
- ~ a book with a summer cover;
- ~ a black covered book.

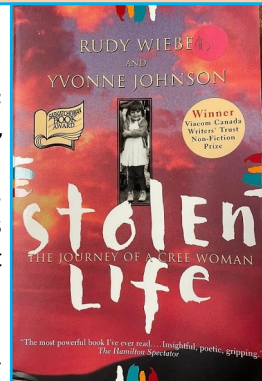
Submit your name, the names of all the books you have read along with the author and identify which of the 4 it is.

Email to: [irene.gray@gardenriver.ca](mailto:irene.gray@gardenriver.ca)  
by the first business day of the next month (Tuesday, August 1, 2023)

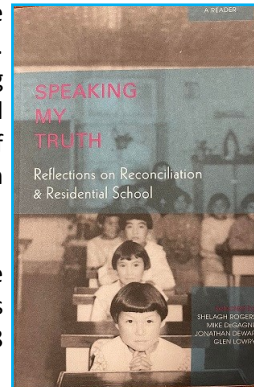


### July's Featured Books

"Stolen Life, the journey of a Cree woman." *Rudy Wiebe & Yvonne Johnson*. This is a chronicle of justice and injustice, the true story of the events that put Yvonne Johnson behind bars for life at the age of twenty-seven. Above all, it is the unforgettable story of a Native woman who has broken a life-time silence to share the understandings that sustain her.



"Speaking My Truth, reflections of reconciliation & residential school." *Shelagh Rogers, Mike DeGagne, Jonathan Dewar, Glen Lowry*. This collection of essays delivers us to the proper work of dialogue, answering some questions but inevitably, and necessarily, provoking more. These essays, which shed light on the lived and living experiences and legacies of Residential schools, are offered in the sincere hope that your reading and discussion of them will become part of a much needed dialogue on reconciliation in Canada.



These native content books and quite a few more are available for borrowing at the GRFN Public Library. Which is located in the Education/Recreation Centre building at 48 Syrette Lake Road.

### The Garden River Resource Centre/Public Library's

#### Services include:

- Book lending
- Printing services *(free for students)*
- Reading; craft; kids programs
- GRFN Archives
- Home of the GRFN Community Monthly Newsletter

#### Additional Info:

- The VR Console/Computer has approx. 30 games available
- Ontario Parks Permit—2 parking passes that can be loaned out
- Free Wifi Available to students & community members
- 3D Printer—small single colour requests can be printed for a fee
- Printing, blinding, laminating is available.

#### Appointments:

can be set up for library usage after regular hours — for homework, VR games, printing, wifi — must be scheduled at least 2 days in advance.

Email: [irene.gray@gardenriver.ca](mailto:irene.gray@gardenriver.ca)  
Or Call: 705-946-3933 ext. 210

## Wiiyaw - Human Anatomy

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

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

AANKOONIK - wrist

BAKWAAKGONAAGAN - ankle

BAKWAAKNINJ - fist

BAKWAN - back

BIIPISDE - lung

DAAMKAN - chin

DATGAAGON - spine

DENGWAY - face

DENNIW - tongue

DIYENH - buttock

DINMAANGAN - shoulder

DIS - navel

DOODOOSH - breast

DOON - mouth

DOONDAN - heel

DOONKOSIW - kidney

DOOSKON - elbow

DOOSKWEYAAB - vein

KAAD - leg

KAN - bone

ODE - heart

**TD  
Summer  
Reading  
Club  
2023**

Reading fun for kids,  
from Canada's  
public libraries

# Get Your Summer Read On!



Visit the Garden River  
Public Library and register  
for the TD Summer  
Reading Club!

[tdsummerreadingclub.ca](http://tdsummerreadingclub.ca)

Co-created and delivered by over 2,200 public libraries across Canada, this national bilingual program is developed by Toronto Public Library in partnership with Library and Archives Canada. Sponsorship is generously provided by TD Bank Group.



The Garden River Public Library and Ojibway Park  
presents:

# STORY TIME in the Park

please bring  
chairs/mats  
to sit on

Friday's 9 am - 11 am  
July 7 - August 25

Open to All Ages

Various areas around the park  
(Look for the "Story Time" banner)  
(rain day locations tbc)

There will be story time; activities and crafts.  
A light fruit snack & water will be available

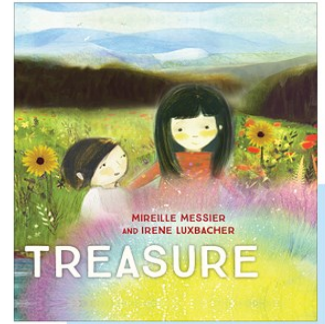


The Garden River Public Library  
presents:

**TD  
Summer  
Reading  
Club  
2023**

Join us for the  
TD Summer  
Reading Club  
StoryWalk®

Enjoy reading a story  
outside as you stroll  
along from one page  
to the next!



Education/Recreation Centre

July 7 - 13, 2023

Treasure © 2019, Mireille Messier and Irene Luxbacher.  
Used with permission of Orca Book Publishers. [www.orcabook.com](http://www.orcabook.com)

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT, and was developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson.

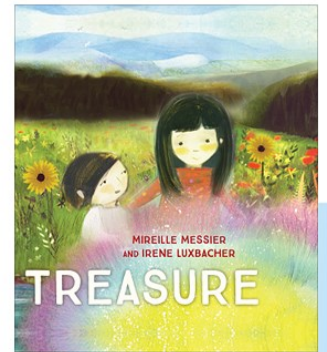


The Garden River Public Library and Ojibway Park  
presents:

**TD  
Summer  
Reading  
Club  
2023**

Join us for the  
TD Summer  
Reading Club  
StoryWalk®

Enjoy reading a story  
outside as you stroll  
along from one page  
to the next!



Ojibway Park Walking Trail

July 14 - 21, 2023

Treasure © 2019, Mireille Messier and Irene Luxbacher.  
Used with permission of Orca Book Publishers. [www.orcabook.com](http://www.orcabook.com)

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT, and was developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson.

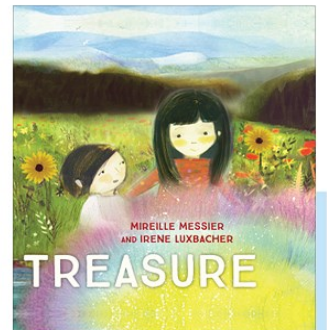


The Garden River Public Library and Ojibway Park  
presents:

**TD  
Summer  
Reading  
Club  
2023**

Join us for the  
TD Summer  
Reading Club  
StoryWalk®

Enjoy reading a story  
outside as you stroll  
along from one page  
to the next!



Ojibway Park Walking Trail

August 11 - 18

Treasure © 2019, Mireille Messier and Irene Luxbacher.  
Used with permission of Orca Book Publishers. [www.orcabook.com](http://www.orcabook.com)

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT, and was developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson.





# MINO BIMAADIZIWIN SUMMER TRANSITION PROGRAM

FREE TO GRADE 7 & 8 STUDENTS!



**AUGUST 14-18, 2023**  
**AT ST. MARYS COLLEGE**

THE SUMMER TRANSITION PROGRAM INCORPORATES CULTURAL TEACHINGS, TRADITIONS, & PRACTICES, WHILE PREPARING THE STUDENTS FOR THEIR TRANSITION TO SECONDARY SCHOOL. TRANSPORTATION & MEALS PROVIDED! OPEN TO SELF IDENTIFIED FIRST NATION, METIS, & INUIT STUDENTS IN SSM



SIGN UP BY SCANNING THE QR CODE OR EMAIL KESHA MCLEOD

[KESHA.MCLEOD@HSCDSB.ON.CA](mailto:KESHA.MCLEOD@HSCDSB.ON.CA)

[HTTPS://FORMS.GLE/GXRUTBZCWDPRBQVKA](https://forms.gle/GXRUTBZCWDPRBQVKA)



A GARDEN RIVER FIRST NATION & RBC INITIATIVE



# FINANCIAL LITERACY

For Secondary & Post Secondary Students

New Date

**July 25th, 2023**  
**11am - 12pm**

WEBEX PRESENTATION

- Student budgeting (samples)
- How to apply for a line of credit
- How to apply for a Visa

CONTACT:

Janine Zack  
705 989 2037

[jzack@gardenriver.org](mailto:jzack@gardenriver.org)

JOIN BY MEETING #:

1802 12 8421

MEETING PASSWORD:

eyVMMy8E2Y3

JOIN BY MEETING LINK:

<https://rbcteams.webex.com/rbcteams/j.php?MTID=m25d38c0a4f78eaf61715f10f64db2105>



# INDIGENOUS ENTREPRENEURSHIP DIPLOMA

*Launching Fall 2023*



## The Value of The Indigenous Entrepreneurship Diploma

MENTORSHIP OPPORTUNITIES

PRACTICAL SKILL DEVELOPMENT

MEET CANADIAN ENTREPRENEURS



SAULT COLLEGE



# 3NOLANS HOCKEY CAMP

\$125/YOUTH

AGE GROUPS: 7-9, 10-12, & 13-15

AUGUST 5 & 6 - NORTHERN COMMUNITY CENTRE

HOSTED BY BRANDON & JORDAN NOLAN

SIGN UP: [CMORETTIN@GRFNREC.COM](mailto:CMORETTIN@GRFNREC.COM)  
[RBILLINGSLEY@GRFNREC.COM](mailto:RBILLINGSLEY@GRFNREC.COM)  
 (705) 946-4006 EXT. 221



# GARDEN RIVER SLO-PITCH Tournament

**JULY 14-16**  
GARDEN RIVER BALL FIELDS

**\$500/TEAM**

1ST PLACE: \$1500  
2ND PLACE: \$750  
3RD PLACE: \$500

**CO-ED RECREATION TOURNAMENT**  
5X5 FORMAT \$125 DEPOSIT DUE

**TO SIGN UP:**  
[CMORETTIN@GRFNREC.COM](mailto:CMORETTIN@GRFNREC.COM) - (705) 946-4006 EXT. 221  
[RBILLINGSLEY@GRFNREC.COM](mailto:RBILLINGSLEY@GRFNREC.COM) - (705) 946-4006 EXT. 204



# GROUP FITNESS CLASSES

TUESDAYS	THURSDAYS	SATURDAYS
YOUTH 5:30PM - 6:30PM	YOUTH 5:30PM - 6:30PM	LATIN DANCE 10:00AM - 10:45AM
BEGINNER/ INTERMEDIATE 6:30PM - 7:30PM	BEGINNER/ INTERMEDIATE 6:30PM - 7:30PM	

**STARTING TUESDAY, APRIL 18**  
**RUNNING INDEFINITELY**



## Attention Members

Effective Monday, July 4, 2023, our hours of operation will be the following:

Monday—Friday 7 am—9 pm & Saturday—Sunday 9 am—4 pm

Garden River Member Prices				
Membership	1 year	6 months	3 months	1 month
Adult (18+)	\$248.00	\$170.00	\$94.00	\$34.00
Elders (55 +)	\$241.00	\$144.00	\$78.00	\$29.00
Junior (14-17)	\$225.00	\$154.00	\$82.00	\$31.00

Regular Membership Rates				
Membership	1 year	6 months	3 months	1 month
Adult (18+)	\$290.00	\$202.00	\$108.00	\$40.00
Elders (55 +)	\$248.00	\$170.00	\$92.00	\$35.00
Junior (14-17)	\$262.00	\$180.00	\$98.00	\$38.00



NAAN•DOO•WE'AN



**GARDEN RIVER  
WELLNESS CENTRE**

GARDEN RIVER WELLNESS CENTRE • 23 SHINGWAWK STREET • GARDEN RIVER • ONTARIO • P6A 7B2  
PH.705-946-5710 • FAX.705-946-2725 • WWW.GRWC.CA

## Non-Insured Health Benefits Out of Town travel Requests

When requesting travel for out-of-town appointments please have the following brought or sent to the NIHB office at the Garden River Wellness Centre.

1. I will need your current mailing address, phone number, email address, Health Card, and Band Number
2. **Referral note** from your physician in Sault Ste Marie/ Garden River stating:
  - a. WHERE are you being referred to?
  - b. WHO you are being referred to?
  - c. DATE & TIME of your upcoming appointment
  - d. WHETHER or not you require an escort? (Must be medically justified and written by physician/nurse)
  - e. IF you are requesting a flight then the physician **MUST** write that a flight is medically required.
  - f. Banking information: all travel money will be direct deposit.
    - i. Bank Name
    - ii. Account Number
    - iii. Transit Number
3. **Verification Note** from the out-of-town doctor office/hospital with date and time of your appointment. If your appointment(s) is longer than a day, please have the out-of-town office/hospital/doctor state:
  - a. How long you will be required to stay out of town?
  - b. Whether or not your medical escort will be required to stay for the duration?
4. **Follow-up Appointment:** (If applicable)
  - a. DATE & TIME of your upcoming appointment?
  - b. If an escort is required, the physician/nurse/hospital must put it in writing with medical justification.
  - c. If you are requesting a flight: the physician must write that the flight is medically required.

If you have any questions, please contact me at the above phone number or email [jsolomon@grhc.ca](mailto:jsolomon@grhc.ca)

Jennifer Solomon  
NIHB GRWC

## Be Tick Smart

A blacklegged tick (also called a deer tick) is a tiny bug, about the size of a sesame seed which feeds on blood. Blacklegged ticks are commonly found in woodlands, tall grasses and bushes. They cannot fly. They move about the ground slowly and settle on tall grasses and bushes until they attach themselves to a person or animal passing by. Ticks are most active in spring and summer.

- Perform a careful self-inspection for ticks after being in the woods or tall grass. Pay special attention to areas such as your scalp, ankles, armpits, groin, naval and behind your ears and knees.
- Use a mirror to check the back of your body or have someone else check it for you.
- YouTube: Enjoy the outdoors, without a tick: <https://youtu.be/jbg6ap09CPE>.

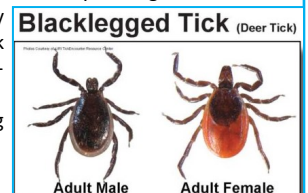


## Tick Submitting and Identification GRWC

1. Put the tick in a secure container.
2. Bring the tick to the GRWC for identification. If the tick cannot be brought to the office within one week of removal, the tick may be placed in a freezer until drop off.
3. Complete a Tick Submission Form at GRWC office.

## Tick Removal

1. If the tick is attached, use fine-tipped tweezers or tick removal tool to grasp the tick as close to your skin as possible. Do not use your fingers.
2. Pull the tick straight out, gently but firmly making sure to remove the entire tick (including the head). Don't squeeze it—avoid crushing the tick's body.
3. Thoroughly clean the bit site with rubbing alcohol and/or soap and water.





## SUMMER HEALTH TIPS

Summer is a great time to think about how to become the best version of you. Use some of the following tips to help you thrive this summer.

- **Sleep:** Not getting enough sleep is associated with increased hunger, higher blood sugars, poor concentration, frequent illness and impaired problem-solving. Make sure to give yourself at least 7 hours of sleep a night.
- **Stay hydrated:** Water is the perfect way to keep hydrated and keeps appetite in check. Add a splash of flavor with fruit juice or fresh cucumbers, lime slices or fruit. Be creative.
- **Add Fiber:** Vegetables, fruits, nuts and grains are rich in fiber. Fiber helps you stay full, so you are less likely to eat mindlessly. Strive to eat at least 25 g of fiber a day.

- **Limit added sugars:** Try and eat less than six teaspoons of added sugar (this does not include natural sugars found in fruit and milk). This goal may not be realistic every day but aim for success 80% of the time. Save your six teaspoons for a special dessert. When looking at labels, it is helpful to know that one teaspoon equals four grams of added sugar.
- **Keep an eye on alcohol:** Drinking too much alcohol can lead to unintended outcomes. Studies show that we make poorer food choices if we have alcohol in our system. A serving of alcohol contains about 100 calories and mixed drinks have even more. The goal is to limit alcohol to one drink a day for women, two drinks a day for men.
- **Stay active:** The stay-at-home orders might have put your exercise plans to the test. Make

an exercise goal and stick to it.

- **Enjoy the weather:** Studies show that when people venture into outdoor settings, heart rate and blood pressure improve. Take a moment to appreciate being outdoors.
- **Gratitude:** Find a moment each day to reflect on a few things that brought you joy or good feelings. Being grateful and positive can help you thrive in a healthy life.

Creating a healthy environment around food, exercise and rest will ensure success with overall health. One of the most important things to remember: only you are in charge of respecting your body and providing you with what you need.

## G'Naadmaagoom

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

Off reserve band members are encouraged to participate!

### STAFF CONTACT INFORMATION

- KH - Kiana Hill** – [khill@grcfs.ca](mailto:khill@grcfs.ca)/705-989-8189 x222
- MP – Marie T. Pine** – [mtpine@grcfs.ca](mailto:mtpine@grcfs.ca)/705-971-7116 x214
- SN—Stevie Nolan**—[snolan@grcfs.ca](mailto:snolan@grcfs.ca)/705-989-7770 x221
- HB—Hailey Bryan**—[hbryan@grcfs.ca](mailto:hbryan@grcfs.ca)/705-542-9717 x201
- BC – Belinda Camara** – [bcamara@grcfs.ca](mailto:bcamara@grcfs.ca)/ 705-542-9200 x202
- KM - Kelly Musgrove** – [kmusgrove@grcfs.ca](mailto:kmusgrove@grcfs.ca)/705-987-1645 x206

### PROGRAM INCENTIVES/DRAWS

- PROGRAMS** – Participants will receive an incentive for every program they attend.
- FAMILY CHALLENGES** – Every family that participates will receive an incentive.
- LEARNING ACTIVITIES (LA)** – Each family that participates in the Learning Activities will receive an incentive



# G'NAADMAAGOOM

Garden River Child and Family Services VIRTUAL Program Calendar July 2023 Phone: (705) 450-5071

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
<b>Please Note:</b> Virtual participants will not be let in Zoom more than 5 minutes after program start time  <b>(LA) = Learning Activity</b>					1/2
3	4	5	6	7	8/9
<b>Staff Training/Professional Development</b>					
10 <ul style="list-style-type: none"> <li>• KH – LA: Family Fun Challenge *register by 4:30 pm</li> </ul>	11 <ul style="list-style-type: none"> <li>• BC/KM – Opposites: Happy/Sad 4:30 Parents/ Caregivers &amp; Children 0-6</li> <li>• KH/MP – Self Trust In Person 5:00 Parents/ Caregivers of Children 0-12</li> <li>• HB – Summer Safety 4:30 Youth 7-12 Years</li> </ul>	12 <ul style="list-style-type: none"> <li>• BC/KM – Story &amp; Song 4:30 Parents/Caregivers &amp; Children 0-6</li> <li>• HB – Workout Wednesday 4:30 Youth 7-12 Years</li> <li>• SN– Just Bead It 10:00-12:00 In Person (location tbd)</li> </ul>	13 <ul style="list-style-type: none"> <li>• BC/KM– Anishinaabemowin: Gizhaate 4:30 Parents/Caregivers &amp; Children 0-6</li> <li>• KH/SN – Lunch &amp; Learn 10:00 am In Person *must call to register</li> <li>• HB – Understanding Stress 4:30 Youth 13-24</li> </ul>	14 <ul style="list-style-type: none"> <li>• KH – Family Fun Challenge *due by noon</li> <li>• Family Dance 6:00-8:00 pm @ GR Community Centre</li> </ul>	15/16
17 <ul style="list-style-type: none"> <li>• KH – LA: Family Fun Challenge *register by 4:30 pm</li> </ul>	18 <ul style="list-style-type: none"> <li>• BC/KM – Spots on Ladybug 4:30 Parents/ Caregivers &amp; Children 0-6</li> <li>• KH/MP – Quality Time In person 5:00 Parents/ Caregivers of Children 0-12</li> <li>• HB – Peer Pressure 4:30 Youth 7-12 Years</li> </ul>	19 <ul style="list-style-type: none"> <li>• BC/KM – Story &amp; Song 4:30 Parents/Caregivers &amp; Children 0-6</li> <li>• HB – Workout Wednesday 4:30 Youth 7-12 Years</li> <li>• MP – Expectations &amp; Pressure 4:30 Youth 13-24</li> <li>• SN– Just Bead It 5:30-7:30 In Person (location tbd)</li> </ul>	20 <ul style="list-style-type: none"> <li>• BC/KM– Anishinaabemowin: Nibi 4:30 Parents/Caregivers &amp; Children 0-6</li> <li>• KH/SN – Lunch &amp; Learn 10:00 am In Person *must call to register</li> <li>• HB – Expressing Grief 4:30 Youth 13-24</li> </ul>	21 <ul style="list-style-type: none"> <li>• KH – Family Fun Challenge *due by noon</li> </ul>	22/23
24 <ul style="list-style-type: none"> <li>• KH – LA: Family Fun Challenge *register by 4:30 pm</li> </ul>	25 <ul style="list-style-type: none"> <li>• BC/KM – Summer Sun Catcher 4:30 Parents/ Caregivers &amp; Children 0-6</li> <li>• KH/MP – Decluttering In person 5:00 Parents/Caregivers of Children 0-12</li> <li>• HB – Decision Making 4:30 Youth 7-12 Years</li> </ul>	26 <ul style="list-style-type: none"> <li>• BC/KM – Story &amp; Song 4:30 Parents/Caregivers &amp; Children 0-6</li> <li>• HB – Workout Wednesday 4:30 Youth 7-12 Years</li> <li>• MP – Setting Boundaries 4:30 Youth 13-24</li> <li>• SN– Family Culture Night 5:30 Virtual</li> </ul>	27 <ul style="list-style-type: none"> <li>• BC/KM Anishinaabemowin: Manidoons 4:30 Parents/Caregivers &amp; Children 0-6</li> <li>• KH/SN – Lunch &amp; Learn 10:00 am In Person *must call to register</li> <li>• HB – Youth Culture 5:00 In Person Youth 13-24</li> </ul>	28 <ul style="list-style-type: none"> <li>• KH – Family Fun Challenge *due by noon</li> </ul>	29/30
31	<b>HOW TO REGISTER FOR A PROGRAM</b>		Please email or call Staff running the program to register! Join by phone, cellphone, tablet, or computer!! <b>**PLEASE REGISTER ONE DAY IN ADVANCE AS SPACES ARE LIMITED**</b>		
<b>BUILDING STRONG FAMILIES AND COMMUNITIES FOR OUR CHILDREN</b>					

# Dan Pine Healing Lodge

## July 2023 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Stat Holiday Observance	4 Traditional Health Clinic - Elder Willard Pine One on One 8:30 am to 4:30 pm Appt Only	5	6 <ul style="list-style-type: none"> <li>• Traditional Health Clinic - Healer Gerrard Sagassige One to One 1:30 pm to 4:30 pm Appt Only</li> <li>• Men's Night 6:00pm to 8:00pm</li> </ul>	7 Traditional Health Clinic - Healer Gerrard Sagassige One to One 8:30 am to 12 pm Appt Only	8
9	10	11	12 Nanda-Gikendan – Traditional Skill building, Tea and Talk, Beading, Crafts 1pm-3:00pm	13	14	15
16	17 Nanda-Gikendan – Traditional Skill building, Tea and Talk, Beading, Crafts 1 pm-3:00 pm – Walk in's welcome.	18 Traditional Health Clinic - Elder Willard Pine One on One 8:30am to 4:30pm Appt Only	19	20 Traditional Health Clinic - Healer Gerrard Sagassige One to One 1:30 pm to 4:30 pm Appt Only	21 Traditional Health Clinic - Healer Gerrard Sagassige One to One 8:30 am to 12 pm Appt Only	22
23	24 Nanda-Gikendan – Traditional Skill building, Tea and Talk, Beading, Crafts 1 pm-3:00 pm – Walk in's welcome.	25 Traditional Health Clinic - Elder Willard Pine One on One 8:30 am to 4:30 pm Appt Only	26 <ul style="list-style-type: none"> <li>• Traditional Health Clinic – Patricia Toulouse 8:30 pm to 4:30 pm</li> <li>• 12:00 pm -1:00 pm Lunch and Learn</li> <li>• AFTER CARE Wellness Circle Journey of Grief 5:30 pm-8:00 pm (For past participants only)</li> </ul>	27 AFTERCARE Wellness Circle Beauty From Ashes (BFA) 5:30-8:00 pm (For past participants only)	28	29
30	31 Nanda-Gikendan – Traditional Skill building, Tea and Talk, Beading, Crafts 1 pm-3:00 pm – Walk in's welcome.					

### CIRCLE OF LEARNING

#### Our Ojibway Stories, History and Treaties Workshops for 2022-23

*Facilitator: Carol Nadjiwon, BA, BEd, MA in American Indigenous Studies. Odawa, member of Batchewana First Nation. Rooted in learning from Elders and ceremonial life.*

You are invited to learn and participate in our Circle of Learning Workshops about our Ojibway stories, history and treaties to be held **once a month** on a Wednesday from October 2022 to December 2023 **at the Dan Pine Sr. Healing Lodge from 5:30 to 8:00 pm with supper included.**

Indigenous Peoples have experienced life before contact and after contact. Colonization and racism of control created powerlessness. This included forced assimilation of the residential schools systems, denial of history, culture and economic social co-development. Learning about our past, present and visions for the future are important to our sense of identity, good health and good life.

**CONTACT LAURIE 705-946-5710  
EXT 228 TO REGISTER**

#	Date	Subject
10	Aug 2	<b>Decolonization</b> Historical Timeline, Petitions for Justice, Opposition to White Paper, 1980 Declaration of First Nations, 1982 Constitutional Reform., 1850 Treaty Annuities Court Decision in 2018
11	Sept 13	1991 to 1996 Royal Commission on Aboriginal Peoples and Report submitted in 1996, 2008 to 2015 Truth and Reconciliation Commission and 94 Calls For Action
12	Oct 4	Human Rights – International Rights of Indigenous People
13	Nov 1	Stories. Dreams and Feast for our Relations
14	Dec 6	Overall Evaluation, Feast and Circle

DAN PINE HEALING LODGE  
200 ANISHINABE POINT ROAD, GARDEN RIVER, ON P0S 1C0  
TELEPHONE: 705-946-5710

Laurie Souliere; Intake Worker: ext. 228  
Terry Williston; Program Support Worker: ext. 212  
Kimberly Pelletier; Traditional Helper/Trainer: ext. 215  
Adora Nawagesic; Coordinator: ext. 208

Website: [www.grwc.ca/dan-pine-healing-lodge/](http://www.grwc.ca/dan-pine-healing-lodge/)  
Email: [dphinfo@grhc.ca](mailto:dphinfo@grhc.ca)





# Garden River First Nation Employment and Skills Development Driver's Training



Garden River First Nation Employment and Skills Development in partnership with young drivers offered driver's training on May 20-21 & May 27-28 2023.



On behalf of the GRFN Employment and Skills Development Team – we congratulate you on your hard work

Wanita Jones – ISET Supervisor  
Darryl Williams Jones – Youth Employment Counsellor  
Lee Ann Gamble – Employment Counsellor



**YOUNG DRIVERS®**



MEMBERSHIP OFFICE  
**UPDATES**  
April, 2023

GARDEN RIVER FIRST NATION



**Updates**

THE MEMBERSHIP OFFICE IS NOW LOCATED AT:

Garden River First Nation Administration Building  
7 Shingwauk Street  
Garden River First Nation  
P6A 6Z8

Please contact Terri Tice, IRA  
Telephone 705-946-6300 ext. 246  
Cell 705-989-2041  
Email [ttice@gardenriver.org](mailto:ttice@gardenriver.org)

OFFICE HOURS  
Monday - Friday 8:30 a.m. - 4:30 p.m.  
closed from 12-1

PLEASE CALL TO SCHEDULE AN APPOINTMENT

Made with PosterMyWall.com

The GRFN Transfer Station located at  
216 Noonday Drive is **OPEN**



**TUESDAY, 9 am—5 pm**  
**WEDNESDAY, 9 am—5 pm**  
**THURSDAY, 9 am—5 pm**  
**FRIDAY, 9 am—5 pm**  
**SATURDAY, 9 am—5 pm**

**CLOSED SUNDAY AND MONDAYS &  
CLOSED FOR LUNCH EACH DAY (12-1)**



**Newsletter FYI**



**Garden River Community Newsletter  
Submission Deadlines for 2023**

- ◆ **August Newsletter—Friday, July 28**
- ◆ September Newsletter—Friday, August 25
- ◆ October Newsletter—Friday, September 22
- ◆ November Newsletter—Friday, October 27
- ◆ December Newsletter—Friday, November 24

Email submissions to:  
[irene.gray@gardenriver.ca](mailto:irene.gray@gardenriver.ca)

What can be submitted for the newsletter:

- Program Updates
- Upcoming programs
- Anniversaries/Weddings
- Birthday announcements
- Shout Outs—acknowledge our band/community members for accomplishing their goals
- Congratulations to those who did well
- Community based photos—old-time photo sharing, ‘seen here’
- Community Welcomes—new hires, new members, returning members
- Miigwetch’s, chi Miigwetch’s
- Pet photos
- Inspirational words to share
- Remember when’s—elders please share stories of when you were young
- Public acknowledgement for grants received (dreamcatcher)
- Short stories, poetry

And as always—email to [Irene.gray@gardenriver.ca](mailto:Irene.gray@gardenriver.ca)



**Customer Appreciation Days..**

**Twoonie Tuesday**  
 \$2 Hamburger  
 \$2 Hot dog  
 \$2 Fries  
 \$2 Soup

**IN Hall Only**  
 All 3 Sessions  
 \$1200 Jackpot FC  
 Players Club Draws  
 Play Plinko Draw

Free TeePee  
 12:45 ONLY  
 Free Jackpot  
 In Hall Only  
 All 3 sessions

**THANK YOU!**

Mega Monster Bingo Line up		
MINIS \$5.00	1 Line/4 corners	\$300.00
*must purchase*		
Game 1 LIME	1 Line 2 Lines	\$500.00 \$1,000.00
Game 2 (Special) RED	1 Line Dollar Sign	\$300.00 \$700.00
\$5.00	Full Card	\$10,000.00
Game 3 AQUA	1 Line 2 Lines	\$500.00 \$1,000.00
Game 4 (Special) OLIVE	1 Line Letter B	\$300.00 \$700.00
\$5.00	Full Card	\$10,000.00
Game 5 WHITE	1 Line 2 Lines	\$500.00 \$1,000.00
Game 6 (Special) BLACK	1 Line Letter I	\$300.00 \$700.00
\$5.00	Full Card	\$10,000.00
Game 7 ORANGE	1 Line 2 Lines	\$500.00 \$1,000.00
Game 8 (Special) BLUE	1 Line Letter N	\$300.00 \$700.00
\$5.00	Full Card	\$10,000.00
Game 9 TAN	1 Line 2 Lines	\$500.00 \$1,000.00
<b>BREAK TIME 30 MINUTES</b>		
Game 10 (Special) PINK	1 Line Letter G	\$300.00 \$700.00
\$5.00	Full Card	\$10,000.00
Game 11 GREY	1 Line 2 Lines	\$500.00 \$1,000.00
Game 12 (Special) PURPLE	1 Line Letter O	\$300.00 \$700.00
\$5.00	Full Card	\$10,000.00
Game 13 BROWN	1 Line 2 Lines	\$500.00 \$1,000.00
Game 14 (Special) YELLOW	1 Line Champagne Glass	\$300.00 \$700.00
\$5.00	Full Card	\$10,000.00
Game 15 DK. BLUE	1 Line 2 Lines	\$500.00 \$1,000.00
Game 16 (Jackpot) GREEN	Inside Square Outside Square	\$2,000.00 \$3,000.00
\$5.00	Full Card	\$15,000.00
Game 17 (Late Bird) *Must Purchase*	Double Postage 4 Postage Stamps	\$1,500.00 \$6,000.00
\$5.00		

**JULY PROMOTION**

**King Queen**

FIRST FEMALE AND MALE TO WIN ALONE  
 ON THE REGULARS  
 WILL GET \$5 BINGO BUCKS  
 ADDED TO THEIR ACCOUNT  
 EVERYTIME THE  
 NUMBER THEY CALLED  
 BINGO ON COMES OUT  
**MONDAY-SATURDAY**  
**12:45PM SESSIONS ONLY**

MUST BE A MEMBER TO PARTICIPATE  
 THIS IS AN IN HALL PROMOTION ONLY

# FOR THE MONTH OF JULY FIREBALL



## IS BACK!!!

FRIDAY'S, SATURDAY'S  
10:15PM SESSIONS  
SUNDAY'S ALL DAY  
THIS IS AN IN-HALL  
PROMOTION ONLY



GARDEN RIVER BINGO ENTERPRISE PRESENTS

# MeGa MoNsTeR BiNgo

Games • Food • Prizes

MONDAY, AUGUST 7th - 12:30PM

DOORS OPEN AT 8:30AM

TICKETS: \$75/strip ADVANCED / \$100/strip AT THE DOOR

4 STRIP MINIMUM PURCHASE  
RESERVED SEATING AVAILABLE!

FOR MORE INFO PLEASE CALL: (705) 253-8718 EXT. 235  
EMAIL: MINIMONSTER@GRFBINGO.COM



20 Syrette Lake Rd. | Garden River ON | P6A 7A1



SALES START APRIL 1ST

# RAFFLE Time



WIN CASH PRIZE  
50/50 SPLIT

August 7, 2023

WINNER WILL BE ANNOUNCED AT OUR MEGA MONSTER BINGO

20 SYRETTE LAKE ROAD, GARDEN RIVER

FOR MORE INFO : 705-253-8718 EXT 227 OR VISIT:  
WWW.GARDENRIVERBINGO.COM

# JULY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July 4th</b> <b>July 16th</b> <b>July 20th</b> <b>July 30th</b> <b>Customer Appreciation Days</b>		<b>FireBall</b> <b>Night owls</b> <b>all day Sunday</b> <b>in hall only</b>		<b>King &amp; Queen</b> <b>Matinee Only</b> <b>Mon - Sat</b>		<b>1 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>
<b>2 NOONLINE Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>3</b> <small>MATINEE &amp; MAIN</small>	<b>4 Twoonic Tuesday</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>5</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>6</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>7 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>8 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>
<b>9 NOONLINE Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>10 Double Points</b> <small>MATINEE &amp; MAIN</small>	<b>11</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>12</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>13</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>14 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>15 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>
<b>16 NOONLINE Night Owl</b> <b>Free Jackpot</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>17</b> <small>MATINEE &amp; MAIN</small>	<b>18</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>19</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>20 free TeePee Matinee only</b> <b>Double Points</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>21 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>22 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>
<b>23 NOONLINE Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small> <b>\$1200 JP</b> <small>all sessions</small>	<b>24</b> <small>MATINEE &amp; MAIN</small>	<b>25</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>26</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>27</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>28</b> <ul style="list-style-type: none"> <li>3x \$1000, 1245pm</li> <li>3x \$1000, 830pm</li> </ul> <b>Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>	<b>29 Night Owl</b> <small>MATINEE, PAY AS YOU PLAY &amp; MAIN</small>

**BINGO HOTLINE (705) 253-8718 PRESS #1**

# Anishinabek Police Service

## 1-888-310-1122



Please call **1-888-310-1122** when you need to make a report with your local APS detachment.

Avoid using the local administrative lines unless it is for Criminal Records Checks or to reach our Court Administrators.

Our offices are not staffed 24/7. Officers are on the road and unable to check voice messages.

When you call the dispatcher they will automatically create an occurrence report and it will be given to an APS officer.

Remember that dispatchers are not from the community and will ask you questions, please be patient as it is their job, and it is for everyone's safety.

Miigwetch for your understanding.

### GRFN Community Newsletter Contact Information

**Irene M. Gray**, Resource Centre Coordinator  
GR Education/Recreation Centre 48 Syrette Lake Road, G.R., ON P6A 7A1  
Phone: 705-946-3933 Ext 210, Fax: 705-946-0413

## 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'bwakaawin— Wisdom**

**Zaagidwin—Love**

**Mnaadendmowin— Respect**

**Aakdehewin—Bravery**

**Gwekwadziwin—Honesty**

**Dbaadendizin—Humility**

**Debwewin—Truth**

**August 2023 Newsletter  
Submission Deadline:  
Friday, July 28, 2023**

Drop off at the GRFN Public Library

Name

Age

Phone

Raspberry Moon  
July 2023



# Mskomini Giizis



# Colour Me!