



Ketegaunseebee - The Creator's Garden

Garden River First Nation Community Newsletter

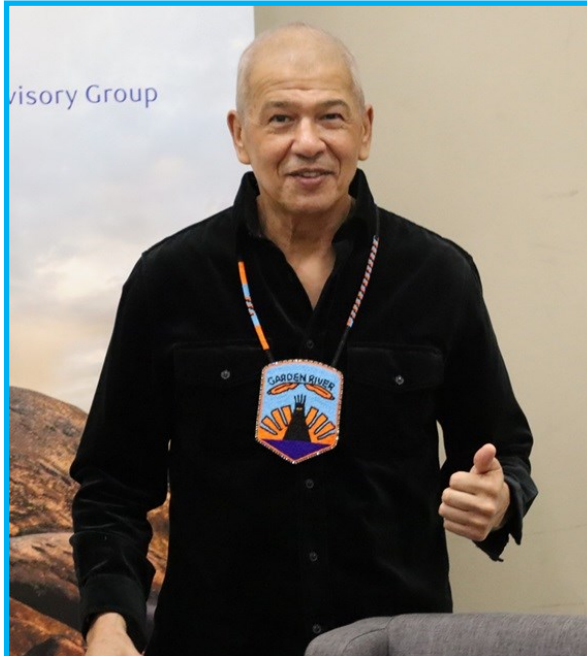
Ted Nolan Book Signing and homecoming at the GRFN Rec Centre.

“Life in two worlds. A coach’s journey from the Reserve to the NHL.”

Local hockey hero **Ted Nolan** was welcomed back by his home community this November at the Garden River Recreation Centre where he was selling, and signing, his new book “**Life in Two Worlds. A Coach’s Journey from the Reserve to the NHL**”. The book is an autobiographical piece about navigating the white world of professional hockey as an Anishinabek person and player. Hundreds of people attended, in hopes of getting to meet and congratulate Mr. Nolan for all his contributions to the sport of hockey and get their book or hockey card signed by the pro himself. More than just a book signing this was a **RBC-sponsored** event that included a spaghetti dinner with all proceeds going to the **Garden River Food Bank—Miijim Gaamig**.

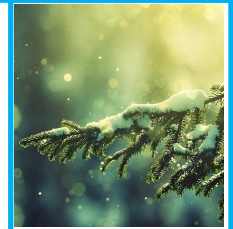
If you are a fan of hockey or even if you are just from the surrounding area, you will know that Ted (“Teddy”, to his friends and relatives) Nolan is an Indigenous hockey legend and a legitimate hometown hero. Garden River and Sault Ste. Marie has always been a hockey hot spot. Players like Ted Nolan (and his sons) are living proof that this area produces great players.

The evening started out with several pledges who raised money to get their heads



shaved in honour of those battling cancer. Overall, the entire night with help from RBC, raised over thirteen thousand dollars for the Garden River Food Bank. The dinner started out with MC Steve Nolan leading the way. A welcoming song was played by the drummers. Speakers included Ketegaunseebee Ogimaa Karen Bell who spoke about how Ted Nolan has inspired multiple generations of Indigenous youth and how he helped her with coaching tips when she was coaching a women’s hockey league.

Batchewana FN Chief Mark McCoy got on the microphone next and thanked Ted for his years of providing inspiration to young Indigenous youth to get out there and play their hardest. MPP Ross Romano made special arrangements to attend the event and spoke about how much he loved Ted Nolan as a player and a person. Mr. Romano reminisced about being a young boy at the games with his father while Ted was coaching the Greyhounds. MPP Michael Mantha spoke on the importance of celebrating local heroes like Mr. Nolan. RBC Presented the Garden River Food Bank with a generous donation of ten thousand dollars. Bringing the night’s total to just over an estimated thirteen thousand dollars raised through pledges and donations.



Little Spirit Moon
Manidoo giizisoons



Chief's Address



Aaniin,

The past months have been extremely busy to say the least. After moving into our newly elected positions, we have completed our few first meetings and are looking forward to keeping the momentum going throughout the new year. As a councillor I was someone who called for accountability and transparency within our administrators. As your chief this is something I still call for. Come by the administration office, and you will find my door is always open. Unless engaged in a meeting, or with another person, I will make myself available to hear your concerns and ideas. We welcome your constructive feedback.

Chief and council would like to take this opportunity to give a Chi-Miigwetch to all Ketegaunseebee staff who have transitioned with us under the newly elected leadership. Your hard work is valued, and the efforts you put forth each day are what helps to keep this community not only running but thriving. We thank you and wish you all the best this coming holiday season.

A small reminder that the administrative building will be **closed** for the holidays as of **Monday, December 25th, 2023. Opening again on Monday, January 8th, 2024.**

As we head towards the end of 2023 into the promising new year of 2024, Ketegaunseebee Chief and Council extend warm wishes of joy and New Year's cheer, to all members, staff, and business partners! May Creator watch over all of us this season and keep us safe, bless our homes with abundance and fill our hearts with generosity. May the new year bring happiness and good health upon us all.

From myself, Chief Karen Bell, and on behalf of Ketegaunseebee council, we wish everyone a safe and happy holiday!

Miigwetch.

Chief Karen Bell.



Our Chief in Other News!

THE SAULT STAR

Published Nov 26, 2023 • Last updated 3 days ago • 1 minute read



Chief Karen Bell poses for a photo at the Garden River First Nation band office on Oct. 19. This photo was taken one month after Bell was voted into office through a local election, where she captured roughly 59 per cent of the vote in a four-way race for the position of chief. PHOTO BY KYLE DARBYSON / THE SAULT STAR

Chief Karen Bell recently made the front page of the Sault Star!

You can read the full article written by Kily Darbyson at the following web address:

<https://www.saultstar.com/news/were-all-striving-to-be-healthy-and-prosperous>

~ Irene

Continued from Front page

Though he was not the first Indigenous player to lace up professional skates, Ted's name belongs among the best! He is not just a professional NHL player who stacked up a total of 433 points over his career while playing with the Red Wings, Sabers, and Islanders; he has also been a very successful hockey coach and community advocate for local food banks. He coached the Soo Greyhounds to three consecutive Memorial Cup tournament berths, leading them to winning the Canadian national junior championship in 1993. From there he went on to coach professionally for his previous team The Buffalo Sabers and then

coached some prestigious international junior team franchises. Today, (alongside his two hockey player sons) he runs a local hockey camp for youth called "3 Nolans- 3N" with his sons Brandon and Jordan. Jordan Nolan is a 3-time Stanley Cup winner who played for the Los Angeles Kings. 3N knows exactly what young players need to make it in minor and professional leagues. Working on weaknesses and building up strengths to make for better all-around players when they grow up and be ready for higher-up league scouts. As they get older, they will have that toolkit of professional knowledge to draw from and put into their playing.

Ketegaunseebee Congratulates Mr. Nolan for all his accomplishments, and for his book *Life in Two Worlds*, which will help our future Indigenous hockey players to navigate between the two worlds.

Chi Miigwetch Ted Nolan! For all your amazing contributions to the legacy of Indian Hockey and for helping to get Garden River First Nation recognized as a true hockey hot spot.

by Dustin Hollings.

GRFN Chief & Council Portfolio Holders	
Chief Karen Bell	karenbell@gardenriver.org
Councillors	Email & Portfolio
Kari Barry	councillorbarry@gardenriver.org Educational Programs, Governance, Nationhood
Darwin Belleau	councillorbelleau@gardenriver.org Administration, Business & Community Development, Capital Infrastructure, Lands & Resources
Kristy Dawn Jones	councillorkristyjones@gardenriver.org Administration, Business & Community Development, Lands & Resources
Lee Ann Gamble	councillorgamble@gardenriver.org Educational Programs, Capital Infrastructure, Social Services
Travis Jones	councillortravisjones@gardenriver.org Business & Community Development, Capital Infrastructure, Lands & Resources
Chester Langille	councillorlangille@gardenriver.org Administration, Governance
Luanne Povey	councillorpovey@gardenriver.org Educational Programs, Governance, Social Services
Candace Sim	councillorsim@gardenriver.org Administration, Governance, Capital Infrastructure, Social Services

Garden River First Nation Chief & Council Portfolio Information		
Administration:	Administration, Finance, Human Resources	
Business & Community Development:	Business Entities, Community Development	
Educational Programs:	Child Care Centre, Education, Language	
Governance:	By-Laws, Governance Committee, Alternative Dispute Resolutions, Membership Committee, Fire Department, Policing, Pandemic & Emergency Response, Cannabis Commission and Tobacco Working Group	
Capital Infrastructure:	Capital Projects, Housing, Public Works, O&M	
Lands & Resources:	Mining, Fish & Wildlife, Forestry, Environment, Lands & Estates	
Nationhood:	Culture/Language, Treaties, Off-Reserve, Special Events, Youth & Elders	
Social Services:	Child & Family Services, Health, Niigaaniin	

Garden River First Nation Chief & Council Assignments		
Organization	Internal/External	Council
Belleville Project Board of Directors	Internal	Kristy Jones
Cannabis Commission	Internal	Chester Langille
Environmental Committee	Internal	Travis Jones
Governance Committee	Internal	Chester Langille, Kari Barry, Luanne Povey, Candace Sim
Justice and Alternative Dispute Resolution	Internal	Chester Langille, Luanne Povey
Ketegaunseebee General Partnership Incorporation	Internal	Chief Karen Bell, Kristy Jones, Travis Jones
Membership Committee	Internal	Candace Sim
Tobacco Working Group	Internal	Darwin Belleau, Travis Jones
Anishinabek Police Services Board of Directors	External/Paid	Chief Karen Bell, Kari Barry
Anishinabek Nation Gas and Tobacco Steering Committee	External	Lee Ann Gamble
Indigenous Woman Anti-Violence Task Force	External	Lee Ann Gamble
Nogdowindamin Board of Directors	External/Paid	Lee Ann Gamble
North Shore Tribal Council Board of Directors	External/Paid	Chief Karen Bell, Travis Jones
Robinson Huron Treaty Trustee	External/Paid	Chester Langille
SSM Community Economic Development Initiative (CEDI)	External	Darwin Belleau, Kristy Jones
SET	External	Kari Barry, Travis Jones
SKG	External	Candace Sim

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	Mnaadendmowin Respect
Zaagidwin Love	Aakdehewin Bravery
Debwewin Truth	Gwekwadziwin Honesty
	Dbaadendizin Humility



Human Resources



We are happy to announce that we have some new additions to the team:

New Hires:

- 🐾 Michaela Hill - Activities Helper
- 🐾 Curt Cress – Public Works Coordinator
- 🐾 Teri Ann Payment – Early Education Worker (P/T)
- 🐾 Mark Berto – Sander Plow Operator
- 🐾 Rachel Alan – Geographical Information System’s Technician
- 🐾 Damian Binda – Sander Plow Operator
- 🐾 Tiffanie Syrette – Personal Support Worker (P/T)
- 🐾 Bill Grawbarger – Director, Social Services
- 🐾 Mark Mavertic – Maintenance/Custodian (P/T)

- 🐾 Debbie Pine – Custodian
- 🐾 DeeAnna Hewson – Administrative Assistant/Clerk
- 🐾 Randy Pine – Cultural Land Based Educator
- 🐾 Adam Solomon – Forestry Coordinator
- 🐾 Ryan Nolan – Sander Plow Operator

Promotions & New Assignments:

- 🐾 Olivia Gray – Customer Service Representative/Scale Operator
- 🐾 Justice Eva – Capital Projects Specialist
- 🐾 Donnalee Boissoneau – Indigenous Support Worker
- 🐾 Sierra Souliere – KYWP Support Worker (Contract)
- 🐾 Brooke Boissoneau – Indian Registry Assistant Administrator
- 🐾 Jaydin Zack – Housing/HR Receptionist (P/T)
- 🐾 Nicole Boissoneau – Jordan’s Principle Case Manager

Please join us in welcoming them to the team and assist in any way you can.

We know that starting a new job can be challenging, so we want all our new employees to know that we’re here to support you.

Welcome to each of you, we know you will do great things and we wish you the best in your new roles!

Human Resources
 Ketegaunseebee
 (Garden River First Nation)
 P: 1-705-946-6300
 F: 1-705-945-1415



RHT Information



FRAUD/SCAM ALERT

GRFN Members.

We have received scam reports regarding the RHT settlement payment. Please be advised that these are not official documents. Any information or payments regarding the RHT Annuities Settlement will come directly from Garden River First Nation leadership. For further questions please call 705-946 6300.

If you have received such letters, please do not hesitate to contact your local police or the Canadian Anti-Fraud Centre.

DO NOT give out any of your personal information, SIN number and/or Banking information.

For up-to-date information regarding the RHT Litigation please visit: <https://www.robinsonhuron treaty1850.com/news>

To report any fraudulent activity please visit <https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>



Christmas Doodles





Great things to donate to
GRFN-MIIJIM GAAMIG
Food Bank



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

Money and Food Donations are greatly appreciated and can be dropped off at Miijim Gaamig Food Bank located at the GRFN Band Office

MIIGWETCH FOR YOUR SUPPORT

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

Hours of Operation

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

PLEASE NOTE: LUNCH CLOSURE (12-1pm)

Food bank access is limited to one visit per month

“Christmas Cheer - 2023”

MIIJIM GAAMIG

(Garden River NIIGAANIIN Program Food Bank)

Is now accepting applications

Registration Deadline: Fri. Dec. 1, 2023

Delivery Date: Wed. Dec. 13, 2023

*To register/further information, please contact Michelle @ the Garden River Food Bank

(705) 946-6300, Ext. 227
Monday – Friday, 8:30 am – 4:30 pm.

Must live on the Garden River First Nation

Volunteers Needed for Delivery!!!



Recipe



Honey Glazed Carrots & Parsnips

Directions

Ingredients

- 1/4 c. olive oil
- 2 lb. carrots, peeled and cut into sticks (about 1/2 inch thick)
- 2 lb. parsnips, peeled and cut into sticks (about 1/2 inch thick)
- 2 tsp. kosher salt
- Black pepper, to taste
- 2 tbsp. salted butter
- 1 tbsp. chopped fresh thyme, plus more for topping
- 3 tbsp. Honey

1. Heat the olive oil in a large skillet over medium-high heat. Add the carrots, parsnips, salt and pepper and toss to coat. Cook, gently tossing occasionally, until the carrots and parsnips are tender and golden in spots, 15 to 20 minutes.
2. Reduce the heat to low and add the butter, thyme and 2 tablespoons honey. Toss until the butter is melted and the vegetables are well coated, 2 to 4 minutes. Transfer to a serving platter, drizzle with the remaining 1 tablespoon honey and top with more thyme.





Wishing you a season full of laughter, love and light! Merry Christmas and Happy holidays to you and yours. -love Gabriella

Happy holidays to all!
Garden River Trustees
& Management



Merry Christmas!



From Irene at the Resource Centre/GRFN PL



Happy Holidays



From the team at the Aggregates Pit

Merry Christmas

From the GRFN Education Unit

Merry Christmas

From

Chief & Council





Happy 12th Birthday
Colby (Lexi) Bailey
Love mom, dad and
Devin!



Happy 20th Birthday
on the 11th.
Autumn Pichette

Love your family xo

Happy birthday
Aunty Paige
(Dec 07),

love always
Ollie & Izzy

Happy big happy birthday to
Amber,
Looking forward to the amazing
things you will do in the next year!
The biggest of wishes and
celebrations!
With much love,
Mom

Happy 93rd Birthday to our
Great Gramma/Gramma Pat Belleau!
Dec 31st
Lots of Love Mila and Sasha Ray

Happy Birthday to Big Cousin/
Niece Riley Belleau!
Dec 13th
Lots of Love Mila and Auntie Sasha

Robert Legris
Sebastian Belleau
JD Marchand
Molly Wabegijig-Skanes
Rene Ojeebah
Michael Robert Joseph Robinson
Kendall Buzzno
Livv Boissoneau

Happy Facebook Birthdays for December!!!

Randy Corbiere
Riley Belleau
Nat Lesage
Shirley A Syrette
Marlene Buller-Lesage
M-b Tee
Lisa Belleau
Joe Sayers

Edith Fyhr
Amanda Cress
Austin Pine
Marlene Syrette
Valerie Pine
Ron Lewis
Eric Tangie-
Nothing

Janie Belleau
Mace Solomon
Kevin Syrette
Tiffany Boissoneau
Zoey Mantovan
Sarah Jane Grant
Feather P. Richard



Happy Retirement to our
mom/grandmother/great grandma

Theresa Belleau

30+ years of being a great and wonderful Homemaker within our
home community of Garden River. We are so ever proud of all your
dedication and hard work for all your clients throughout the years.

It's time to enjoy the finer things in this life!
Lots of Love from your children and grandchildren.



St. John's Church Notice

There will be a worship service most Sundays here, Rev. Bruce McLeish and Rev. Rosalie Goos will be leading the services until Lana can return.

- ✝ December 3 BM
- ✝ December 17 RG
- ✝ December 24 (Archbishop & Anne)

Submitted by Rose Marie Pine

**Christmas
Craft & Vendor Market**

Dec 2 , Dec 9 , Dec 16 & Dec 23

Scentsy ,
Woodworking ,
Homemade baking ,
Stained glass ,
Beading, Painting
and many more !

10 am to 4pm

Immaculate Heart of Mary Church
1082 Highway 17b Garden River

Craft fair organizer for info email at
deni_pine@hotmail.com

IMMACULATE HEART OF MARY PARISH

**Christmas
FUNDRAISER**

Church Basement
1082 Highway 17E, Garden River

SUNDAY, DECEMBER 3RD
DOORS OPEN AT 11:00AM
PRIZE BINGO AT 1:15PM

~ Light Meal ~ Baked Goods ~ Raffles ~
~ White Elephant Table ~ Find Santa Board ~

[ALL DRAWS WILL FOLLOW THE BINGO]

Everyone Welcome!

**ECHO BAY HOLIDAY
VENDOR EVENT**

**COMMUNITY HALL
257 CHURCH ST.**

DECEMBER 3, 2023

10 AM - 4 PM

FREE ADMISSION

Come and shop from many crafters
and small businesses!

**DONATIONS TO THE ECHO BAY
FOOD BANK GREATLY APPRECIATED.**



For Immediate Release
November 26, 2023

Spring Quilt Show Announced

The Stitches From The Heart Quilt Guild will be hosting their bi-annual Quilt Show this Spring. The 'Quilted Garden' show will take place on the Mother's Day Weekend from 10 to 4 on May 11th and 12th at the Tarentorus Sports Club at 56 Avery Road just north of Third Line.

"We have so many wonderful things planned for this year's quilt show" stated Sandra Johnson, Quilt Show Chairperson who announced that the show will be judged. The Guild recruited certified quilt judge Bonnie Rankin who addressed members during our general meeting in September via Zoom. "Bonnie provided members with a lot of valuable information and insight into things she considers when judging" stated Johnson, "Technique and design will be judged equally."

"Quilting is an art form, and as artists, we want to refine our techniques, enhance our skills and improve the construction and design of our quilts" stated Donna St Jules, President of the Guild, "Having our quilts judged will provide positive feedback as well as constructive criticism which will help us to improve our skills. This opportunity to have our quilts judged is one of the perks we enjoy as a member of the Guild." *Individuals interested in submitting Quilts to be judged in the show must be members in good standing as of December 31, 2023. Please contact Alice Marshall, Membership Chair at 705-256-5130 If you are interested in becoming a member.*

Organizing a judged quilt show with about a hundred and fifty quilts requires a lot of planning and organizing. "We have a dedicated committee of 20 members who have been meeting since last year" stated Johnson, "And we will have approximately a third of our membership volunteer in some capacity whether it be making gifts for participants, donating items for the Silent Auction or New To You fundraising activities, helping set up and hang the quilts or volunteering during the Show. It is a lot of work but well worth the effort."

The Quilt Show will have a Sewing Room which is a new addition to this year's show. Laura Coccimiglio and Jennifer Freiburger are planning a variety of workshops and activities during the weekend which will be interactive and include special displays and demonstrations. "We plan on having members demonstrating various techniques throughout the weekend" stated Coccimiglio "and we will have sewing machines and bins of fabric available so people can try their hand at sewing and learn a new technique."

Be sure to mark your calendars so you can enjoy this fun, family friendly activity. For more information about the Quilt Show

contact Sandra Johnson at 705-992-9063 or email at sjohnson52@gmail.com.

Stitches From the Heart Quilt Guild has been providing opportunities for quilters to share, learn and gather with other quilters for more than 30 years and has over 130 members. We meet the fourth Monday of each month at 7:00 p.m. at the Senior's Centre on Bay Street and always welcome new members.

Sandra Johnson
Chair, Quilted Garden Quilt Show
Sjohnson52@gmail.com

Donna St Jules
President, Stitches From the Heart Quilt Guild
(705) 971-5479

2 Spirit Organising Committee Presents

INDIGENOUS ARTS Market

SATURDAY DECEMBER 2ND

The SpeakEasy at Algoma University -
1520 Queen Street East 12:00PM - 4:00PM

Music / Door Prizes /
Shopping / Crafts

For more informaion contact 2socbawating@gmail.com



GRFN Education Unit Presents

Christmas Scavenger Hunt

Open to all GRFN students JK-GR 12

SCAVENGER HUNT ITEMS

- Pinecone/Acorn
- Favourite Mug
- Anything Santa
- Christmas Ornament
- Cedar Leaf



DEADLINE
DEC 13TH

5 \$30 GIFT CARD
DRAWS
DEC 18TH

Send picture of yourself with all scavenger hunt items to photosubmissions@gardenriver.ca

Photo submissions will grant the GRFN Education Unit to publish to our social media such as Facebook and the Newsletter, thank you!

Made with PosterMyWall.com

GRFN EDUCATION
UNIT PRESENTS

PAINT NIGHT

With local artist,
Phil Jones

FOR GARDEN RIVER
HIGH SCHOOL
STUDENTS (GR'S
9-12)
GR EDUCATION UNIT

DECEMBER 13TH
• 5:30 PM
LIMITED SPOTS

SCAN TO
REGISTER!

PAINT NIGHT FOR HS STUDENTS



FOOD / INCENTIVES / BASKET DRAW
Questions | sjones@gardenriver.ca

Enjoy your Christmas Break!



Sometimes the most productive thing you can do is relax
[@callyjanestudio](https://www.instagram.com/callyjanestudio)

GRFN EDUCATION UNIT PRESENTS



FOR GR STUDENTS IN GRADES 6, 7, 8

Christmas Paint Night

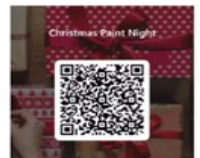
With
Patrick Hunter

DEC
6th

5-7:30 PM
EDUCATION UNIT
LIMITED SPOTS!

LIGHT MEAL & REFRESHMENTS
INCENTIVES
BASKET DRAW

QUESTIONS
dejones@gardenriver.ca |
sjones@gardenriver.ca



Scan to Sign Up!

GR Elementary School

Aanii kina weyaa.....

Baashkaakodin giizis was another very busy giizis (month). Eknoomaage-kweok miinwaa binoojiyak (teachers and students) welcomed the snow with excitement. Kina weyaa (everyone) has ventured in the trails behind the school fence looking for moose and deer. We did not find one, but our elder, Randy, harvested a mooz (moose), waawaashkesh (deer), amik (beaver) miinwaa (and) giigoonh (fish). We were all very excited to experience this, that some of the binoojiyak brought home some weysiyak (animal) parts on the bus. However, the bus company was not happy with us as we did not know that weysiyak (animal) parts are not allowed on buses.

We also continued with reading and learning math on a daily basis. We spent a lot of time outside learning how to share, play and work things out with our friends. We love the goon (snow)!

Aahow, miigwech,
Mona and the school staff and students



Good luck to all students as you complete submit your final assignments, projects and final exams! You almost made it through the Fall 2023 semester....you can do it! Hang in there!

STUDY, STUDY, STUDY!

- If you haven't started to study yet, start now! It is never too early to start.
- It works best if you can actually plan your study sessions into your day & evening.
- Find a quiet place to review, read and reread the chapters in your textbooks, your notes, quizzes, tests, etc.
- Just a few hours of extra studying is sure to bring you better grades.
- Don't forget to rest the night before too!! Staying up all night will not help you do better in any test or exam.
- Remember the better your grades – the more opportunities for you to get scholarships = more money in your pocket!

Brushing Up on Your Study Skills

Are you having trouble studying for that **big test or final exam**? Do you go completely blank as soon as your teacher passes the test papers around? Maybe you just need to brush up on your study skills. Although there's no magic formula to get an A on that big test, here are some helpful **homework tips** that might send you on your way to acing your next big exam!

1. Study Tips - Roll Call

You are never going to do well on your exams if you never **show up for class**. Be sure to attend every class. And, take advantage of any **tutorials** or extra help your **teachers** offer. When you're struggling with a subject, any extra help you can get can make a huge difference.

2. Study Tips - Keep a Routine

Set aside a **specific time** to do your homework and studying every day. Whether that's right after school or after supper, a set **schedule** can often help you focus a lot easier. Don't try to fit your homework around socializing with friends. Homework should be a priority.

3. Study Tips - Shhhh!

If you can't find a **quiet place to focus** on your homework at your house, why not head to the **library**? Be sure you have as little distraction as possible when studying. Avoid watching TV, talking on the phone or playing music that makes you want to dance around the living room while doing homework.

4. Study Tips - Be Inquisitive

If you find that having a friend study for a test with you helps the most, why not make **flash cards** or make **mini quizzes** for one another to answer. The key is to make use of your study time and not turn the get-together into a video game marathon or gossip session.

5. Study Tips - Write it Down

Keep all your notes from your classes and read them over, as well as your **textbooks**. **Make note** of things your teacher has said might be on your test so you can be sure to **review** it. If you're just reading straight from a textbook or novel for class, try **reading aloud**. **Hearing yourself say it while you read often helps you to retain more of what you've read.**

6. Study Tips - Ask For Help

If you are still struggling with forming **good study habits**, don't be afraid to talk to your teachers. Many schools have homework help available to you during lunch or after school. Your teachers may also be able to suggest **tutors** that you could work with.

Test-Taking Techniques

- Always read the directions carefully.
- Sometimes a "memory dump" as soon as you get the exam is helpful. Jot down all formulas, mnemonics, and anything else you can remember from your studies on a blank scratch paper or in the test margins.
- Skim the test to get a sense of what it covers so you can manage your time wisely. Note the "weight" of questions. Questions worth more points should be completed in a timely manner, whereas the questions worth one or two can be finished

after the larger, more difficult ones are complete.

- Do the easiest questions first, and put marks next to the questions you are unsure of. When you have completed the exam, go back and finish the "marked" questions.
- Don't be afraid to ask the professor if you have a question; perhaps others may have the same questions about confusing items or directions.
- Look for key words that might trigger the right answer. Occasionally, the information needed to successfully complete one question lies within another question.
- For essay exams: Before you start, "brain-storm" for a minute so you can recall the information needed to answer the question. Then set up a brief outline of your points so you do not forget anything while you are writing. This way, if you run out of time, you can jot down the items left in the outline for partial credit. If possible, **save time to PROOFREAD!**
- **For multiple choice tests:** Always read all the choices; then mark the answers you know are not correct. Continue until you know the correct answer or can submit an educated guess.
- **For true and false questions:** Watch for words that change the meaning of the statement (i.e., qualifiers like "always" and "never"). And remember, all parts of a statement must be true for the answer to be "true."
- **Always write carefully and legibly.**
- **Ignore the pace** of other students; always take your time.
- Always **save enough time** to go through the test a second time.

GRFN Post-Secondary GENERAL REMINDERS:

- Please make sure that I have your **CURRENT login and password** to access your **Fall 2023 final grades** and your **new schedules** for the **Winter 2024** semester.
- Also, please remember that **if you are making any changes to your educational plans**, you signed a contract stating that you would **inform me** asap - this may include, but is in no way limited to - if you added or dropped a course, if you changed programs, if you

transferred schools, if you decided you needed a break and will not be returning for Winter 2024, if you are having trouble getting to classes, or did you move, etc., etc..... by not informing me of your changes, you may jeopardize your sponsorship. Please keep me informed at all times to avoid any potential sponsorship problems.

NOTE: The earliest that new post-secondary sponsorship is available is not until the Spring/Summer 2024 session. The deadline is March 29th for spring/summer (May to August) sponsorship.

**NOTICE FOR RETURNING
FULL-TIME STUDENTS
RE: BOOKS/SUPPLIES
for JANUARY**

As you know, each full-time student is eligible for the established minimum of \$800 for each academic year. As you also know (from section 1.7 of your PS Operating Guidelines), once you have gone over that amount you are **reimbursed** for any and all **mandatory books/supplies** purchased once all required documentation is

submitted.

NOTE: If you did receive a reimbursement throughout the Fall 2023 semester, your total advance for this upcoming semester is the balance from the \$800: **\$400 per semester without reimbursement in Fall.**

However, if you received a reimbursement in the Fall, your January advance will be minus the reimbursement received.

For example, if you received a reimbursement of \$222 in October, you will only be getting \$178 to start buying your books/supplies in January.

However, when or as you spend more than your next advance in January, please submit the required information and you will be reimbursed immediately.

Do what you need to do to reconnect with those that you like and love to regroup, rejuvenate, chill with and get

yourself ready to return for Winter 2024.

If you ever have any questions, concerns about anything regarding your courses, teachers, or something that is getting in the way of you getting to your classes or getting your work done, or if you just want to chat about your educational goals, please call me at the office: 705-946-3933 ext. 202 OR toll-free at 1-866-518-7806 or email to amjones@gardenriver.ca or send a virtual meeting request.

Anne Marie Jones
Post-Secondary Counsellor



May the coming year lead you and your family on a journey filled with much happiness!

Happy Holidays and Happy New Year to you and your family!

CHRISTMAS SURVIVAL KIT

KIT KAT- TO REMIND YOU TO TAKE BREAKS (KING SIZE IF NEEDED)

GLITTER- TO REMEMBER YOUR CHRISTMAS WILL SPARKLE & SHINE NO MATTER WHAT

CHRISTMAS PHOTO FROM YEARS PAST TO REMIND YOU OF THE JOY IT BRINGS

JINGLE BELL TO BELIEVE IN THE MAGIC OF CHRISTMAS CALENDAR- REMEMBER NOT TO OVERBOOK

HAIR TIE FOR YOU WHEN YOU NEED TO GET DOWN TO BUSINESS POST ITS- TO STAY ORGANIZED

JAR- TO REMIND YOU OF THE MEMORIES THAT WILL BE MADE

HUGS & KISSES- TO REMIND YOU OF YOUR FAMILIES LOVE

COCKTAIL- WHEN ALL ELSE FAILS, HAVE A COCKTAIL, RECHARGE & START AGAIN



The Garden River First Nation Resource Centre/ Public Library's

Services include:

- Printing, blinding, laminating is available.
- Book lending
- Printing services (free for students)
- Reading; craft; kids programs

Additional Info:

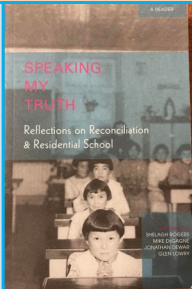
- Free Wifi Available to students & community members
- Ontario Parks Permit—2 parking passes that can be loaned out
- The VR Console/Computer has approx. 30 games available
- 3D Printer — small single colour requests can be printed for a fee

Email:

irene.gray@gardenriver.ca

Or Call:

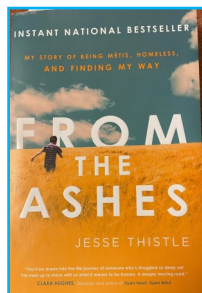
705-946-3933 ext. 210



December's Featured Books

Speaking My Truth. Reflections on Reconciliation & Residential School. *Aboriginal Healing Foundation.* This collection of essays delivers us to the proper work of dialogue, answering some questions but inevitably and necessarily, provoking more.

From the Ashes. *Jesse Thistle.* A memoir of resilience, spirit, and dignity from a gifted storyteller... when you plan to read this book, clear your schedule. It will hold you in its grasp and won't let you go, like a great novel.



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.

Anishinaabemowin Words for the Month:



Miigiwe—gives away



Mawadishiwe— visit



Biboon—it is winter

Birds

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

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

- | | | |
|--------------------------|------------------------------|--------------------|
| AAGASK - grouse | CHIGICHIGANASHI - chickadee | NIKA - goose |
| AANDEG - crow | GAAGAAGI - raven | OJIJAAK - crane |
| ACIKATE - mud hen | KOOKOOKOO - owl | OPISHIG - magpie |
| AJIJAAK - blue heron | MAANG - loon | SINJISI - blue jay |
| ASIGINAK - black bird | MIGIZI - eagle | ZHIISHIIP - duck |
| CHAKOSHKOSH - meadowlark | MOOSHKAOIS - bittern | |
| CHICHISKYA - killdeer | NAANOOKAASIINS - hummingbird | |



THINKING ROCK COMMUNITY ARTS

Fall 2023 / Winter 2024 Programs

Social Fabric Drop-Ins @ Ketegaunseebee

In person @ The Garden River First Nation Public Library, 48 Syrette Lake Road, Ketegaunseebee/Garden River First Nation, ON

Join a diverse team of makers, artists and creative folks as we explore together the textile traditions of Algoma; co-create collaborative art projects; and consider themes of mending and interweaving in art, life and community! No experience needed, supplies provided, and everyone is welcome.

Thursdays once monthly from 4:00 PM to 6:00 PM, including:

- o November 30
- o December 21
- o February 29
- o March 28
- o April 25
- o June 27
- o ...and more dates to come!

For details and to register, email info@thinkingrock.ca

Journaling Support Group

Join Irene once a month at the GRFN Public Library to explore the creative process of journal writing.

Take some time for yourself to create and write; explore different mediums while creating a personal journal that reflects who you are.

Art supplies will be provided, a few journals as well feel free to use/bring your own!

Tuesdays from 5:00 pm - 5:45 pm
November 21, 2023
December 12, 2023
January 23, 2024
February 13, 2024
March 19, 2024
April 16, 2024
May 14, 2024



Join Irene for a 1/2 hour of interactive story telling! Stories will be taken from various Native Content Books and Novels. Content will be based on attendees

Everyone Welcome!
Come in and listen! Enjoy a light snack

Tuesdays 5 - 5:30 pm
December 14
January 18
February 8
March 14
April 11
May 9
June 6



A once a month Social Fabric Drop In Program

With Special Guest
Thinking Rock Community Arts



Join Irene & Guests for an evening of creative art exploration as part of their Social Fabric Drop-Ins

Join a diverse team of makers, artists & creative folks as we explore together the textile traditions of Algoma; co-create collaborative art projects; and consider themes of mending and interweaving in art, life and community! No experience needed, supplies provided and everyone is welcome.

Thursdays 4 -6 pm
November 30
December 21
February 29
March 28
April 25
June 27



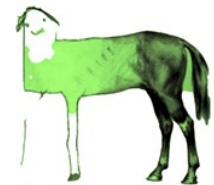
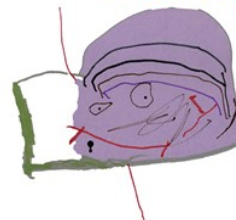
Bad Art Nights

Join Irene once a month to create "BAD ART"

How it Works

You have 25 minutes to GET CREATIVE with the art supplies Make a sculpture, painting, struture, mobile, book, necklace whatever kind of art you want. as long as it is really bad.

I'll set up an exhibition of Bad Art and everyone will vote. The Best Bad Art will wil The Bad Trophy Good Luck!



open to young adults & adults
get in touch with your inner child!

Tuesdays 5 - 5:45 pm
December 5
January 16
February 6
March 5
April 9
May 7
June 4





FLOOR HOCKEY TOURNAMENT



JANUARY 20, 2024

PROCEEDS GOING TO LNHL

\$100/TEAM

3 ON 3 CO-ED TOURNAMENT
MINIMUM 1 GIRL ON FLOOR AT ALL TIMES
AGES 15+

(705) 946-4006

cmoretin@grfnrec.com

rbillingsley@grfnrec.com

The Rec Centre's Christmas Break Hours:

- December 23rd 9am - 4pm
- December 24th CLOSED
- December 25th CLOSED
- December 26th CLOSED
- December 27th 7am - 9pm
- December 28th 7am - 9pm
- December 29th 7am - 9pm
- December 30th 9am - 4pm
- December 31st CLOSED
- January 1 CLOSED

Regular hours for the rest of break.

MEET OUR NEW PERSONAL TRAINER



KEESHA SAUNDERS

Personal Training Older Adult/Group Exercise
Rehabilitation Therapy Sport Specific Training

Contact Info:
ksaunders@grfnrec.com - (705) 946-4005 ext. 251



LUNCH HOUR WORKOUT CLASS

TUESDAY, WEDNESDAY & THURSDAYS
12:15PM - 12:45PM
@ GR REC GYMNASIUM
FREE OF CHARGE

STARTING NOVEMBER 14



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

Hours of Operation

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

Regular Member Prices

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



GROUP FITNESS CLASSES

MONDAYS	TUESDAYS	THURSDAYS
BEGINNER/ INTERMEDIATE 5:00PM-6:00PM	YOUTH 5:30PM - 6:30PM	YOUTH 5:30PM - 6:30PM
	BEGINNER/ INTERMEDIATE 6:30PM - 7:30PM	BEGINNER/ INTERMEDIATE 6:30PM - 7:30PM

RUNNING INDEFINITELY





HOUSING DEPARTMENT

Engaging the community for a vibrant housing system

Survey:

Building a Housing Authority

Each community member who completes the survey will be entered into a draw for a door prize.

The survey will open **Monday, November 27th, 2023** and close **Monday, December 11th 2023**.

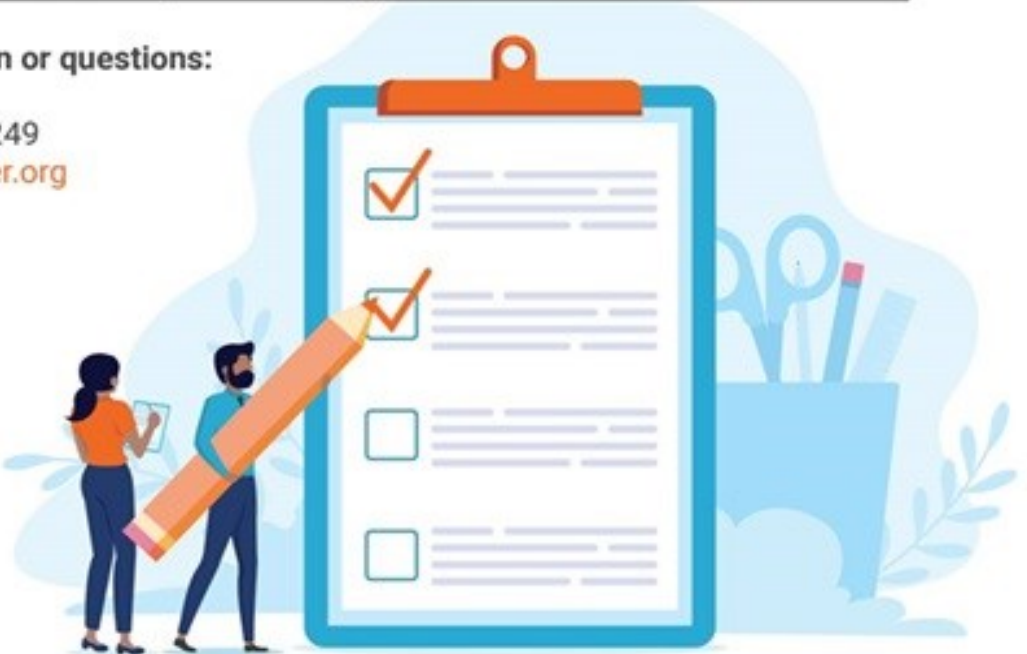
<https://www.surveymonkey.ca/r/GardenRiverHA>

For more information or questions:

Sydney Nolan

(705)946-6300 ext. 249

sydneyn@gardenriver.org



Miigwetch for your input and participation

www.grfnhousing.org



MEMBERSHIP OFFICE NEWSLETTER



The Membership Office is experiencing a higher-than-normal volume of phone and email inquiries. We appreciate your patience as we try to navigate through these busy times.

BAND MEMBERSHIP

The Membership Office is currently processing band membership applications. Please go to <https://www.gardenriver.org/site/membership/> to print the application. Complete all areas, sign and return with the supporting documentation to the Membership Office. The Membership Committee members are Peter Jones, Chair, Deb Belleau-Shawanda, Cindy Belleau-Jones and Terri Tice as technical support.

The process to determine membership is strictly based on family lineage. The committee follows the Membership Code and the 2007 Membership Code Work Plan. The work plan allows for 1st and 2nd generation and

transfer applicants to be taken to the committee and processed. Once approved by the committee, the applicant is taken to the Chief and Council for ratification. The Chief and Council reserves the right to deny an application. If the application is denied, the applicant can request the Membership Tribunal to review the application. The members of the Membership Tribunal are Candace Zack-Coneybeare, James Solomon and Gary Boissoneau.

REGISTRATION

Upon successful registration through ISC, the Membership Office receives confirmation that you are registered with Garden River First Nation. The letter received outlines the details of your registration ie, registry number 199 ..., category 6(1), 6(2), details of lineage. At that time, a status card will be issued to you which states you are registered with Garden River First Nation. As per the

Citizen Registry Regulations (aka The Membership Code)

The Membership code is currently under review. Future dates of community consultations will be posted on social media and posted around the community.

OFFICE HOURS/CONTACT INFORMATION

Monday—Friday 8:30 am—4:30 pm Closed for lunch 12-1;
For more information please call Terri Tice, IRA at 705-946-6300 ext. 246,
email ttice@gardenriver.org
or visit our website at: <https://www.gardenriver.org/site/membership/>



The GRFN Transfer Station located at 216 Noonday Drive is

OPEN

CLOSED SUNDAY AND MONDAYS
&

CLOSED FOR LUNCH
EACH DAY (12-1)

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

Transfer Station hours and Garbage/Recycling pick up during the Christmas Break.

- December 25 CLOSED
- December 26 CLOSED
- January 1 CLOSED
- December 27-29 OPEN 10am - 6pm
- December 30 OPEN 10am - 4pm
- January 2-5 OPEN 10am - 6pm
- January 6 OPEN 10am - 6pm

Garbage pick-up will be December 27,28 as well as January 2,3. Community members are encouraged to please bring their own recycling to the transfer station during the holiday break.



TUES.
DEC.
12 5:00
PM



ELDERS 65+
(AND 1 ADULT GUEST)
CHRISTMAS
CELEBRATION

@ GR COMMUNITY CENTRE

MUSIC GUESTS: *DUSTY ROADS &

*OJIBWE XMAS CAROLS BY HEALTHY BABIES PROGRAM

Turkey Dinner-Draws/Prizes

*Alcohol Free Event *Transportation provided

MUST REGISTER with Selena Belleau 705-946-5710 ext 267

Diabetes awareness

Diabetic Retinopathy - Sceneing for Everyone

What is it?



Non-invasive scan of the eye

It's our duty to stay informed.

Get Screened, stay ahead of the diagnosis.



Available via Appointment

December 4, 2023 - December 20, 2023

For more information, or book an appointment contact:

Brett Corbiere, CHN 705-946-5710 Ext. 207

G'NAADMAAGOOM CHILD & FAMILY SERVICES INVITES YOU TO

THE 5TH ANNUAL

Garden River

Christmas

PARADE



Inviting all Departments & Families to Register a Float!

Saturday

DEC 2nd

@ 6PM

Route: Line up on Shingwauk St. onto Highway to Gemah St. to Greensky & back to Shingwauk St.

All floats will receive an incentive!

**To register your float contact Marie T. Pine
@ 705.450.5071 ext. 214 or mtpine@grcfs.ca**

Most programs are on Zoom. Cameras are to remain on for duration of program.
Off reserve band members are encouraged to participate!

STAFF CONTACT INFORMATION	HOW TO REGISTER FOR A PROGRAM	PROGRAM INCENTIVES/DRAWS
<p>MG—Melissa Grawbarger – mgrawbarger@grcfs.ca x2205 MP – Marie T. Pine – mtpine@grcfs.ca x214 SN—Stevie Nolan—snolan@grcfs.ca x221 BC – Belinda Camara – bcamara@grcfs.ca x202 KM - Kelly Musgrove – kmusgrove@grcfs.ca x206</p>	<p>Please email or call Staff running the program to register! Join by phone, cellphone, tablet, or computer!!</p> <p>**PLEASE REGISTER ONE DAY IN ADVANCE AS SPACES ARE LIMITED**</p>	<p>PROGRAMS – Participants will receive an incentive for every program they attend.</p> <p>FAMILY FUN CHALLENGES – Each family that participates will receive an incentive.</p> <p>LEARNING ACTIVITIES (LA) – Each family that participates in the Learning Activities will receive an incentive</p>



G'NAADMAAGOOM

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

<p>** Reminder** Early Years Drop In Open Tuesdays to Thursdays Please contact Kelly or Belinda for hours and information</p>	<p>Please Note: Virtual participants will not be let in Zoom more than 5 minutes after program start time</p>			<p>1 Family Christmas Dance GR Rec Centre 6-8 pm</p>	<p>2/3 Community Christmas Parade 6 pm</p>
<p>4</p>	<p>5 BC/KM –ZOOM – Making Ornaments 4:30 Parents/Caregivers & Children 0-6 SN/MP/MG – Family Gingerbread House Decorating PARTY 5:00 pm In Person *must call to register</p>	<p>6 BC/KM –ZOOM – The Mitten 4:30 Parents/Caregivers & Children 0-6 MP – Holiday Stress 4:30 Youth 13-24 SN – Just Bead It 5:00 *must call to register</p>	<p>7 BC/KM– LA: Decorate a Gift Bag Parents/Caregivers & Children 0-6</p>	<p>8</p>	<p>9/10 Family Swim Saturday 5-6 pm @ John Rhodes</p>
<p>11</p>	<p>12 BC/KM –Zoom– Christmas Wreath 4:30 Parents/Caregivers & Children 0-6 SN – Holiday Craft 5:00 In Person *must call to register Parents/Caregivers of Children 0-12 MP – JOY Sharing Circle 4:30 Youth 7-12</p>	<p>13 BC/KM –Zoom– Story & Song 4:30 Parents/Caregivers & Children 0-6 MP/SN–Headdresses 4:30 In Person Youth 13-24 *must call to register</p>	<p>14 BC/KM –LA: Handprint Tree 4:30 Parents/Caregivers & Children 0-6</p>	<p>15</p>	<p>16/17 Family Swim Saturday 5-6 pm @ John Rhodes “GRINCH” Family Movie Matinee Sunday @ 10 am *must register</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23/24 No Swim</p>
<p>Staff Program Planning/Preparation</p>					
<p>25</p> 	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30/31 No Swim</p>
<p>Holiday Office Closure (Dec 25—Jan 5)</p>					

Presents:

Family Swim Night

EVERY SATURDAY • 5-6 PM

Starting Sept 16th, 2023 to March 30th, 2024
At the John Rhodes Community Centre

*There will be no swimming October 28th, December 23rd
& 30th, January 6th, and February 3rd*

Rules for swimming at the John Rhodes:

- *Under 7 years of age*: ✓ All children must be directly supervised by an adult, within arms reach.
✓ Limit is 2 children to 1 adult.
- *Children 7-9 years*:
✓ Children must pass facility test to swim alone. If they do not pass, they must be supervised by an adult.
✓ Limit 4 children to 1 adult.
- *Children 10 years and over*:
✓ Able can swim alone.



**For more information contact:
Melissa Grawbarger @ 705.450.5071 ext 205**

WWW.GRCFS.CA

LUNCH 'N LEARN

THURSDAY'S 10am-12pm

GRFN Community Centre

Lunch will be provided

Registration Required

Registration opens Monday's and
deadline will be on Wednesday's @ 4:00

Please register with Stevie
email: snolan@grcfs.ca
Call: 705-450-5071 ext 221

**Incentives for
participation!**



Gingerbread House Decorating Party

Tuesday • December 5th, 2023 • 5-7 pm
• Community Centre •

**Gingerbread House Kits Provided
Dinner & Incentives**

****Deadline to register: Nov 28th, 2023****

Please contact Stevie to register your family
Email: snolan@grcfs.ca
Call: 705.450.5071 ext 221



G'NAADMAAGOOM
Garden River Child and Family Services
Building Strong Families and Communities for our Children

Grinchmas Family Movie Day

Sunday Dec
10:00AM 17th

Galaxy Cineplex

Free Admission!
Free Popcorn!
Free Drink!

**Please arrive early for
concession stand vouchers**
Movie Starts @ 10:30AM

To register your family please contact Stevie

Email: snolan@grcfs.ca

Phone: 705.450.5071 ext 221

Deadline to register: Dec 7th @ 12:00pm

Garden River Band Members / Community Members Only



7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



PLAN AHEAD

Have a plan in place for all your holiday tasks and activities.



BE REALISTIC

Don't stress yourself out by trying to create the perfect holiday.



DON'T WORRY

Don't feel obligated to complete every small thing on your list.



JUST SAY NO

If you have too much on your plate, let your friends and family know.



STAY ACTIVE

Exercise is a great way to deal with holiday stress, and anxiety.



SET ASIDE DIFFERENCES

Enjoy other's company and talk about topics that bring happiness.



ACKNOWLEDGE YOUR FEELINGS

Have a plan in place for all your holiday tasks and activities.





DETERMINE YOUR HOLIDAY GIFT BUDGET

Holiday Gift Budget Factor Formula

1. Set your overall budget.

Your budget should be **reasonable** for your income level.

For the purposes of our example, let's set your budget at \$500.



2. List the people you will buy gifts for.

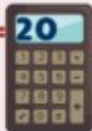
To make your overall budget stick, this list should include **everyone** you need to shop for.

3. Assign point values to the people on your list 1-5.

This is a comparative list with 5 being the highest. The **more money** you intend to spend on someone, the **higher their point value** should be.



$$5+5+4+3+2+1 = 20$$



4. Total the points.

Add the values you assigned to your list. The **sum** of the point values will be used to determine your gift budget factor.

5. Divide the total budget by total points.

This number is your holiday **gift budget factor**.

$$\$500/20 = \$25$$

- Daughter - 5 x \$25 = \$125
- Spouse - 5 x \$25 = \$125
- Mom and Dad - 4 x \$25 = \$100
- In laws - 2 x \$25 = \$50
- Coworker - 1 x \$25 = \$25
- Teacher - 1 x \$25 = \$25

6. Multiply each person's point value by your gift budget factor.

The total number gives you a budget for **each person** in your life.

Shopping without a strategy leaves the opportunity to overspend which leads to debt. This formula allows you to save time and money. In addition, it gives you a clearer picture of how to spend your money on gifts this holiday season. A healthy bank account is a happy you!



Christmas BUCKET LIST

- Eat candy canes
- Bake cookies
- Decorate the tree
- Visit Santa
- Drink a hot chocolate
- Hang stockings
- Wrap gifts
- Look at the light
- Sing Christmas songs
- Go ice skating



Christmas Jokes

1. What is a Christmas tree's favourite candy? *Orna-mints!*
2. Why do reindeer like Beyonce so much? *She sleighs!*
3. Why does Scrooge love Rudolph the Red-Nosed Reindeer? *Because every buck is dear to him!*
4. A gingerbread man goes to the doctor and complains that his knee is sore. *Doc says "Did you trying icing it?"*
5. I have this incredible ability to predict what's inside a wrapped present. *It's a gift!*
6. Where do gingerbread men sleep? *On cookie sheets!*
7. What do gingerbread men use when they break their legs? *Candy Canes*
8. What goes ho-ho-woosh, ho-ho-woosh? *Santa caught in a revolving door.*

Willard Pine's cancer support group will now be meeting at the Dan Pine Healing Lodge on one Sunday every month moving forward. This group has an open invitation to anyone that has been affected by cancer.

The dates for the remainder of 2023 are as follows:
The time for these groups will be 2pm to 5pm.

- December 3, 2023.

The 2024 calendar will be updated in the near future.
Dan Pine Healing Lodge; 200 Anishinawbe Point Road
Questions? Please contact Marie Pine @ 705-255-2139

You are not alone.



Cancer Support Group



MINIDOO GIISOONS 2023

SUNDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 NANDA-GIKENDAN 6PM-8PM	5 WILLARD PINE - TMHC DRUM SOCIAL GROUP - 6:30PM-9PM	6 TRADITIONAL STRESS MANAGEMENT	7 GERRARD SAGASSIGE - THC MEN'S NIGHT 6PM-8PM	8 GERRARD SAGASSIGE - THC	9 GERRARD SAGASSIGE - THC
10 GERRARD SAGASSIGE - THC	11 NANDA-GIKENDAN 6PM-8PM	12 WILLARD PINE - TMHC WOMEN'S NIGHT DRUM CIRCLE 6:30PM-9PM	13	14 BFA - AFTERCARE 5:30PM-8PM	15	16
17	18 NANDA-GIKENDAN 6PM-8PM	19 DRUM SOCIAL GROUP - 6:30PM-9PM	20 NANINAWADEMO (GRIEF SUPPORT GROUP) 5:30PM-8PM	21	22	23
24 31	25	26	27	28	29	30

DAN PINE HEALING LODGE
200 ANISHINABE POINT ROAD
GARDEN RIVER, ON POS 1C0

TELEPHONE
(705)946-5710

WEBSITE
[HTTPS://WWW.GRWC.CA/NON-RESIDENTIAL-PROGRAMS](https://www.grwc.ca/non-residential-programs)

LAURIE SOULIERE - INTAKE WORKER
EXT. 228 | LSOUIERE@GRHC.CA

TERRY WILLISTON - PROGRAM SUPPORT WORKER
EXT. 212 | TWILLISTON@GRHC.CA

JACKSON ZACK-CONEYBEARE - TRADITIONAL HELPER
EXT. 248 | DPHLFACILITATOR@GRHC.CA

TRINITY NESHAWABIN - ADMINISTRATIVE ASSISTANT
EXT. 222 | ADMINASSIST@GRHC.CA

ADORA NAWAGESIC - COORDINATOR
EXT. 208 | DPHLCOORD@GRHC.CA

DAN PINE HEALING LODGE MONTHLY CALENDAR 2023



MINIDOO GIISOONS - LITTLE SPIRIT MOON DECEMBER 2023

TRADITIONAL
Health Management

Wellness Day:
Wednesday December 6, 2023

Relaxing the body, mind, and spirit
Help with improving your quality of life with:

- Increased energy
- Better quality of sleep
- Managing stress, anxiety, and depression




Help to ease symptoms of different alignments of:

- Joint and muscle pain
- Diabetic feet
- Arthritic pain
- Age-related conditions

Traditional Stress Management includes:
Various Massages
Aroma therapy
Reflexology
Reiki

BOOK NOW!

you MUST register for this program
There are limited spots.
Call (705)946-5710 ext. 228
or email dphlinfo@grhc.ca




DAN PINE HEALING LODGE
TRADITIONAL MENTAL HEALTH HEALER

WILLARD PINE

BY APPOINTMENT ONLY
TUESDAY
DECEMBER 5 & 12 2023

200 ANISHNAWBE POINT RD, GARDEN RIVER, ON

TO BOOK AN APPOINTMENT:
CALL 705-946-5710 EXT. 228
OR EMAIL DPHLINFO@GRHC.CA

Women's Night Drum Circle

DAN PINE HEALING LODGE
TUESDAY
DECEMBER 12TH 2023

FROM 6:00PM TO 8:00PM
200 ANISHINABE POINT RD

LEAD BY LAURIE SOULIERE AND INVITED SINGERS

LEARN HOW TO DRUM, LEARN SONGS AND HOW TO SING FROM EXPERIENCED SINGERS

COME SOCIALIZE AND HAVE AN EVENING OF FUN

MORE INFORMATION
CONTACT DPHLINFO@GRHC.CA
OR 705-946-5710 EXT 228





Dan Pine Healing Lodge




MEN'S NIGHT

LEAD BY GERRARD SAGASSIGE ON DECEMBER 7TH

Join us for an evening of Traditional men's teachings, concluding with a warm meal.

Thursday, December 7th 2023
6:00pm to 8:00pm
SUPPER PROVIDED, PRE-REGISTER FOR MEAL

To Register: Call 705-946-5710 Ext 228
or email dphlinfo@grhc.ca

Beauty From Ashes After Care Program

With Laurie Souliere

DECEMBER, 14TH, 2023
3 5:30PM TO 8:00PM

Topic:
My Action Plan - Medicine Wheel of Care & Revisiting Our Self Care for the New Year

A support group for past participants to continue their healing and learning of the BFA skills.

Registration Appreciated, Supper Provided

TO REGISTER: CALL 705-946-5710 EXT 228 OR EMAIL DPHLINFO@GRHC.CA

200 Anishinabe Point Road, Garden River First Nation





DAN PINE HEALING LODGE
TRADITIONAL HEALTH HEALER




GERRARD SAGASSIGE

DECEMBER 7TH, 8TH, 9TH, & 10TH

BY APPOINTMENT ONLY

200 ANISHNAWBE POINT RD, GARDEN RIVER, ON

TO BOOK AN APPOINTMENT:
CALL 705-946-5710 EXT. 228
OR EMAIL DPHLINFO@GRHC.CA




DAN PINE HEALING LODGE
NANDA-GIKENDAN
TRADITIONAL SKILL BUILDING

Discover Traditional skills, Share Wisdom and Connect at the Dan Pine Healing Lodge!

LEARN NEW TRADITIONAL SKILLS
ENGAGE IN MEANINGFUL CONVERSATIONS
SHARE YOUR WISDOM

MONDAY, DECEMBER 4TH, 11TH, & 18TH
LEAD BY JACKSON ZACK-CONEYBEARE
6PM-8PM

200 ANISHNAWBE POINT RD, GARDEN RIVER, ON
TO SIGN UP AND FIND OUT MORE: CALL 705-946-5710 EXT. 228 OR EMAIL DPHLINFO@GRHC.CA

DAN PINE HEALING LODGE

NANIINAWADEMO

FORMALLY KNOWN AS JOURNEY OF GRIEF
A WELLNESS CIRCLE: DEDICATED TO GRIEF SUPPORT

Lead by Laurie Souliere



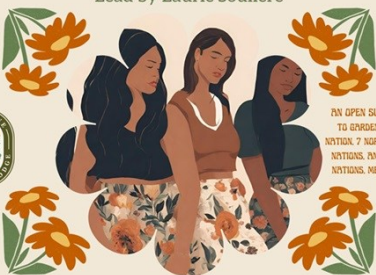
AN OPEN SUPPORT GROUP TO GARDEN RIVER FIRST NATION, 7 NORTH SHURT FIRST NATIONS, AND OTHER FIRST NATIONS, METIS AND INUIT

December 20th 2023
5:30pm to 8:00pm

TOPIC:
Honoring our loved ones or any loss during the holidays

200 Anishinawbe Point Rd, Garden River, ON
1-705-946-5710 Ext 228
dphlinfo@grhc.ca

Supper Provided, Please Pre-Register

DAN PINE HEALING LODGE

Drum Night

TUESDAY
DECEMBER 5TH 2023
DECEMBER 19TH 2023

DOORS OPEN AT 6:30PM
200 ANISHINABE POINT RD

DRUMMING & SINGING LEAD AND TAUGHT BY INVITED SINGERS

LEARN HOW TO DRUM, LEARN SONGS AND HOW TO SING FROM EXPERIENCED SINGERS

COME SOCIALIZE AND HAVE AN EVENING OF FUN

MORE INFORMATION
CONTACT DPHLINFO@GRHC.CA
OR 705-946-5710 EXT 228







Christmas Charity

TIS THE SEASON TO GIVE!

Stuff A Box
Need to get rid of some toys? Come donate them to our Bingo Box, that is part of the "Stuff A BUS" Charity Event in SSM

50/50 Christmas Raffle
Remaining proceeds will be donated to your local charity services! ie: GR Food Bank, Arch Hospice.

1 for \$2
3 for \$5
15 for \$20

STUFF THE BUS

HAPPY HOLIDAYS

Thank You For Your Support!



HOLIDAY CLOSURES

- DECEMBER 24TH CLOSED AT 3PM
- DECEMBER 25TH CLOSED
- DECEMBER 26TH 6:30PM (ONLINE BINGO ONLY 4/\$1000'S)
- JANUARY 1ST CLOSED

HAPPY HOLIDAYS FROM STAFF AND MANAGEMENT AT GARDEN RIVER BINGO



MINI MONSTER BINGOs

WEDNESDAY

DECEMBER 20TH

ONLINE AND IN HALL

3/\$1000 @ 12:45PM
4/\$1000'S AT 6:30PM

GARDEN RIVER BINGO

DECEMBER 26TH

ONLINE 6:30PM ONLY

Attendance DRAW

Every 10 sessions you attend receive a ballot and get entered into a draw and win a...

Gift Certificate Bundle!

Start Date: December 1st 2023

Draw Date: Sat. December 23th 6:30 Main bingo

Total Value: \$100

Must be in Attendance to collect winnings!

'Perfect for Christmas Gifts'

Merry Christmas

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



DECEMBER PROMOTION



FREE STRIP SATURDAY CONTINUES
MUST BE A MEMBER IN HALL ONLY



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

Christmas Joy Bingo

Ages 4-12

****Must be Accompanied by an ADULT****

December 17th 2023



Line Up

- 1st Reg-1 line/4 corners
- 2nd Reg-1 line/4 corners
- 3rd Reg-1 line/4 corners
- 4th Reg-1 line/4 corners
- 5th Reg-1 line/4 corners
- 6th Reg-1 line/4 corners

All Regular games = Medium Prize
 Jackpot game -Inside Square = Medium Prize
 Jackpot game -Outside Square= Large Prize
 Jackpot game -Full Card = XLarge Prize

Doors Open @ 8:00am
Bingo Starts @ 9:00 am

\$20/Child

INCLUDES:

- ~2 Strip Bundle / Eggo Waffle
- Juice Box / Treat Bag

FOR MORE INFORMATION, CONTACT PROMOTIONS @ 705-253-8718 ex. 234, or email: info@grfnbingo.com



December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW YEARS EVE BINGO 10x\$1000JP	FREE STRIP SAURDAY CONTINUES (IN HALL ONLY)	ATTENDANCE DRAW 50/50 RAFFLE	Christmas Joy Bingo		1 MATINEE, PAY AS YOU PLAY & MAIN	2 FREE STRIP DAY IN HALL ONLY MATINEE, PAY AS YOU PLAY & MAIN
3 <i>No Online</i> MATINEE, PAY AS YOU PLAY & MAIN	4 MATINEE & MAIN	5 MATINEE, PAY AS YOU PLAY & MAIN	6 FREE STRIP DAY MATINEE, PAY AS YOU PLAY & MAIN	7 MATINEE, PAY AS YOU PLAY & MAIN	8 MATINEE, PAY AS YOU PLAY & MAIN	9 FREE STRIP DAY IN HALL ONLY MATINEE, PAY AS YOU PLAY & MAIN
10 <i>Double Point</i> <i>No Online</i> MATINEE, PAY AS YOU PLAY & MAIN	11 MATINEE & MAIN	12 MATINEE, PAY AS YOU PLAY & MAIN	13 FREE STRIP DAY MATINEE, PAY AS YOU PLAY & MAIN	14 MATINEE, PAY AS YOU PLAY & MAIN	15 MATINEE, PAY AS YOU PLAY & MAIN	16 FREE STRIP DAY IN HALL ONLY MATINEE, PAY AS YOU PLAY & MAIN
17 <i>kids toy bingo</i> <i>No Online</i> MATINEE, PAY AS YOU PLAY & MAIN	18 MATINEE & MAIN	19 MATINEE, PAY AS YOU PLAY & MAIN	20 <i>Double Point</i> 4/\$1000's FREE STRIP DAY MATINEE, PAY AS YOU PLAY & MAIN	21 WINTER MATINEE, PAY AS YOU PLAY & MAIN	22 MATINEE, PAY AS YOU PLAY & MAIN	23 6:30 Main Gift Certificate Draw FREE STRIP DAY IN HALL ONLY MATINEE, PAY AS YOU PLAY & MAIN
24 <i>Christmas Eve</i> <i>No Online</i> MATINEE, PAY AS YOU PLAY	25 CLOSED MERRY CHRISTMAS	26 4/\$1000's online only BOXING DAY	27 FREE STRIP DAY MATINEE, PAY AS YOU PLAY & MAIN	28 MATINEE, PAY AS YOU PLAY & MAIN	29 MATINEE, PAY AS YOU PLAY & MAIN	30 FREE STRIP DAY IN HALL ONLY MATINEE, PAY AS YOU PLAY & MAIN

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



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

***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.

Posted June 23, 2023



Simple Steps for Safely Walking At Night



REFLECTIVE GEAR:

Many athletic jackets, shoes, and pants are made with reflectors. Reflective bands or tape can also be used to be seen.



LIGHT UP THE WAY:

Use a headlamp or flashlight to light up your route.



BE CAUTIOUS OF TRAFFIC:

Be aware of traffic around you. Face oncoming traffic to see approaching headlights



BRING A FRIEND:

Drivers are more likely to see two walkers than one. Walking with a friend is also more enjoyable.



LAYER UP:

Stay warm and layer up. You can wrap jackets around your waist if you get warm. Mittens and hats can fit into pockets.

Keep Safe Everyone!



GARDEN RIVER FIRST NATION RESTORATIVE JUSTICE PROGRAM



what is restorative justice?

JOIN ME ON DECEMBER 13TH @ GRFN
RECREATION CENTRE
5:00PM-8:00PM



**DINNER
&
INCENTIVES**



TO REGISTER EMAIL OR CALL JUSTICE
WORKER - ROBYN HACHE:
(705)946-6300 EXT 244 |
RESTORATIVEJUSTICE@GARDENRIVER.ORG

Dial *677
or
1-888-310-1122

For non urgent matters

POLICE SERVICE

IF YOU SEE IT REPORT IT

1-888-310-1122
1-800-222-TIPS(8477)

"Our communities are suffering at the hands of outsiders taking advantage of our people. We are plagued by drugs, gangs, shootings, overdoses, and violence. Let's not forget that these same people are responsible for taking away young women from our communities for human trafficking. These people prey on us because we have been silenced by our own fears. Police need actionable information.

If you see it, report it.
You will remain anonymous, but your information will not go unheard."

What is actionable information?

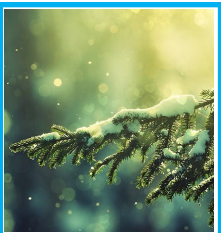
DO

- Call a dispatcher
- Alert Crime Stoppers
- File a police report
- Provide first hand info

POLICE SERVICE

DON'T

- Call the Band Office
- Tell info for a friend
- Wait too long to call
- Post on social media



Little Spirit Moon
Manidoo giizisoons

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

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.

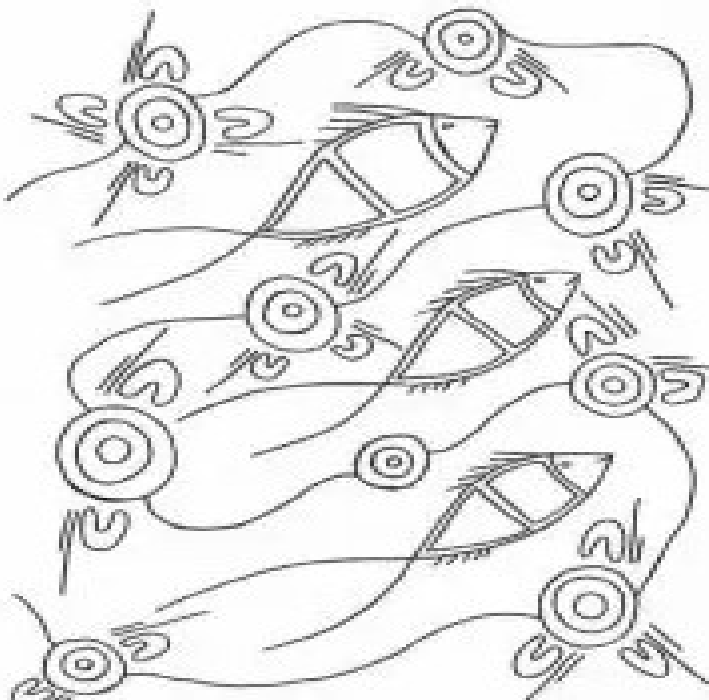
Remember that dispatchers are not from the community and will ask you questions, please be patient as it is their job, and it is for everyone's safety.

Miigwetch for your understanding.

January 2024 Newsletter
Submission Deadline:
Friday, January 8, 2024.

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
Email: irene.gray@gardenriver.ca Website: <https://urlis.net/xvdb0>



Colour Me!

Drop off at the GRFN Public Library	
Name	
Age	
Phone	

