



Ketegaunseebee - The Creator's Garden

# Garden River First Nation Community Newsletter



**NOV 7 2023  
6:00 PM**

## Garden River Recreation Centre

48 Syrette Lake Rd,  
Garden River, ON P6A 7A1

CONTACT: 705-946-6300  
kjones@gardenriver.org or  
communications@gardenriver.org



## Monthly General Community Meeting

Garden River First Nation strongly encourages our members of the community to attend.

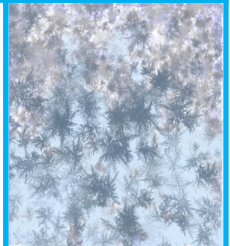
- A light snack will be provided for attendees
- Shuttle service provided for Elders, if required

### Join Zoom Meeting

<https://us06web.zoom.us/j/88959609003?pwd=8oseeBJNnyrY9Q2fbwUFreD9hQnlzk.1>

Meeting ID: 889 5960 9003

Passcode: 044472



Freezing Moon  
**Baashkaakodin-Giizis**



**GARDEN RIVER  
WELLNESS CENTRE**

Collaborating with Anishinabek Nation's Reconciliation and Justice program and Garden River Wellness Centre.

### CARING FOR OUR ELDERS: UNDERSTANDING ELDER ABUSE & FINANCIAL LITERACY

With special guests from the Legacy of Hope Foundation.



An Educational Opportunity for the Elders and Community Members of Garden River First Nation.

**SESSION FOR ELDERS: NOV 28, 10AM TO 3PM**  
**SESSION FOR COMMUNITY: NOV 28, 6PM TO 9PM**  
**AT THE GARDEN RIVER COMMUNITY CENTRE**

To take part, get in touch with the Social Activities Coordinator for Garden River, Selena Belleau, at 705-946-5710, or Kristy Jones, the Justice Manager for Anishinabek Nation, at [kristy.jones@anishinabek.ca](mailto:kristy.jones@anishinabek.ca).



## Remembrance Day Ceremony

10:45am, November 11th, 2023

VETERANS MONUMENT  
BESIDE THE BAND OFFICE

Lunch to follow at the Community Centre

contact: 705 946 6300  
[info@gardenriver.org](mailto:info@gardenriver.org)





**Historic Oath of Office Ceremony turnout celebrating first female Ketegaunseebee Chief Karen Bell.**

On the evening of October.4.2023, the Garden River Recreation Centre was at capacity attendance to witness a historic event. The Oath of Office Ceremony for Ketegaunseebee’s first ever female chief, Karen Bell! Many people from the community and city attended to celebrate the election results and offer personal congratulations to Chief Bell and the newly elected council members.

“We ran out of chairs and had to bring more from other locations.” Said one of the helpers setting up additional tables for a room that was quite possibly as full as it had ever been. The evening started with a prayer in Anishinabek language followed a traditional drum song to welcome in the ancestors and start off in a good way. There were almost one thousand people in attendance, and everyone was fed a delicious dinner prepared by the Silver Creek Golf Course Catering team. After dinner, MC Jonathan Nolan called everyone back to their seats and quieted the hall down. He then called up Chief Bell to deliver her acceptance speech, and she was greeted with the applause of a full standing ovation.

She thanked everyone who helped her campaign and all who voted for her. She went on to speak of her pride in being from Garden River. Her hopes for the future generations and how she will continue to fight for the inherent rights of all Garden River members by upholding the legacy of Chief Shingwaukonse, “[He] walked from this very community, all the way to Niagara Falls and fought in bloody battles just so we could have a better future... That future is now!” she signed off to another round of applause.

The Chief’s speech was followed by introductions and miigwetch speeches from all council members. Kari Barry, Darwin Belleau, Kristy Dawn Jones, Lee Ann Gamble, Travis Jones, Chester Langille, Luanne Povey, and Candace Sim all made brief but poignant speeches. They thanked their families, their supporters, and promised to do their best to represent the community in an honest way. After the council members had finished speaking, elder Steve Nolan called upon any



past chiefs and council members to join in the act of gifting Karen Bell a beautiful Ketegaunseebee quilt with the community logo and colours prominently displayed. She was then wrapped in the quilt by the past community leaders and officially welcomed as “Ogimaa (Chief) Bell of Ketegaunseebee” for the community’s first ever, four-year term.

Congratulations Ogimaa Karen Bell and Council members, on being elected to serve the first ever four-year term!

Dustin Hollings; Communications Specialist



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

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



## Successful First Nations Housing Partnership Recognized by CHRA.

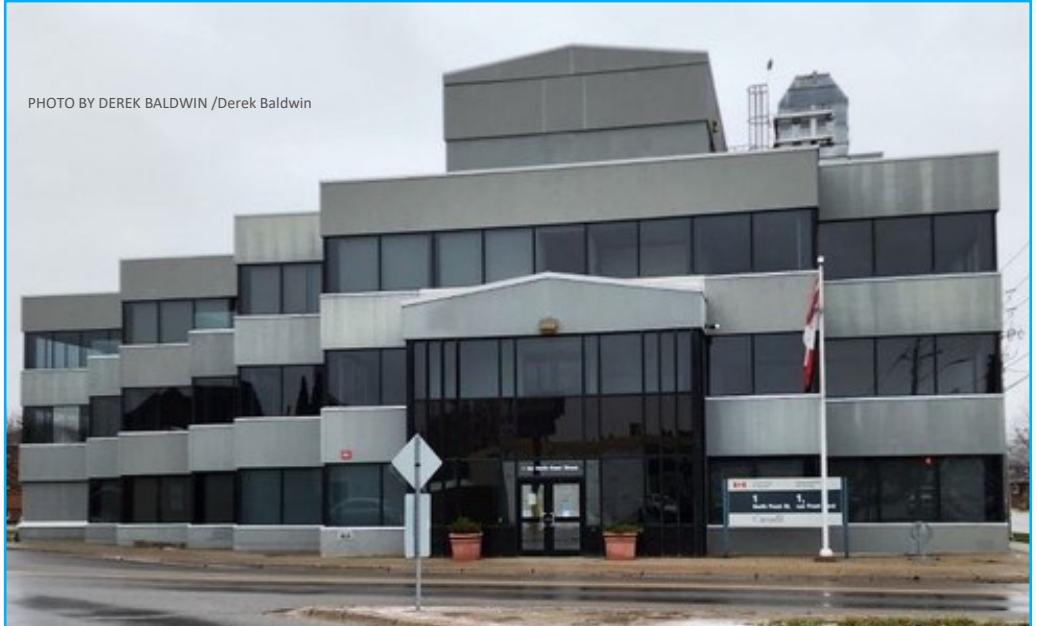
The Community Housing Recognition Awards (CHRA) took place in late October of this year. CHRA is an organization that recognizes First Nations who are making successful strides in advancing housing initiatives on, or off, their communities. CHRA celebrates the achievements of the awarded communities and showcases their projects to inspire others. This year the partnership between Mohawks of the Bay of Quinte, Missanabie Cree First Nation, alongside our own Garden River First Nation, were recognized for their innovative reimagining/repurposing of an outdated government building in Bellville Ontario.

When most people in Bellville drove past an aging out-of-use government building they saw an eyesore. Mohawks of the Bay of Quinte saw an opportunity to refurbish, renovate, and rent-out, luxury apartments which also included subsidized housing for First Nation People living off-reserve in the Bellville area. They had the idea but needed partners to shoulder the cost and risks involved. The Cree and Ojibway of Missanabie and Garden River accepted their partnership offer and got involved at

the ground level. For seeing through their innovative idea of refurbishing an old building into multiple housing units, CHRA has recently chosen to recognize the efforts of these Indigenous communities on their groundbreaking partnership by awarding them the **Ontario Regional Community Housing Recognition Award**.

Congratulations to all for being awarded this special mention, and for inspiring others with your ideas and work. We hope that this endeavour is one of many successful co-ventures of separate First Nations getting into similar business partnerships.

Dustin Hollings  
Communications Specialist.



These communities have created Sagonaska Place, an Indigenous owned multi-unit resident property for Indigenous residents. The impact of these project will allow many families to live in a safe, health and affordable home.

In addition, the partnership has recently acquired a former federal office building. This office building will be renovated from office space into affordable housing rental units for Indigenous peoples living off reserve.

This housing project has had positive effects on multiple communities, in terms of creating both safe and sustainable housing.

For these achievements, Mohawks of Bay of Quinte, Garden River First Nation and Missanabie Cree First Nation are being awarded a Community Housing Recognition Award for 2023.

**CONGRATULATIONS TO MOHAWKS OF BAY OF QUINTE, GARDEN RIVER FIRST NATION & MISSANABIE CREE FIRST NATION!**



firstnationshousingconference.com PRESENTED BY FNH COMMUNITY

### MOHAWKS OF BAY OF QUINTE, GARDEN RIVER FIRST NATION, MISSANABIE CREE FIRST NATION

#### 2023 HOUSING RECOGNITION AWARD RECIPIENT

Mohawks of Bay of Quinte, Garden River First Nation and Missanabie Cree First Nation continuously strive to build capacity in the Belleville area. A unique partnership that strives to provide affordable housing for more than just one community.

Each community has brought their own strength to the partnership, which has made this project more than just another housing project. The Belleville Affordable Housing LP is an economic reconciliation where three First Nation communities have partnered to revitalize a government building into affordable residential units for Indigenous community of Belleville. Like many other urban centres, members struggle to find a safe and affordable place to live.



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Photo: Frank Asennaienton Horn, Director, Indigenous Partnerships, Summers & Co, Les Nolan, Councillor, Missanabie Cree First Nation, Nancy Pine, member, representing Garden River First Nation and Tom Kring, Director of Housing, Mohawks of the Bay of Quinte accepting the 2023 Community Housing Recognition Award at the First Nations Housing Conference in Thunder Bay on October 25, 2023.

For more information visit: <https://firstnationshousingconference.com/chra2023/>

Submitted by: Nancy Pine



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

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**



**Slow Cooker Baked Spaghetti**

6 quart slow cooker or larger.

**Ingredients**

- 48 oz Pasta sauce
- 1 1/2lbs ground beef
- 1/2 cup diced white onion
- 1 minced garlic clove
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 lb spaghetti noodles

Cheese topping after sauce cooks:

- 1/2 cup cream cheese

- 1 cup ricotta cheese
- 1/4 tsp salt
- 2 cups shredded mozzarella cheese

**Instructions:**

1. pour the jars of sauce in to the slow cooker. In a large skillet set over medium– high heat, brown the meat and onions together. After meat is browned add the garlic, cook for a minute longer. Drain the fat. Add the salt, pepper, oregano, basil and stir. Pour the meat onto the sauce in the slow cooker and stir.
2. Cover and cook on low for 6 hours without opening the lid during the cooking time.
3. After the cooking time is up, cook the noodles as directed on the package in boiling water on the stove-top.
4. Drain the noodles and add them to the meat sauce in the slow cooker. Stir, then flatten the noodles into an even layer.
5. In a small bowl combine the cream cheese, ricotta and salt.
6. Dollop the cream cheese mixture over the spaghetti, then use a spatula to even it out over the spaghetti. Add the mozzarella.
7. Cover and cook for an extra 20 minutes on low.
8. Serve and enjoy!



# GRFN Fire Department



The GRFN Fire Department had a busy few weeks in October with Fire Prevention Week and their Enbridge Natural Gas Awareness training.

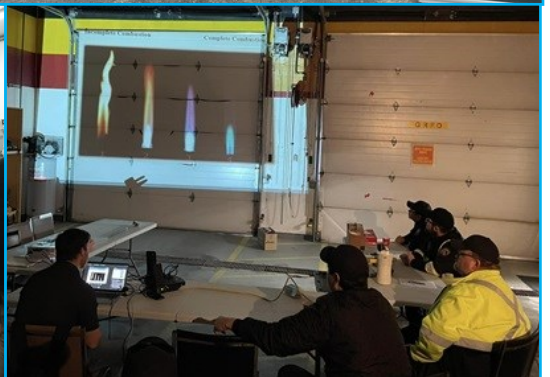
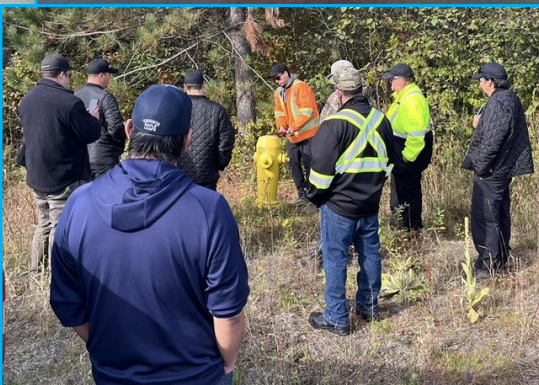
They will be visiting our elders during the week of 5 to help change batteries or test smoke alarms during the time change.

With "FALL"ing back an hour, it is a good time to change out old batteries and test your alarms.

Tim JR Johns



A public safety message from the International Association of Fire Fighters



**Garden River Fire Department and Enbridge Inc.  
team-up to raise awareness for  
Natural Gas Safety Week.**

Would you know what steps to take, if you thought there could be a natural gas leak in your area? Do you know what to smell for, and who to contact? Enbridge Inc. in partnership with GRFD, want you to know that a natural gas leak smells like “rotten eggs”, and if you do smell it... You and anyone around should leave the area immediately. Do not smoke, light matches, or light candles. Do not use any phones, electrical switches, or even a doorbell. Get out of the affected area and call Enbridge gas leak hotline at **1-866-763-5427** or **911**. Make sure you have the address of the suspected leak ready when you call.

This year’s Natural Gas Safety Week saw Enbridge Inc. visiting GRFN to complete the Safe Community Project Zero campaign. Safe Community Project Zero is an initiative that makes it possible for GRFD and Enbridge to distribute free smoke/CO detectors to people of the community. A good day was had by all and even Ogimaa Karen




Bell showed up to shake some hands and give out new detectors. Many thanks to the firemen of GRFD for their services and for securing initiatives such as this one. GRFD would like to remind everyone to make sure to test your alarms monthly. Replace your batteries yearly and swap out any detectors that are 10 or more years old. This message has been approved by the Garden River Fire Department.



Happy Birthday Eagle!  
Here's to another 50  
years of breaking  
all the rules!

Love, Jodi, Lucas, Ted,  
Evelyn, Clara and Milly



Happy Birthday to my niece,  
Randi Jones,  
November 27<sup>th</sup>

Happy Birthday to my brother,  
Wesley Jones (Fellers)  
November 27<sup>th</sup>


Love Trixie’s Gang

Happy 13th Birthday  
Cam!

love: Gram & Papa, Dad, Kade &  
Wade, Auntie & Josh and Indya

Happy Birthday Auntie Brooke!  
(NOV 1)

Love Always; Axel & Emma



September 28, 2023

Chief Karen Bell  
Garden River First Nation  
7 Shingwauk Street  
Garden River, Ontario  
P6A 6Z8


Dear Chief Bell,

On behalf of Enbridge Gas, I would like to take this opportunity to congratulate you on your election as Chief of Garden River First Nation.

Much like yourself, we believe that building and growing long-term relationships are important. Please know and trust that we are committed and engaged in meaningful dialogue with Indigenous peoples based on mutual respect and trust. As a part of our approach to building relationships with Indigenous communities, Enbridge Gas engages four areas of focus: consultation and engagement, business and economic development, community partnerships, and skills and development training. We would welcome the opportunity to discuss these areas of focus with you in the future.

Please accept our sincere congratulations on your appointment and know that Enbridge Gas looks forward to further building upon our relationship with Garden River First Nation.

Sincerely,



**Nicole Lehto** (she/her)  
Director, Northern Region Operations

ENBRIDGE GAS  
1211 Amber Drive, Thunder Bay ON P7B 6M4  
Safety. Integrity. Respect. Inclusion.

A Big Happy 14th Birthday to  
my oldest beauty,  
Brynn Thibault  
on November 22nd! Already!  
I hope you have an amazing  
day and year..  
I am so proud to call you  
mine!  
We love you so much!!  
Aakuluk!  
Love Anaana and your little  
sisters! ♥





**Congratulations to Indya for selling 500 bracelets and donating \$500 to ARCH HOSPICE.**



**Looking for  
Crafters+  
Vendors**

## Christmas Market

If interested in becoming a vendor contact  
Deni by email - [deni\\_pine@hotmail.com](mailto:deni_pine@hotmail.com)  
\$25.00 per table, per day  
Lunch provided for participating vendors  
Hope to see you there

**Immaculate Heart of Mary Church  
Dec 2, Dec 9, Dec 16, Dec 23  
10am - 4pm**

Made with PosterMyWall.com

### 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.

- † November 5 BM
- † November 19 BM
- † November 26 BM
- † December 3 BM
- † December 17 RG
- † December 24 (Archbishop & Anne)

Submitted by Rose Marie Pine

**NOVEMBER 8 IS  
NATIONAL  
ABORIGINAL  
VETERANS DAY**



# 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](mailto:deni_pine@hotmail.com)





KETEGAUNSEEBEE  
GARDEN RIVER FIRST NATION

7 SHINGWAUK STREET, GARDEN RIVER, ON, P6A 6Z8 | P 705.946.6300 F 705.945.1415 | WWW.GARDENRIVER.ORG

FOR IMMEDIATE RELEASE

**TO:** GRFN Members and Citizens  
Media  
**FROM:** Ketegaunseebee Chief and Council  
**DATE:** November 2, 2023  
**RE:** Robinson Huron Annuity Settlement

ROBINSON HURON ANNUITY SETTLEMENT

November 1<sup>st</sup>, 2023, Garden River First Nation, Ontario – Chief Karen Bell of the Garden River First Nation announced the approval of the Settlement Agreement on October 30<sup>th</sup>, 2023, marking a momentous step toward equitable sharing of profits, as a direct result of the extraction of resources within the Robinson Huron Treaty area of Northeastern Ontario. This historical settlement was reached between 21 Robinson Huron Treaty First Nations, Canada and the Province of Ontario.

“After years of perseverance, this marks a new chapter for Garden River First Nation, firmly rooted in respect and co-existence,” stated Chief Bell. “Our ancestors envisioned collaboration based on equality and Nation to Nation relationships and today, we move closer to that vision. We stand by that vision and the special relationship we have with the Crown.”

Chief Bell emphasized, “This is more than just compensation; it’s about acknowledging and reaffirming the original intent and spirit of the Robinson Huron Treaty. The signing of the Settlement Agreement relates to past compensation associated with the annuities clause within the Robinson Huron Treaty of 1850, and in no way impedes, effects, or diminishes the rights affirmed as outlined in the Treaty.”

This Settlement Agreement now affords all 21 First Nation signatories of the treaty compensation for the lack of fair compensation of the extractions of nickel, copper, uranium, and timber within the Treaty area. The Garden River First Nation’s decision to sign comes at a pivotal moment in history. It signifies a step towards rectifying longstanding injustices and honoring commitments of the Crown made over a century ago. “Today, we not only honour our past, but also secure a more prosperous and sustainable future for the Nation”, added Chief Bell.

As the Nation moves forward, Chief Bell remains optimistic about the opportunities in the future. “Our journey towards equitable compensation and equal resource sharing has been long and challenging. I want to acknowledge the past leaders, of all 21 First Nations, for their efforts in challenging and seeking the intent and truth of the Treaty. An enormous amount of effort finally resulted in the fruition of the Settlement Agreement. Furthermore, the commitment for the well being of our people and our lands, never wavered”, Chief Bell concluded.

For more information, please contact Chief Karen Bell at email, [karenbell@gardenriver.org](mailto:karenbell@gardenriver.org) or phone at 705-946-6300.

*About Garden River First Nation:*

*Garden River First Nation is a proud member of the Anishinabek Nation, located in northeastern Ontario. Dedicated to preserving their heritage and culture, the nation strives for a future that respects treaties and ensures the well-being of its community members.*





GR Elementary School

The Garden River Elementary School has been very busy this fall. We welcome Jody Boissoneau to our team as our new literacy teacher and Sarah Grant to our team as the new Land-based/Anishinaabemowin educator. We want to wish Amanda and Miisheen good luck and to have fun at school.

We have been very busy enjoying the weather and we say “chi-miigwech enso giizhigad” or “mino giizhigad, chi giizis miinwaa dibik giizis” because sometimes we see both the sun and moon out when we start our day. We have had walks in the bush, read many, many stories, counted many things in our environment and have recently enjoyed the snow.

Miigwech,  
Mona and the school team





## Adults In Motion

A couple of weeks ago our students travelled to Nimkii Culture Camp, to learn the process of preparing animal hide. Since then we started the process of building our very own hide tanning project.



Post-Secondary:

First and foremost, with midterms upon you and/or with your midterm grades now reported, if you are **experiencing any difficulties** with your course work and if you haven't already done so, please visit your school's **Student Services or Library or Accessibility Services or Indigenous Services to arrange for tutoring and extra help**. Extra assistance is available for all students at most colleges/universities but you must take the **first step and ask for help**. **One good thing is that it is never too late to ask**. I can help you navigate at your school to access these services at your school or drop in here at the GRFN Ed/Rec Center to meet with our tutors to see if they can assist you too.

**Virtual meetings** are still very convenient and easy to do. *Please feel free to send me a virtual meeting request using the meeting software/platform that you are comfortable with to schedule a meeting/visit or if you are in the GRFN area, you can also book an appointment to meet in person in my office.*

### **IMPORTANT FOR SENIOR HIGH SCHOOL STUDENTS and PARENTS....**

ARE YOU (OR YOUR CHILD)  
GRADUATING FROM HIGH SCHOOL  
THIS YEAR?

**Although it is only November, and your last high school year has just started, you have some very important decisions to make soon....namely are you going to continue your studies at COLLEGE OR UNIVERSITY?**

**Choosing** the right college or university is an **important step** for YOU, one that will help **shape your future**. Now is the time to **research, soul search and plan** your choices at an eligible college/university and find an eligible program at the post-secondary level. Talk to your family, friends, your guidance counsellor, your very own Garden River High School Liaison Worker, Stephanie Jones, and/or call me - we are all ready, willing and able to help you **make an informed decision**. This means researching your choices for an eligible college/university and their eligible

programs. The good thing is that with the pandemic, schools have all added more information on their websites, Facebook pages, and other social media.

**There are many additional resources online to help you make this IMPORTANT decision**. The internet is an excellent tool to help you search for information on eligible schools and programs...**visit the college or university's website and the following websites for valuable tips, links and other information:**

[www.ontariocolleges.ca](http://www.ontariocolleges.ca)  
[www.ouac.on.ca](http://www.ouac.on.ca)

Once you have researched carefully and decided what you want to take and where you want to go, your High School Guidance Counsellor will be helping you to open your application on Ontario College or University Application Service application at your high school.

#### **Application for GRFN Post-Secondary Sponsorship**

In addition to the application to the eligible college/university and program, **you must** complete your **GRFN Application for Post-Secondary Sponsorship**. Once you have completed both applications and you have received the "Confirmation of your application email" from either OCAS or OUAS, GRFN will reimburse your cost for the **base application fee** (\$125 covers your first 5 college program choices and \$156 covers your initial 3 university program choices \*\*\* there may be supplemental fees depending on your university choices) after you submit your completed **Garden River Application for Post-Secondary Education Assistance** and your payroll deposit form.

If you are **having difficulty making this very important decision**, please feel free to contact me, Anne Marie Jones, for assistance. I am here to help you make informed decisions about your future educational plans and to help you understand how your post-secondary sponsorship works.

**At the same time that you complete and submit your OCAS/OUAC application (or other province applications), you need to complete and submit your Garden River**

### **WHEN TO APPLY FOR FALL 2024 ADMISSION TO AN ONTARIO COLLEGE OR UNIVERSITY**

#### • **ONTARIO COLLEGES**

The equal consideration date for FALL 2024 programs is February 1st.

To be considered on an equal basis with other applicants, your application and application processing fee of \$110 must be received at OCAS by February 1st.

After February 1st, applications are considered on a first-come, first-served basis, providing there are still vacancies in the program(s) of your choice.

Apply online at :

[www.ontariocolleges.ca](http://www.ontariocolleges.ca)

#### • **ONTARIO UNIVERSITIES**

**For Current Ontario Secondary School Students (OUAC 101):**

**Application deadline:** January 15, 2024, 11:59 p.m. EST

**All Other Undergraduate Applicants (OUAC 105)**

**Deadlines** differ by university/program. Please check with the school (or their websites) for their specific deadline.

To be considered on an equal basis with other applicants, your application and application fee of \$156 must be paid in full by the deadline.

Apply online at :

[www.ouac.on.ca](http://www.ouac.on.ca)

**Application for Post-Secondary Education Assistance so that we can reimburse your OCAS/OUAC application fees.**

There are always **4 forms** that complete a GRFN Application for Post Secondary Education Assistance package for full-time sponsorship:

1. Application
2. Consent to Disclose and Verify Information
3. Student Contract
4. Release of Information

The forms are always available on our website at [www.gardenriver.ca](http://www.gardenriver.ca) under the Post-Secondary section - Forms. **The forms are fillable online**. It is required that you use a **digital signature or a copy of your**

**original signature.** Please **DO NOT just type your name on the signature line** as your application will be considered incomplete. Feel free to contact me at [amjones@gardenriver.ca](mailto:amjones@gardenriver.ca) or 705-946-3933 ext. 202 or by sending a virtual meeting request when you are ready to complete your **GRFN PS Application for Post-Secondary Education Assistance.**

I look forward to working with you as you prepare for this next important stage in your life.

If you have any questions or concerns about your current schooling or you just want to chat about your educational plan and goals or share some news/updates, please do not hesitate to reach out to me. Please call me at the office: 1-866-518-7806 or 946-3933 ext. 202 to set up an in-person appointment or email me at [amjones@gardenriver.ca](mailto:amjones@gardenriver.ca) or send a virtual meeting request.

Anne Marie Jones  
Post-Secondary Counsellor



### POST-SECONDARY TIDBITS FOR FALL 2023:

Here is the list of **where** all of our sponsored post-secondary students are enrolled and **how many** students are at each school. In an upcoming issue, I will report **what** they are actually taking. We had a total of 156 members apply for full-time and part-time sponsorship for 2023/2024. From this, 128 members started or returned to studies after a break or continued their studies at college/university this Fall 2023.

\*\*FT= full-time; PT= part-time; FT/PT w/ unit= full-time student part-time sponsored

### COLLEGES:

Anishinabek Education Institute/St. Clair College  
FT/PT w/unit = 1  
Algonquin College (Ottawa)  
FT = 3  
Cambrian (Sudbury)  
FT = 3  
Canadore College (North Bay)  
FT = 2  
Durham College (Oshawa, ON)  
FT = 1  
Fanshawe College (London)

FT = 3  
George Brown College (Toronto)  
FT = 1  
Georgian (Barrie)  
FT = 3  
Mohawk College (Hamilton)  
FT = 2  
Sault College (Sault Ste. Marie)  
FT = 16; PT = 3; FT/PT w/unit = 3  
Selkirk College (BC)  
FT = 1  
Sheridan College (Oakville)  
PT = 1 St.  
Clair College (Windsor, ON)  
FT = 1

**Total college students: 44 (FT= 36; PT= 4; FT/PT w/Unit = 4)**  
**Total of 13 colleges**  
**Students in Residence: 3**

### UNIVERSITIES:

University of Alberta  
FT = 1  
Algoma University (Sault Ste. Marie)  
FT = 10 ; PT = 6; FT/PT w/unit = 2  
Bemidji State University (Bemidji, Minnesota)  
FT = 1  
University of British Columbia (Vancouver)  
FT = 2  
Brock University (St. Catharines, ON)  
FT = 2  
University of Calgary (Calgary, AB)  
FT = 1  
Dalhousie University (Halifax, NS)  
PT = 1  
FNTI/Toronto Metropolitan University (Toronto)  
PT = 2  
University of Guelph (Guelph)  
FT = 2  
Lakehead University (Thunder Bay)  
FT = 1  
Laurentian University (Sudbury)  
FT = 5  
MacEwan University (Edmonton, AB)  
FT = 1; PT = 1  
McMaster University (Hamilton)  
FT = 2  
University of Montreal (Montreal, QC)  
FT = 1  
Mount Saint Vincent University (Halifax, NS)  
FT = 1  
Nipissing University (North Bay)  
FT = 2  
Northern Alberta Institute of Technology (Alberta)  
FT = 1

Northern Ontario School of Medicine (Sudbury, ON)  
FT/PT w/unit = 1  
Ontario Tech University (Oshawa)  
FT = 2  
University of Ottawa (Ottawa)  
FT = 4  
University of PEI (Newfoundland)  
FT = 1  
Queen's University (Kingston)  
FT = 2; PT = 1  
Saint Mary's University (Halifax, NS)  
FT = 1  
University of Saskatchewan (Saskatoon, SK)  
FT = 1  
Toronto Metropolitan University (formerly Ryerson - Toronto)  
FT = 3  
University of Toronto  
FT = 4  
Trent University (Peterborough)  
FT = 6  
University of Victoria (Victoria, BC)  
FT = 1  
University of Waterloo (Waterloo)  
FT = 3  
University of Western (London)  
FT = 1  
University of Windsor (Windsor)  
FT = 1  
University of Winnipeg (Manitoba)  
FT = 1  
York University (Toronto)  
FT = 3; PT = 1

**Total university students: 82 (FT = 67; PT = 12; FT/PT = 3)**  
**Total of 33 Universities**  
**Students in Residence: 5**

**November 11, 2023**



**REMEMBRANCE DAY**  
*Let's We Forget*

# GRFN Public Library aka Resource Centre

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:**

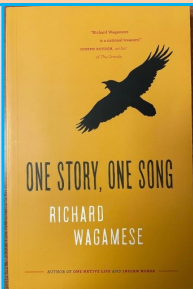
- Free Wifi Available to students & community members
- Ontario Parks Permit—2 parking passes that can be loaned out
- The VR Console/Computer has approx. 30 games available
- 3D Printer — small single colour requests can be printed for a fee

**Email:**

irene.gray@gardenriver.ca

**Or Call:**

705-946-3933 ext. 210

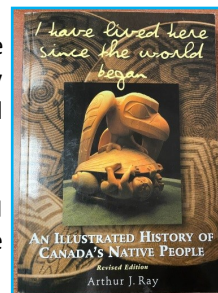


**November's Featured Books**

**One Story, One Song.** *Richard Wagamese.* Wagamese invites readers to accompany him on his travels. His focus is on stories: how they shape us, how they empower us, how they change our lives. Ancient and contemporary, cultural and spiritual, funny and sad. ~ ~ We all need to tell our stories, he says, and every voice matters.

**I have lived here since the world began.** *Arthur J. Ray.* The Native people of Canada have been here since the Ice Age and were already accomplished traders, artisans, farmers, and marine hunters when Europeans first reached their shores.

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:**



REMEMBRANCE DAY

zhimaagnishii-giishigad



jiibayaki—grave yard



zhimaaganish—soldier

## The Garden River First Nation Public Library/Resource Centre

# November 2023 - June 2024 Line Up

Monday, Wednesday, Fridays 8:30 am - 4:30 pm  
Tuesdays & Thursdays 10:00 am - 6:00 pm



**Afterschool Art Drop In**

with special guests: Thinking Rock Community Art  
Thursdays 4-6 pm.

Nov. 30; Dec. 21; Feb. 29; Mar. 28; Apr. 25 & Jun. 27

**Journaling Support Group**

Tuesdays 5:00 - 5:45 pm

Nov. 21; Dec. 12; Jan. 23; Feb. 13; Mar. 19; Apr. 16; May 14;

**Drop In Story Time**

Thursdays 5:00 - 5:30 pm

Nov. 23; Dec. 14; Jan. 18; Feb. 8; Mar. 14; Apr. 11; May 9; Jun. 6

**Bad Art Nights**

Tuesdays 5:00 - 5:45 pm

Nov. 7; Dec. 5; Jan. 16; Feb. 6; Mar. 5; Apr. 9; May 7; Jun. 4

**All other Tuesdays & Thursdays**

Feel free to drop in to check out the books  
the VR games, get school printing done  
or just hang out! bring your beading as well!

**November 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	VACATION - LIBRARY CLOSED					11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**December 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**January 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**February 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

**March 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**April 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**May 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**June 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Journaling Support Group—5:00—5:45 pm

Afterschool Art Drop In—4:00—6:00 pm

Drop In Story Time 5:00—5:30 pm

Bad Art Nights 5:00—5:45 pm

**Starting November 14, 2023**

Tuesdays & Thursdays  
10 am—2 pm & 3 pm—6 pm

Match up the right answers:

- |                   |                                 |
|-------------------|---------------------------------|
| 1. giiewag        | They are going in               |
| 2. ni-biindigemin | We (excl. you) are going home   |
| 3. gi-giiwem      | They are going home             |
| 4. biindige       | He is going home                |
| 5. gi-giiwemin    | We (excl. you) are going inside |
| 6. biidigewag     | You guys are going inside       |
| 7. gi-giiwe       | She is entering                 |
| 8. ni-giiwemin    | You guys are going home         |
| 9. gi-biindigem   | We (incl. you) are going home   |
| 10. giiewe        | You are going home              |

Lesson taken from "Talking Gookom's Language Learning Ojibwe" & "Workbook to accompany Talking Gookom's Language Learning Ojibwe" Author: Patricia M. Ningewance and used with permission Book - Chapter One: 1-6. conjugating verbs (page 11 & 12); Workbook: Chapter One: 1-h. (page 3)



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](mailto:info@thinkingrock.ca)



Recreation



**MEET OUR NEW  
PERSONAL TRAINER**

**KEESHA SAUNDERS**

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

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

**GR CENTRE**

**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**





# 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.



KETEQUAUNSEEBEE  
**GARDEN RIVER FIRST NATION**  
7 SHINGWAUK STREET, GARDEN RIVER, ON, P6A 6Z8 | P 705.946.6300 F 705.945.1415 | WWW.GARDENRIVER.ORG

### IMPORTANT INFORMATION REGARDING THE CERTIFICATE OF INDIAN STATUS (CIS) PAPER LAMINATE CARD


In August 2023, Indigenous Services Canada (ISC) introduced new security features to the front side of the CIS paper laminate card. These new features will help reduce the fraudulent reproduction of the card.

Due to a defective production of the paper required to print the CIS, the delivery of up to 80,000 cards available for acquiring, renewing, or replacing a status card has been seriously affected and has been halted. ISC anticipates printing and distributing CIS card copies by the end of October. The Garden River First Nation Membership Office will notify the community when status card issuance resumes.

Service providers should accept all Status Cards. If any service provider has questions or concerns about the use of a status card, they are encouraged to contact Indigenous Services Canada at 1-800-567-9604 option 6 (Mon to Fri 9am to 6pm EST) or send an email to [surveillanceetconformite-monitoringandcompliance@sac-isc.gc.ca](mailto:surveillanceetconformite-monitoringandcompliance@sac-isc.gc.ca). If verification of a Certificate of Indian Status card is required, please call Terri Tice, Indian Registration Administrator, Membership Office 705-946-6300 ext. 246.

Your patience is very much appreciated.

Chi Miigwetch



OJIBWAYS OF ROBINSON-HURON TREATY OF 1850

### 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](mailto:ttice@gardenriver.org)  
or visit our website at: <https://www.gardenriver.org/site/membership/>





# NOVEMBER PROGRAMMING FOR YOUTH



- 08 NOV** **HEALTHY KIDS WINTER FOOD CHALLENGE**  
12-2 PM  
WATCH OUT FOR REGISTRATION OPEN AND CLOSE DATES/MUST REGISTER/FOR AGES 7-17
- 15 NOV** **CRAFTIVITY SIGN-UP**  
CRAFT TBD/MUST REGISTER/LIMITED SPOTS/FOR AGES 7-12
- 22 NOV** **HEALTHY KIDS WINTER FOOD CHALLENGE**  
12-2 PM  
WATCH OUT FOR REGISTRATION OPEN AND CLOSE DATES/MUST REGISTER/FOR AGES 7-17
- 24 NOV** **HIV/AIDS AWARENESS EVENT**  
@ COMMUNITY CENTRE 5-8PM  
ALL AGES WELCOME
- 29 NOV** **YOUTH WORKSHOP IN PARTNERSHIP WITH GRCS**  
4:30 PM @ GARDEN RIVER WELLNESS CENTRE/FOR AGES 13+

Don't forget to check out our monthly calendar for more programming. Such as: chair yoga and evening yoga. All ages welcome!



**Jordie Thibault**  
Youth Community Health Rep  
jthibault@grhc.ca  
705-946-5710 ext: 251  
work cell: 705-989-2309



# ELDER NOVEMBER 65+



## GARDEN RIVER WELLNESS CENTRE

- 02 NOV** **GLASS FUSION-SESSION 1**  
GR WELLNESS CENTRE | 1:30 PM
- 07 NOV** **GLASS FUSION-SESSION 2**  
GR COMM. CENTRE | 10:00 AM
- 14 NOV** **SOCIAL-HOT LUNCH**  
GR COMM. CENTRE | 12:00 PM
- 20 NOV** **GROCERY BINGO**  
GR COMM. CENTRE | 12:00 PM
- 28 NOV** **CARING FOR OUR ELDERS**  
GR COMM. CENTRE | 10:00 AM
- 29 NOV** **LUNCHEON**  
GR COMM. CENTRE | 11:30 AM

Selena Belleau  
705-946-5710 ext 267



# Diabetes Education Class

**NOVEMBER 16TH, 2023**

**LUNCH PROVIDED 12PM-2PM**

Bev Humphrys - Registered Dietitian  
Genevieve London - Diabetes Nurse Educator

705-946-5710 ext 229  
lperreault@grhc.ca

Garden River Wellness Centre

## Welcome to School Readiness

Do you have a child starting JK in 2024?

Invite to all School Boards

Garden River Child Care Centre & Infant & Child Development Program are presenting...

Where : Child Care Centre  
When : November 08, 2023  
When : 5PM-7PM \*Food Provided\*

Does your child have all the skills they need for starting school?

FOR MORE INFORMATION

Lisa Millroy  
ICDP  
705-946-5710 ext. 230

Sara McCabe  
Manager, CCC  
705-256-5400



GARDEN RIVER WELLNESS CENTRE PRESENTS  
**EVENING YOGA**



COMMUNITY CENTRE - 6 SHINGWAUK STREET.  
 NOVEMBER 2ND, 7TH, 14TH & 21ST FROM 6PM-7PM

PLEASE BRING A YOGA MAT AND WATER BOTTLE  
 INCENTIVES PROVIDED

RSVP WITH LOGAN  
 LPERREAULT@GRHC.CA  
 705-946-5710 EXT. 229



*Beginning November...*

**Healthy Kids Winter Food  
 Challenge**  
 for ages 7-17



- Registration opens NOVEMBER 6. Limited spots available. Registration will close once spots are filled
- MUST follow challenge guidelines in order to continue eligibility. Guidelines will be given to participants

- grocery incentive per household to purchase healthy foods
- multiple children living in the same home is considered one household
- participants will create their own healthy meal (ie: breakfast, lunch, supper, or snack)



**Jordie Thibault**

Youth Community Health Rep  
 jthibault@grhc.ca  
 946-5710 ext: 251  
 cell: 705-989-2309  
 \*text preferred\*



Garden River Wellness Centre and H.A.R.P Presents...

**HIV/AIDS AWARENESS**

Incentives  
 Provided

Must  
 Register



November 24th, 5-8pm at the  
 Garden River Community Centre

Headdress Making | Supper | Presentations



Logan Perreault | 705-946-5710 ext.229 | lperreault@grhc.ca



**Miigwetch!**

Thank you for making the  
3rd Annual Trunk or Treat a  
huge success !! A shout out to  
all who participated.

GR Bingo Enterprises\* Public  
Works\* Education/Adults in  
Motion/GR School  
\*Home and Community Care  
\*Niigaaniin/Food Bank \*ISETS,  
\*Community Development \*APS  
\*Maitland Ford Lincoln \*GR Child  
Care Centre \*Child & Family  
Services \*Hailee B on behalf of  
Chief & Council \*Fire Dept  
\*Healthy Babies Healthy Children  
\*Clinical Support Nurses  
\*Jordan's Principle \*MZW  
\*Non-Insured Health Benefits  
\*Transportation \*DP Healing  
Lodge \*Governance \*Culture Dept  
\*Community Health Reps, WC  
Reception



# Non Insured Health Benefits Update



GARDEN RIVER FIRST NATION  
WELLNESS CENTRE  
23 Shingwauk Street  
Garden River, Ontario P6A 7B2

PHONE (705) 946-5710  
FAX (705) 946-2725

The following medications and products are covered as open benefit without prior approval:

- **DermOtic oil (fluocinolone acetonide)**

The following are new listings that are covered as limited use benefits with prior approval:

- **Toctino and Hanzema (alitretinoin)**
- **Diacomit (stiripentol)**
- **Increlex (mecasermin)**
- **Scemblix (asciminib)**

### Expanded coverage for guardian insulin pump and CGM systems

The NIHB program has expanded coverage for the following diabetic management devices for clients 19 years of age or younger managing diabetes with insulin, and all clients with type 1 diabetes.

- Guardian Connect continuous glucose monitoring system (CGM)
- Guardian Link 3 Transmitter Kit for 670G insulin pump system and integrated CGM
- Guardian Link 3 Transmitter Kit for 770G insulin pump system and integrated CGM
- Guardian Link 3 Transmitter Kit for 780G insulin pump system and integrated CGM

NIHB continues to provide coverage of diabetes test strips; clients managing diabetes with insulin can access 800 test strips per 100 days.

### Medical Supplies and Equipment

#### Hospital beds and accessories

[Canada.ca/nihb-medical-supplies-equipment](http://Canada.ca/nihb-medical-supplies-equipment)

Please use the provided URL to access the medical supplies and equipment benefit list.

- Hospital beds and relates accessories are limited use benefits, prior approval is required.

Examples of benefits covered by NIHB include:

- Electric hospital bed
- Bariatric bed mattress
- Pressure relief mattress

#### **New coverage for oxygen supplies**

- NIHB will now provide coverage for the rental of low flow oxygen meter/adaptor as a limited use benefit. Prior approval is required.
- NIHB will now cover new oxygen connectors and adaptors (6 per year). Prior approval is not required.

#### **Reimbursement rate for custom-made foot orthotics**

- Reimbursement rate has been increased to \$525 per pair.

October 26, 2023

Attention: Band Members

### NIHB PROGRAM UPDATES

I have attached some information received from Indigenous Services Canada regarding the New Program Updates.

Garden River First Nation Administers the Medical Travel for both local and Out-of-Town medical appointments for GRFN members. If you have to go out of town for an appointment, you can contact myself, Jennifer Solomon at the GR Wellness Centre.

Client reimbursements for medical supplies & equipment, prescriptions, vision, dental or mental health counselling services, please check with your provided to see if they are enrolled with NIHB to ensure you are receiving your reimbursement if you are asked to pay upfront. I have received requests for reimbursements, but clients need to contact Express Scripts Canada at 1-888-441-4777 or Indigenous Services Canada at 1-800-642-0642.

Each First Nation now have their own agreements in Ontario and across Canada. If you need any questions answered, please call me at the GR Wellness Centre at 705-946-5710 ext. 202.

Thanks

Jennifer Solomon  
NIHB Clerk



Indigenous Services  
Canada

Services aux  
Autochtones Canada

## Non-Insured Health Benefits (NIHB) Program Update

### New Information regarding the below program parts:

- Pharmacy Benefit
- Medical Supplies and Equipment
- Mental Health and Counselling
- Medical Transportation
- General Program Information

NIHB Client Inquiries <i>Email for general inquiries only. DO NOT send client reimbursement requests or appeals by email.</i>	
Email	nihb-ssna@sac-isc.gc.ca
Ontario	1-800-640-0642

#### Pharmacy Benefit

#### **New Pharmacy Benefit Listings**

[nihb.ssna.express-scripts.ca/en/040212](http://nihb.ssna.express-scripts.ca/en/040212)

Please use the provided URL to access the drug benefit list.

## Registered Respiratory Therapists (RRT)

Are now eligible recommenders for NIHB, NIHB now accepts RRT recommendations for coverage of certain equipment and supplies such as:

- Secretion clearance items
- Tracheostomy supplies
- Renewal of communications benefits
- Oxygen and respiratory equipment and supplies once prescribed by an eligible prescriber (e.g. Doctor, Nurse Practitioner)



### Who is eligible for dental coverage under the NIHB Program?

Registered First Nation and recognized Inuit living in Canada.

### How do I access dental benefits?

You can call the NIHB Dental Predetermination Centre, your local Health Centre, or an NIHB Navigator to find a dental provider in your area who is enrolled with NIHB. When you make an appointment, let the dental office know you are an NIHB client. Your provider will complete an examination and let you know what other dental services you may need.

### What do I need to access dental coverage under the NIHB Program?

You will need to show your dental provider one (1) of the following:

- Indian Status Card
- Northwest Territories Gov. Health Card
- Nunavut Gov. Health Card
- NIHB Client Identification Number (N-Number)
- If the document does not include your photo, you will also need a piece of photo I.D.

### Is my infant child eligible for dental coverage under the NIHB Program?

Yes, an infant less than 2 years old, whose parent is an eligible client, is eligible for dental coverage under the NIHB Program.

If an infant under 2 years old, is not yet registered and needs to access dental benefits, please contact the NIHB Dental Predetermination Centre for assistance.

### What dental benefits are covered under NIHB?

NIHB dental benefits are divided into two

### Mental Health Counselling benefit information

- NIHB does not reimburse providers for missed or cancelled appointments
- NIHB does not reimburse clients for those fees that are charged by the provider for missed or cancelled appointments without advanced notice of cancellation.

### Medical Transportation

*\*Note that all NIHB Services Apart from Medical Transportation/ Medical Travel should be handled by client via the Indigenous Service Canada (ISC) Department.*

- Processed through Indigenous Services Canada Regional Offices

Garden River Wellness Centre: Jennifer Solomon, NIHB Clerk  
705-946-5710 ext. 202

### Non-Insured Health Benefits (NIHB) Program: Dental Client Quick Reference Sheet

schedules (categories) of services.

1. **Schedule A** services may be provided without predetermination so long as they meet Program guidelines. Examples of Schedule A services include:

- Exams and x-rays
- Dental cleanings
- Fillings
- Open and drain emergency procedures
- Root canals (except wisdom teeth)
- Complete dentures and denture repairs
- Extractions
- Minimal sedation
- Orthodontic examination and diagnostic services.

**Note:** Your dental provider can verify your eligibility for services only through the NIHB provider web account, or by contacting the NIHB Call Centre at Express Scripts Canada.

2. **Schedule B** services require predetermination prior to services being provided. Predetermination means that the NIHB will review the request to confirm that your condition meets the criteria for coverage. Examples of Schedule B services include:

- Crowns
- Partial dentures
- Orthodontic treatment
- Root canals on wisdom teeth
- General anesthesia

**Note:** Predetermination requests must be sent by your provider to the NIHB Dental Predetermination Centre.

### Are there services not covered under

### NIHB?

Some dental services are not covered under NIHB. These services are defined as **exclusions**. Examples of exclusions include:

- Fixed prosthodontics (ie. Bridge and all bridge related procedures)
- Implants and all implant related procedures
- Cosmetic services (ie. Bleaching, veneers)
- Bruxism (tooth grinding) appliances.

### Do I have to pay upfront for dental services?

Many dental providers choose to enroll with NIHB in order to bill the Program directly. NIHB encourages enrolled providers not to charge clients any extra fees for eligible benefits. If a dental provider is not enrolled with NIHB, or if they do not bill the Program directly, you will need to pay for services and submit a request for client reimbursement.

In order to avoid paying upfront, you can call the dental provider's office before your appointment and ask the following questions:

- Is the provider enrolled with the NIHB Program?
- Will the dental provider bill the Program in full?
- Is this service covered under the NIHB Program?
- Will there be any remaining fees to pay?

If the provider will not bill the Program directly, or intends to charge you additional fees for eligible services you may contact the NIHB Dental

Predeterminations Centre for assistance in finding another provider who could bill the Program directly.

**Can I get reimbursed for dental services that I paid for?**

If you paid for eligible benefits, you can submit a client reimbursement request to Express Scripts Canada, the claims processor for the NIHB Provider and the Client Website at <https://nihb-ssna.express-scripts.ca/en>:

- Select “I am a client” and follow the links to “NIHB Client Reimbursement” to find instructions and forms.
- Make sure to include all supporting documents required (listed on the form and web page)
- For mail/fax submission, download, complete and sign the reimbursement form.
- For online submission, you’ll need to create an NIHB client web account through the Express Scripts Canada NIHB Provider and Client Website.

If you can’t access the website or you need assistance, call the NIHB Call Centre at Express Scripts Canada at 1-888-441-4777.

**What can I do if dental coverage has been denied?**

If coverage for a dental service is denied, NIHB clients have the right to appeal the Program’s decision. More information on the appeals process can be found on the Government of Canada website at [www.canada/nihb](http://www.canada/nihb) or by the call the NIHB Dental Predetermination Centre.

**Note:** Dental services defined as exclusions under NIHB cannot be considered for appeal.

**What if I also have coverage under a private health care plan or public program?**

If you have coverage under another plan, a claim must be submitted to that plan first. Your other plan will provide you with an “Explanation of Benefits” (EOB) which will be required when seeking provider payment or client reimbursement from NIHB for the remaining eligible amounts.

**What if I need to cancel a dental appointment?**

If you are unable to attend a scheduled dental appointment, contact the dental clinic as soon as possible to cancel and reschedule your appointment for another time. Some clinics will charge a fee for missed appointments if you don’t cancel in advance, and the NIHB Program does not cover these fees.

**NEW: NIHB client web account!**

Clients have the option of creating a secure web-based account through the Express Scripts Canada NIHB Provider and Client Website at <https://nihb-ssna.express-scripts.ca/en>. By creating a secure NIHB client web account, you can:

- View your benefits claims history and status of pending requests
- Submit client reimbursement requests online
- Submit appeal requests online
- Receive NIHB Program communication

directly by email.

**How can I get more information on the NIHB Program?**

You can find more information about the NIHB Program on the Government of Canada Website at [www.canada/nihb](http://www.canada/nihb). You can also call the NIHB Dental Predetermination Centre at one of the toll-free numbers listed below, or email the NIHB Program at [sac.nihb-ssna.is@canada.ca](mailto:sac.nihb-ssna.is@canada.ca)

CONTACT INFORMATION	
NIHB Dental Predetermination Centre (DPC)	
Dental Services	
Toll Free Phone 1-855-618-6291	Toll Free Fax 1-855-618-6290
Orthodontics Services	
Toll Free Services 1-866-227-0943	Toll Free Fax 1-866-227-0957
Express Scripts Canada	
Toll Free Phone 1-888-441-4447	Toll Free Fax 1-888-249-6098
Government of Canada—First Nation Status Registration	
Toll Free Phone 1-800-567-9604	TTY Toll Free 1-866-553-0554
Inuit clients may contact their land claim organization for information about registration.	

**DID YOU KNOW?**

- ⊕ Initiating your child early to dental visits can promote a positive attitude towards oral health.
- ⊕ The first dental visit should be scheduled by your child’s first birthday.
- ⊕ Dipping a pacifier into something sweet or putting your baby to bed with a bottle increases the risks of tooth decay.
- ⊕ Brushing your teeth twice (2) per day, the proper use of fluorides, a healthy diet, and regular check-ups with a dental professional are recommended in order to maintain good oral health.
- ⊕ Commercial tobacco use of any kind can cause gum disease, tooth loss and oral cancer.



**WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?**



# G'Naadmaagoom

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><b>MG</b>—Melissa Grawbarger – mgrawbarger@grcfs.ca x2205</p> <p><b>MP</b> – Marie T. Pine – mtpine@grcfs.ca x214</p> <p><b>SN</b>—Stevie Nolan—snolan@grcfs.ca x221</p> <p><b>BC</b> – Belinda Camara – bcamara@grcfs.ca x202</p> <p><b>KM</b> - 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 style="background-color: yellow; display: inline-block; padding: 2px;"><b>**PLEASE REGISTER ONE DAY IN ADVANCE AS SPACES ARE LIMITED**</b></p>	<p><b>PROGRAMS</b> – Participants will receive an incentive for every program they attend.</p> <p><b>FAMILY FUN CHALLENGES</b> – Each family that participates will receive an incentive.</p> <p><b>LEARNING ACTIVITIES (LA)</b> – Each family that participates in the Learning Activities will receive an incentive</p>



## G'NAADMAAGOOM

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
<p><b>Please Note:</b> Virtual participants will not be let in Zoom more than 5 minutes after program start time</p>					
		<p>*Reminder- <b>Early Years Drop In</b> is open Tuesdays to Thursdays~ Please contact Kelly or Belinda for hours and information <b>(LA) = Learning Activity</b></p>			
		<p>1</p> <p><b>MP – Vaping</b> 4:30 youth 13-24</p> <p><b>SN</b>—Bami’aagan Support Group 5:00 * Must call to register Caregivers of Children w Special Needs</p>	<p>2</p> <p><b>BC/KM – LA: Dinosaur Hopscotch</b> Parents/Caregivers &amp; Children 0-6</p> <p><b>SN – Lunch &amp; Learn</b> 10:00 <b>In Person</b> *must call to register</p>	<p>3</p>	<p>4/5</p> <p><b>Family Swim</b> 5-6 pm <b>Saturday</b> @ John Rhodes</p>
6	<p>7</p> <p><b>BC/KM – LA: Crazy Hair Day</b> Parents/Caregivers &amp; Children 0-6</p> <p><b>MG– Holiday Budgets &amp; Stress</b> 5:00 pm <b>In Person</b> Parents/Caregivers of Children 0-12</p> <p><b>MP – Peer Pressure</b> 4:30 Youth 7-12</p>	<p>8</p> <p><b>MP – Let’s Talk about Racism</b> 4:30 Youth 13-24</p> <p><b>SN—Just Bead It 5:00 In Person</b> *Must call to register</p>	<p>9</p> <p><b>BC/KM – LA: Anishinaabemowin – Mitigomin</b> Parents/Caregivers &amp; children 0-6</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> <p>Staff Wellness Days</p> </div>	<p>10</p>	<p>11/12</p> <p><b>Family Swim</b> 5-6 pm <b>Saturday</b> @ John Rhodes</p>
13 Offices Closed	<p>14</p> <p><b>BC/KM – LA: Action Songs</b> Parents/ caregivers &amp; children 0-6</p> <p><b>MG—Thankfulness &amp; Gratitude</b> 5:00 pm <b>In Person</b> Parents/Caregivers of Children 0-12 * Must call to register</p> <p><b>MP – 7 Grandfathers Teaching</b> 4:30 Youth 7-12</p>	<p>15</p> <p><b>MP – Beating Procrastination</b> 4:30 Youth 13-24</p> <p><b>SN—Just Bead It 5:00 In Person</b> *Must call to register</p>	<p>16</p> <p><b>SN – Lunch &amp; Learn</b> 10:00 <b>In Person</b> *must call to register</p>	<p>17</p>	<p>18/19</p> <p><b>Family Swim</b> 5-6 pm <b>Saturday</b> @ John Rhodes</p>
20	<p>21</p> <p><b>BC/KM – Zoom Positive Affirmations</b> 4:30 Parents/Caregivers &amp; Children 0-6</p> <p><b>MG—Guide to Growth Mindset</b> 5:00 <b>In Person</b> Parents/Caregivers of Children 0-12 *must call to register</p> <p><b>MP – Decision Making</b> 4:30 Youth 7-12</p>	<p>22</p> <p><b>BC/KM – Zoom Amik Story</b> 4:30 Parents/Caregivers &amp; Children 0-6</p> <p><b>MP – Decision &amp; Consequences</b> 4:30 Youth 13-24</p> <p><b>SN—Just Bead It 5:00 In Person</b> *Must call to register</p>	<p>23</p> <p><b>BC/KIM – LA: Anishinaabemowin—Amik</b> Parents/Caregivers &amp; children 0-6</p> <p><b>SN – Lunch &amp; Learn</b> 10:00 <b>In Person</b> *must call to register</p>	<p>24</p>	<p>25/26</p> <p><b>Family Swim</b> 5-6 pm <b>Saturday</b> @ John Rhodes</p>
27	<p>28</p> <p><b>BC/KM – Zoom Mitt Making</b> 4:30 Parents/Caregivers &amp; Children 0-6</p> <p><b>MG—Making Connections</b> 5:00 <b>In Person</b> Parents/Caregivers of Children 0-12 *must call to register</p> <p><b>MP – Jeopardy Kids Edition</b> 4:30 Youth 7-12</p>	<p>29</p> <p><b>BC/KM – Zoom Mitt Making</b> 4:30 Parents/Caregivers &amp; Children 0-6</p> <p><b>MP – Tie Blankets In Person</b> 4:30 Youth 7-12</p> <p><b>SN—Family Culture Night</b> 5:00 *must call to register</p>	<p>30</p> <p><b>BC/KIM – LA: Anishinaabemowin—Mukwa</b> Parents/Caregivers &amp; children 0-6</p> <p><b>SN – Lunch &amp; Learn</b> 10:00 <b>In Person</b> *must call to register</p>		

**BUILDING STRONG FAMILIES AND COMMUNITIES FOR OUR CHILDREN**

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*

Incentives for participation!

**\*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



## 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



## Dan Pine Healing Lodge

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.

- November 12, 2023
- December 3, 2023.

The 2024 calendar will be updated in the near future.

Dan Pine Healing Lodge; 200 Anishinawbe Point Road

# You are not alone.



Cancer Support Group

Questions? Please contact Marie Pine @ 705-255-2139



# BAASHKAAKODIN 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 GERRARD SAGASSIGE - THC MEN'S NIGHT 6PM-8PM	3 GERRARD SAGASSIGE HDSB VISIT	4
5	6 NANDA-GIKENDAN 5:30PM-8PM	7 WILLARD PINE - TMHC DRUM SOCIAL GROUP - 6:30PM-9PM	8 NATIONAL INDIGENOUS VETERANS DAY	9 BFA - AFTERCARE 5:30PM-8PM	10	11 REMEMBRANCE DAY
12	13 NANDA-GIKENDAN 6PM-8PM	14 WILLARD PINE - TMHC WOMEN'S NIGHT 6:30PM-9PM	15 NANINAWADEMO 5:30PM-8PM ROCK YOUR MOCS DAY	16 GERRARD SAGASSIGE - THC MEN'S NIGHT 6PM-8PM	17 GERRARD SAGASSIGE HDSB VISIT	18
19	20 NANDA-GIKENDAN 6PM-8PM	21 WILLARD PINE - TMHC DRUM SOCIAL GROUP - 6:30PM-9PM	22 PATRICIA TOULOUSE - THC LUNCH & LEARN 12PM - 1PM	23	24	25
26	27 NANDA-GIKENDAN 6PM-8PM	28 WILLARD PINE - TMHC	29	30 BFA - AFTERCARE 5:30PM-8PM		

DAN PINE HEALING LODGE  
200 ANISHINABE POINT ROAD  
GARDEN RIVER, ON P0S 1C0

TELEPHONE  
(705)946-5710

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

LAURIE SOULIERE - INTAKE WORKER  
EXT. 228 | [LSOULIERE@GRHC.CA](mailto:LSOULIERE@GRHC.CA)

TERRY WILLISTON - PROGRAM SUPPORT WORKER  
EXT. 212 | [TWILLISTON@GRHC.CA](mailto:TWILLISTON@GRHC.CA)

JACKSON ZACK-CONEYBEARE - TRADITIONAL HELPER  
EXT. 248 | [DPHINFO@GRHC.CA](mailto:DPHINFO@GRHC.CA)

TRINITY NESHAWABIN - ADMINISTRATIVE ASSISTANT  
EXT. 222 | [ADMINASSIST@GRHC.CA](mailto:ADMINASSIST@GRHC.CA)

ADORA NAWAGESIC - COORDINATOR  
EXT. 208 | [DPHCOORD@GRHC.CA](mailto:DPHCOORD@GRHC.CA)

DAN PINE HEALING LODGE  
MONTHLY CALENDAR 2023



BAASHKAAKODIN GIIZIS -  
FREEZING GROUND MOON  
NOVEMBER

## Beauty From Ashes After Care Program

With Laurie Souliere

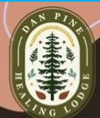
NOVEMBER 9 & NOVEMBER 30,  
2023 5:30PM TO 8:00PM

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 [DPHINFO@GRHC.CA](mailto:DPHINFO@GRHC.CA)

200 Anishinabe Point Road, Garden River First Nation





DAN PINE HEALING LODGE



# NANIINAWA DEMO

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 SHOOT FIRST NATIONS, AND OTHER FIRST NATIONS, METIS AND INUIT

Variety of Topics  
Guest Speakers  
Cultural Teachings  
Therapeutic exercises, creative arts, mindfulness practices, and more.

November 15, 2023  
5:30pm to 8:00pm

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

Supper Provided, Please Pre-Register



Dan Pine Healing Lodge



# MEN'S NIGHT

LEAD BY GERRARD SAGASSIGE ON NOVEMBER 2ND  
LEAD BY TERRY WILLISTON & JACKSON ZACK-CONEYBEARE ON NOVEMBER 16TH



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

Thursday, November 2 & 16th 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



DAN PINE HEALING LODGE

TRADITIONAL HEALTH HEALER

# GERRARD SAGASSIGE



THURSDAY  
NOVEMBER 2 2023  
NOVEMBER 16 2023 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

TRADITIONAL HEALTH HEALER

# PATRICIA TOULOUSS



WEDNESDAY  
NOVEMBER 22 2023 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

# Drum Night

TUESDAY  
NOVEMBER 7 &  
NOVEMBER 21, 2023

DOORS OPEN AT 6:30PM  
200 ANISHINABE POINT RD

DRUMMING &  
SINGING LEAD AND  
TAUGHT BY  
MIKE TEGOSH 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 [DPHINFO@GRHC.CA](mailto:DPHINFO@GRHC.CA)  
OR 705-946-5710 EXT 228



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**

JOIN US AT THE DAN PINE HEALING LODGE, WHERE THE SPIRIT OF LEARNING AND CONNECTION COMES ALIVE!

WHETHER YOU ARE AN EXPERT OR BEGINNER, IMMERSE YOURSELF IN HANDS-ON WORKSHOPS WHERE YOU'LL MASTER SKILLS LIKE BEADING, SEWING, WEAVING & MANY MORE!

**FINISH TOBACCO BAGS & MOCCASINS ON  
NOVEMBER 13TH WITH ADORA  
LEAD BY JACKSON ZACK-CONEYBEARE & TERRY  
WILLISTON ON NOVEMBER 20TH & 27TH  
MONDAY'S FROM 6PM-8PM**

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



DAN PINE HEALING  
LODGE

TRADITIONAL MENTAL HEALTH HEALER

# WILLARD PINE



BY APPOINTMENT ONLY

TUESDAY  
NOVEMBER 7 14 21 28 2023

200 ANISHNAWBE POINT RD, GARDEN RIVER, ON

TO BOOK AN APPOINTMENT:  
CALL 705-946-5710 EXT. 228  
OR EMAIL [DPHINFO@GRHC.CA](mailto:DPHINFO@GRHC.CA)



# Women's Night Drum Circle

DAN PINE HEALING LODGE

DOORS OPEN AT 6:30PM  
200 ANISHINABE POINT RD

TUESDAY  
NOVEMBER 14TH 2023

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 [DPHINFO@GRHC.CA](mailto:DPHINFO@GRHC.CA)  
OR 705-946-5710 EXT 228



**FREE STRIP**  
**Members Only**  
**EVERY SATURDAY**  
**IN NOVEMBER**  
 Matinee & Main Sessions  
 (12:45 / 6:30)  
**IN HALL ONLY**

# Movember Raffle

50/50

SALES START: November 1st 2023  
 DRAW DATE: DECEMBER 1st 2023  
 MATINEE BINGO 15/\$20.00  
 1/\$2.00  
 3/\$5.00

**WHAT DOES MOVEMBER SUPPORT?**

"Mental health and suicide prevention, prostate cancer and testicular cancer – we're taking them all on. Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men."

100% of REMAINING PROCEEDS WILL BE DONATED TO THE MOVEMBER SOCIETY  
 THANK-YOU FOR THE SUPPORT!

**November, 2023**  
 Mon-6th, Wed-15th, Fri-24th

Members automatically entered for the draw  
**Matinee (12:45) ONLY**

# Movember Madness

**3 Winners will be drawn to play for the lucky winning mustache**

TOP PRIZE  
**\$125.00**  
 Bingo Bucks



# November 2023

Bingo Capital of the North  
**GARDEN RIVER BINGO**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Movember Madness	<b>FREE STRIP Every Saturday Matinee Only</b>		1 Raffle Start Date <b>FREE STRIP DAY</b> MATINEE, PAY AS YOU PLAY & MAIN	2 MATINEE, PAY AS YOU PLAY & MAIN	3 MATINEE, PAY AS YOU PLAY & MAIN	4 <b>FREE STRIP IN HALL ONLY</b> MATINEE, PAY AS YOU PLAY & MAIN
5 Fall Back NO ONLINE MATINEE, PAY AS YOU PLAY & MAIN	6 MATINEE & MAIN	7 MATINEE, PAY AS YOU PLAY & MAIN	8 <b>FREE STRIP DAY</b> MATINEE, PAY AS YOU PLAY & MAIN	9 MATINEE, PAY AS YOU PLAY & MAIN	10 <b>Double Points</b> MATINEE, PAY AS YOU PLAY & MAIN	11 REMEMBRANCE DAY <b>FREE STRIP IN HALL ONLY</b> MATINEE, PAY AS YOU PLAY & MAIN
12 <b>NO ONLINE</b> MATINEE, PAY AS YOU PLAY & MAIN	13 MATINEE & MAIN	14 MATINEE, PAY AS YOU PLAY & MAIN	15 <b>FREE STRIP DAY</b> MATINEE, PAY AS YOU PLAY & MAIN	16 MATINEE, PAY AS YOU PLAY & MAIN	17 MATINEE, PAY AS YOU PLAY & MAIN	18 <b>FREE STRIP IN HALL ONLY</b> MATINEE, PAY AS YOU PLAY & MAIN
19 <b>NO ONLINE</b> MATINEE, PAY AS YOU PLAY & MAIN	20 <b>Double Points</b> MATINEE & MAIN	21 MATINEE, PAY AS YOU PLAY & MAIN	22 <b>FREE STRIP DAY</b> MATINEE, PAY AS YOU PLAY & MAIN	23 MATINEE, PAY AS YOU PLAY & MAIN	24 MATINEE, PAY AS YOU PLAY & MAIN	25 <b>FREE STRIP IN HALL ONLY</b> MATINEE, PAY AS YOU PLAY & MAIN
26 <b>NO ONLINE</b> MATINEE, PAY AS YOU PLAY & MAIN	27 MATINEE & MAIN	28 MATINEE, PAY AS YOU PLAY & MAIN	29 <b>FREE STRIP DAY</b> MATINEE, PAY AS YOU PLAY & MAIN	30 Raffle Draw Date MATINEE, PAY AS YOU PLAY & MAIN	Movember Raffle 50/50 100% remaining proceeds go to Movember Society	

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

# NOVEMBER



# MINI



# MONSTER

## WEDNESDAY NOVEMBER

# 29TH



## 3/\$1000 @ 12:45PM

## 4/\$1000 @ 6:30PM

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](mailto:info@grfnbingo.com) or come visit us at the promotions desk. Thank you!



Community Recycling Reminder

Aaniin!

Evan Belleau, your energy advisor, here with a community reminder on recycling!

Recyclable Materials

Clear Plastic Bag

- ♻ Metal food cans
- ♻ Aluminum Cans
- ♻ No.1 Plastic Bottles (pop bottles, water bottles, plastic cups)
- ♻ No.2 Plastic Bottles (Shampoo Bottles, Household cleaners, detergents)
- ♻ Glass Bottles and Jars

All Containers must be washed/rinsed and placed in a clear bag.

Blue Box/Bin

Newspapers and Flyer, Magazines, Phone Books, Boxboard/small boxes (i.e. cereal boxes), paper egg cartons, toilet/towel paper rolls, Clean milk cartons, clean pizza boxes, all other paper products (mail, computer paper)

NO Tin Foil, Styrofoam, Florescent Light Tubes, or Aerosol Cans

The Garden River Transfer Station is open Tuesday – Saturday 9AM-5PM CLOSED from 12-1PM; CLOSED Sunday and Monday. The Transfer station is located at the end of Noonday Rd between the Garden River Lands Department Building and Garden River Aggregates. Curbside pickup for recycling occurs every Wednesday morning starting at 8AM (Holidays can set curbside pickup schedules back one day)

The Waste Transfer Station was implemented to manage items not accepted via curbside pickup collection. On site you will find a community share shed and our recycling centre. Having all these stations in one location makes it easy for community members to sort and organize their household waste more appropriately and on their own schedule. The waste transfer station is a great asset for the community and contributes in our efforts to create a healthier environment through recycling and proper distribution of common household waste. For the efforts of the Public Works Department in implementing our curbside pickup program for waste and recycling, as well as keeping the Waste Transfer Station in an organized and orderly manner for community usage, we say chi-miigwetch!

**RECYCLING REMINDER!**

**CURBSIDE RECYCLING PICKUP ON WEDNESDAYS**

**TRANSFER STATION HOURS:**  
**TUESDAY - SATURDAY:**  
**9AM - 5PM**  
**CLOSED 12PM-1PM**  
**CLOSED SUNDAY - MONDAY**

**NO TIN FOIL, STYROFOAM, FLORESCENT LIGHT TUBES, OR AEROSOL CANS**

Save the Community  
 Save the Environment  
 Save the Earth

The poster features a blue recycling bin with a recycling symbol, a dog sitting next to it, and various recyclable items like a cardboard box, a can, and a bottle. Logos for the Garden River Lands Department and the Keteagunseebeeg Garden River First Nation are also present.

**GR Trust**

**COMMUNITY TRUST**  
 "Strength from the Past, Integrity of the Present, Respect for the Future"  
 Ph: 705-206-7525  
 Email: grfntrust@gmail.com  
 c/o 6 Shingwauk Street  
 Garden River, ON P6A 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

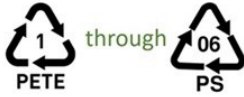
For more information, please call Alanna at (705) 206-7525, or email grfntrust@gmail.com.  
 Posted June 23, 2023



# RECYCLE IT RIGHT – TIPS

## CO-MINGLE: plastics, metals

- All rigid **Plastic** containers. Example: water bottles, milk jugs, pop, etc. *Remove all plastic caps/lids and place loose in Blue Box*



- Metal** – Food and Beverage cans (soup, veggies, etc.)
- Aluminum** – Cans (pop), Foil Wrap and Trays

Recycling only from food or beverages – all must be rinsed!

## PAPER PRODUCTS

- Newspaper, Magazines, Books, Catalogues
- Flyers and inserts
- Writing and Printer **Paper**
- Milk and Juice **Cartons** and Juice Boxes
  - Remove plastic caps and put all in the recycling bin
  - Remove straws and put in the garbage
  - Empty and flatten
- Boxboard** Single Layered: *Tissue, Detergent, Egg Cartons, Shoe boxes, pizza boxes (non contaminated)*
- Corrugated **Cardboard** Boxes (*Separate, flatten & bundle to max size of 30"x30"x8"*)

## DO NOT RECYCLE

- Styrofoam
- Ceramics
- Window glass
- Dishes
- Garbage or food
- Hazardous waste (syringes, medicines)
- Motor oil or antifreeze jugs
- Plastic pails with metal handles
- Toys
- Diapers
- Chip bags
- Coffee cups
- Plastic cutlery
- Christmas foil wrapping

**When in doubt – leave it out!!**



# What is recyclable?



EMPTY ALL FOOD AND LIQUIDS BEFORE RECYCLING

## PAPER



Paper (regular and glossy), magazines / newspapers, envelopes (even w/ plastic windows), brown paper bags (cannot be oily)



**NOT** paper towels, used paper plates, tissues, cups or lotto scratch tickets

## CARDBOARD



Cardboard boxes, pizza box tops, paper board boxes like cereal boxes and frozen food boxes and juice/milk cartons. **DRAIN LIQUIDS AND BREAK DOWN ALL BOXES!**



**NOT** greasy pizza box bottoms

## PLASTIC



Hard plastic containers, to-go containers, yogurt cups, and plastic bottles (keep caps on or off / squish bottles or not) **EMPTY AND RINSE ALL!**



**NOT** cups, plastic bags and plastic wrap (even if they have a recycle symbol), chip bags, Styrofoam, plastic cutlery or plastic milk bags

## METAL



Empty cans and aluminum foil/products. **EMPTY AND RINSE ALL!**



**NOT** other metal like wire cords and hangers

These single-stream recycling guidelines apply to households, businesses, schools and band offices.

## Neighbouring Events

50 East Street  
Sault Ste. Marie ON P6A 3C3  
Phone: 705-759-5242  
Fax: 705-759-8752



Media Release

"One stop...endless possibilities"

### Unlock the Hidden Treasure of Sault Ste. Marie Public Archives with Exclusive Tours!

Have you ever wondered what intriguing stories and historical gems lie hidden behind the doors of the Sault Ste. Marie Public Archives? Your curiosity is about to be satisfied! The Sault Ste. Marie Public Library is thrilled to announce a special opportunity for you to explore our Archives like never before.

#### Event Details:

**Date:** Friday, November 24, 2023  
**Time:** Timeslots range from 1 hour between 10:00 am and 4:00 pm

**Location:** North Branch Library, 232C Northern Ave E, Sault Ste. Marie  
**Cost:** FREE!

*\*Registration is required\**

Get ready to embark on an engaging journey through our rich heritage. Discover the facility that preserves the fascinating documents, photographs, and relics that shape the history of our beloved city.

Registration begins November 1, 2023 at 10:00 am. To register, call the North Branch at (705)759-5248 or register online at

<https://www.eventbrite.ca/e/archive-tour-north-branch-tickets-717977669537aff=oddtcreator>.

All attendees must register individually as space is limited.



**Dial \*677**  
or  
**1-888-310-1122**

**For non urgent matters**

**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."

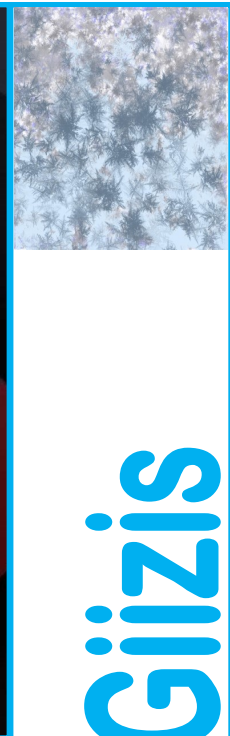
**What is actionable information?**

**DO**

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

**DON'T**

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



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.

**December 2023 Newsletter**  
**Submission Deadline:**  
**Friday, November 24, 2023.**

**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>

Freezing Moon  
**Baashkaakodin-Giizis**



Colour Me!

Drop off at the GRFN Public Library

Name
Age
Phone

