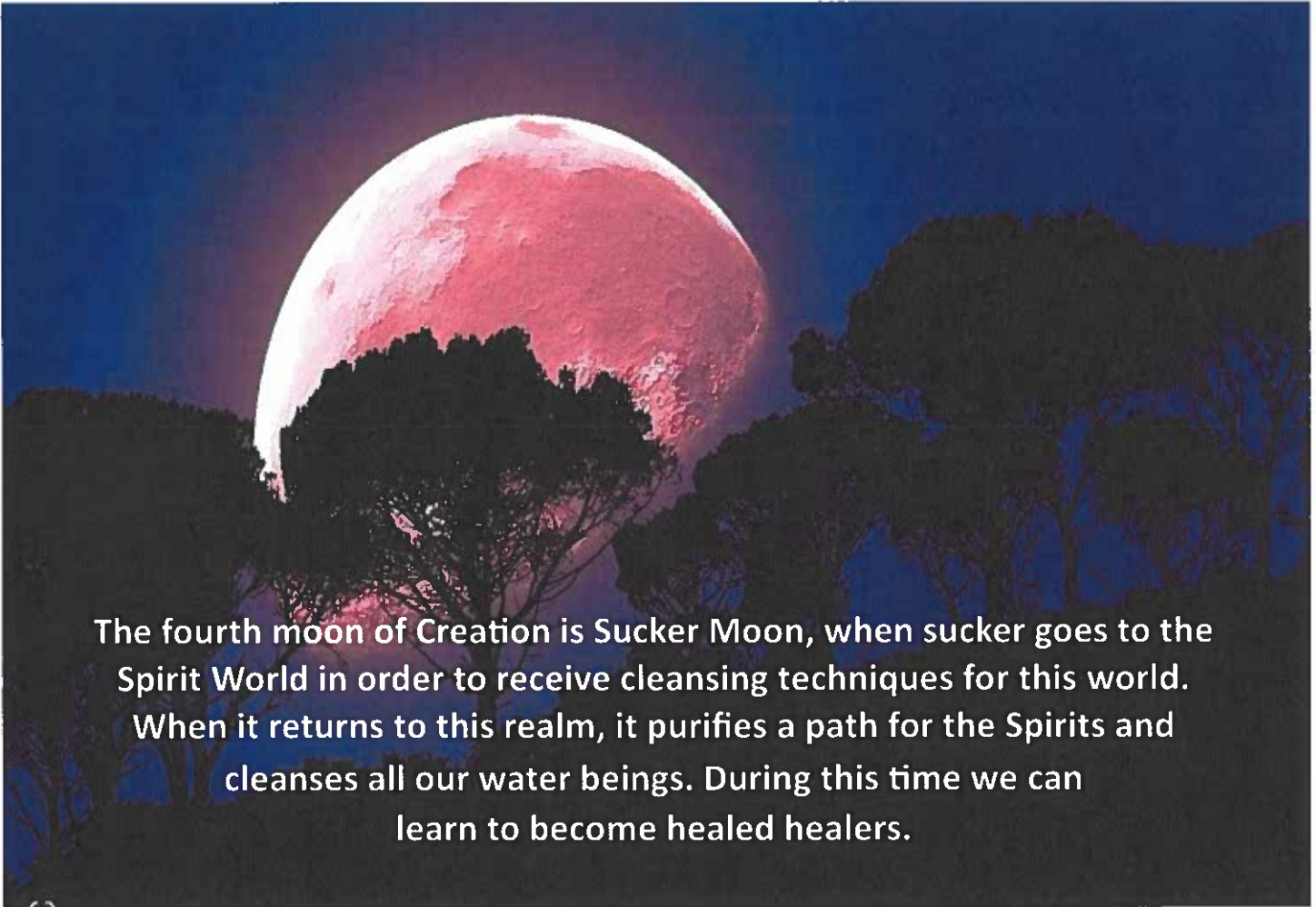


“THE ROOTS”

SHEGUIANDAH FIRST NATION

NAMEBINE GIIZIS (SUCKER MOON)



The fourth moon of Creation is Sucker Moon, when sucker goes to the Spirit World in order to receive cleansing techniques for this world. When it returns to this realm, it purifies a path for the Spirits and cleanses all our water beings. During this time we can learn to become healed healers.

For more information, please contact:

Sheguiandah Band Office: (705) 368-2781 Fax: (705) 368-3697

Email: reception@sheguiandahfn.ca

Office Hours: Monday-Thursday 8:30 am-4:30 pm

Fridays 8:30 am - 4:00 pm

WE ARE COMING TO SHEGUIANDAH

WANT TO LOWER YOUR HYDRO BILL?

ONWAA WILL BE AT THE COMMUNITY
HALL APRIL 3RD FROM 9AM-4PM

WHAT TO BRING?

- Copy of your current electricity bill
- Names, Birthdates & SIN for all household members (18-74)
- If you have not filed your income taxes in the last 2 years, proof of income is required (i.e. paystubs)

FOR FURTHER QUESTIONS,

Call 1-844-885-3157 or OESP Hotline 1-855-831-8151

Ontario Electricity Support Program (OESP)

OESP is a government program that **helps low-income families lower their hydro bill costs**. Our ONWAA Energy Team will assist you with your application to the OESP and If approved, a monthly credit will be applied directly to your hydro bill.



HELP COMMUNITY MEMBERS LOWER THEIR HYDRO BILL TODAY!

Low-income households may qualify for a reduction in their electricity bill through the **Ontario Electricity Support Program (OESP)**.

How Much Can Households Receive?

Households can receive between \$52 and \$113 credit toward their utility bill every month.

The amount of the credit is based on two factors.

1. How many people live in the home
2. Total combined household income

What's Required From Clients?

1. Their electricity bill
2. Names, Birthdates, SIN for all household members (18-74)
3. Pay stubs if they haven't filed taxes in the last two years

We'd Love To Visit Your Community!

Our ONWAA Energy Team is ready to visit your community to provide face-to-face assistance in filling out applications.

Please call 1-844-885-3157 or email oesp@onwaa.ca to book a visit.

It's Easy To Apply!

There are two ways to apply

1. With ONWAA Agent
Our agents are able to support clients in person by visiting the community, or by phone 1-844-885-3157
2. Online
Households that have filed their taxes in the last year can apply online or by filling out a paper copy of the application located online at www.ontarioelectricitysupport.ca.





SHEGUIANDAH FIRST NATION MEDICAL TRANSPORTATION PROGRAM

Medical transportation is available to the Sheguiandah First Nation (SFN) through the Non-Insured Health Benefits (NIHB) Program. Please be advised you must have a status card and live in SFN to access the medical transportation program.

**** An appointment card or copy of a text message, email or letter of ALL upcoming out of town appointments are required to book transportation. Including mileage claims.**

They can be sent via email, faxed to Health Center or given in person.

Without confirmation transportation can not be booked, as per SFN Contribution Agreement. **

**** Confirmation of appointment/s are required for every appointment and given to your driver including taxis.**

Needed to make a mileage claim as well and prior approval claims. **

Medical transportation is available for the following: Departure Location Sheguiandah First Nation

Destination	Health Services
<ul style="list-style-type: none"> • Destinations on Manitoulin Island, • Espanola • Greater Sudbury, Chelmsford/Elliot Lake • <u>ALL other locations require a Prior Approval from NIHB</u> 	<ul style="list-style-type: none"> • Provincially Insured Health Services; • Publically-funded alcohol, solvent, drug abuse, and detox treatment; • Traditional Healers; * <i>recognized by NIHB and letter from Chief and Council.</i> • Non-Insured Health Benefits (vision, dental, mental health, medical supplies and equipment); and • Publically funded preventative screening

Please note: Medical transportation services are unavailable during severe weather and when office is closed, (e.g. standard closures, holidays, etc.) Unless scheduled at least 3-5 days prior to office closure.

Booking:

ALL local transportation is to be booked at least 24-48 hours prior to appointment unless in emergency situations.

Espanola/ Greater Sudbury/Elliot Lake- appointments booked 2-3 days prior; to ensure a driver can be made available, including taxi.

Last minute bookings may result in needing to reschedule appointment due to driver being pre booked.

Medical transportation benefits such as accommodations and meals must be approved by First Nations and Inuit Health Branch (FNIHB) Thunder Bay Zone. It is important to please submit medical transportation requests that require meals and/or accommodations 10 days before your appointment date to ensure funding approval.



FOOT CARE

Mnaamodzawin Health Services Foot Care UPDATE

As of December 01, 2023 all foot care clinics provided by Mnaamodzawin Health Services will be **ONLY** available within their Health Centre in AOK.

These clinics will take place once a month, to book please call the program assistant, Robin Maltby (705)368-2182 ext. 230.

If you need transportation, please call Lila at SFN Health Centre to book medical transportation, (705)368-1150

Minor procedures, such as general nail clipping, etc. can be referred to Noojmowin Teg Footcare Nurse, Meghan Strain or Diabetes Wellness Nurse, Kendra Recollet

Diabetes Education Program



Nutritional Bingo



Games • Fun • Food Prizes

Thursday, April 11, 2024
5:00 PM - 7:00 PM

2 Free Strips
EXTRA
Strips \$2/ea
Jackpot \$1/ea
Cash will go towards
2nd chance



Sheguiandah First Nation Community Hall
Contact Sarah Williams (705)368-1150



SHEGUIANDAH FIRST NATION DRUM SOCIAL

Friday April 19, 2024

SFN Community Hall

Doors open at 6:00PM

6:30 PM - 8:00 PM

Regalia and Ribbon Shirts/Skirts Encouraged

POTLUCK STYLE MEAL

Due to popularity we will aim to host a drum social and potluck on a monthly basis.

Every 3rd Friday of the month
(unless there is a holiday)

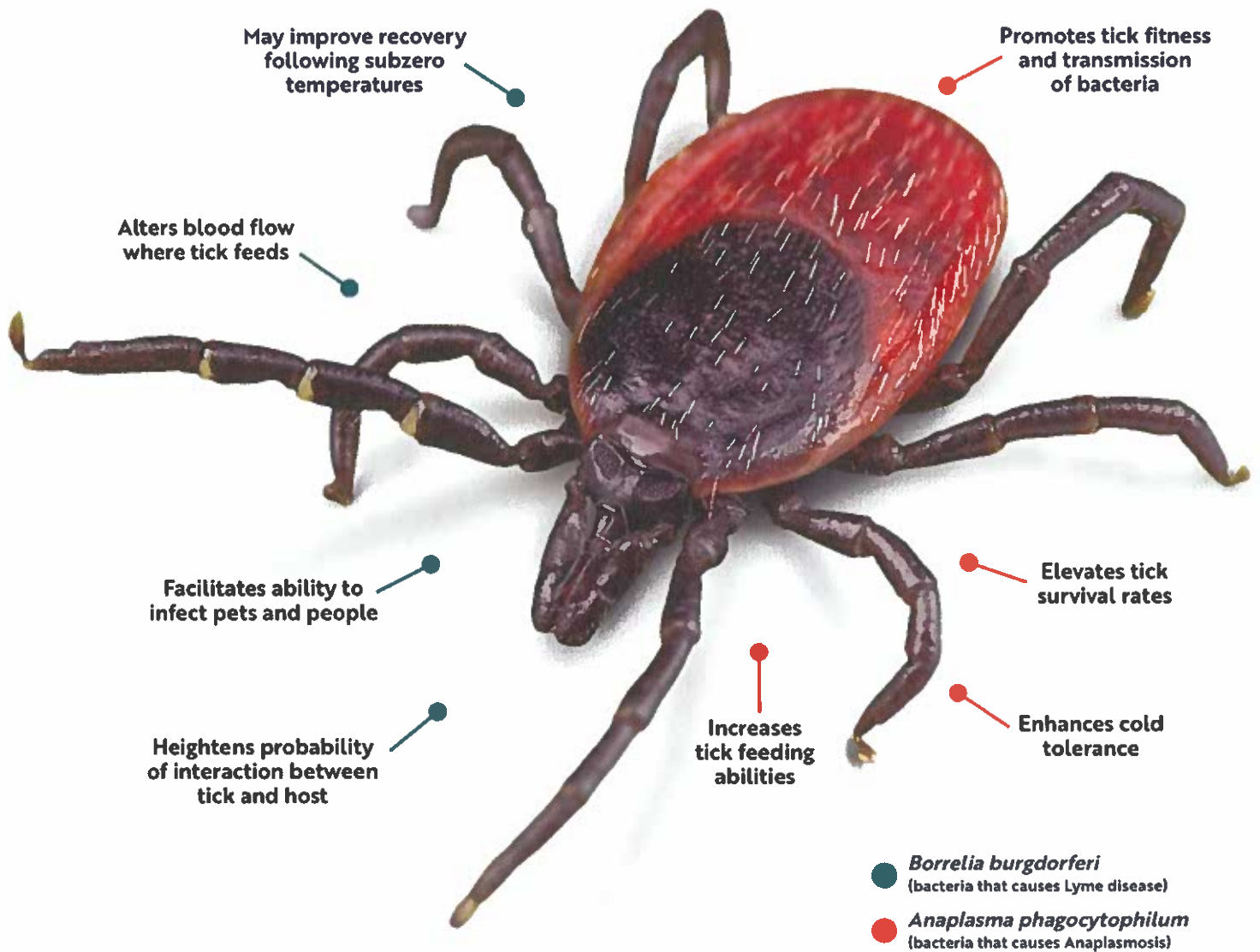
If you have any questions please feel free to contact the Health Centre (705)368-1150





FITTER, BETTER, FASTER, STRONGER.

INFECTED TICKS MEAN MORE RISK



In areas where tick-borne diseases are found there may be:
MORE RISK of individual pet exposure to disease, especially during fluctuating winter temperatures and in the spring
MORE RISK of infected ticks surviving in areas where uninfected ticks may not.

March is national tick awareness month.
Talk to your veterinarian or visit ticktalkcanada.com to learn more.





mobile wellness

Improving access to mental health and addictions care for people who live in the District of Manitoulin.

*Services include in-take and brief services, referrals to existing services, psychiatric support and follow up, and community workshops/programs.
Services include:*

- Client Care Navigator
- Registered Nurse
- Nurse Practitioner
- Registered Social Worker
- Psychiatrist
- Wellness Promotion Facilitator

Healthcare providers are based out of Noojmowin Teg Health Centre, and offer in-person or virtual appointments; in addition the mobile vehicle will also travel to locations across the Manitoulin District to offer these services.

Call our Client Care Navigator today to book an appointment:
705-968-0816

For more information, contact:
Mobile Wellness
Client Care Navigator
705-968-0816

Monday – Friday
8:30am – 4:00pm

Location:
Noojmowin Teg Health Centre
43 Hillside Road
Aundeck Onai Karing
Tel: (705) 368-0083

For more information, visit Noojmowin-teg.ca or call (705) 368-0083



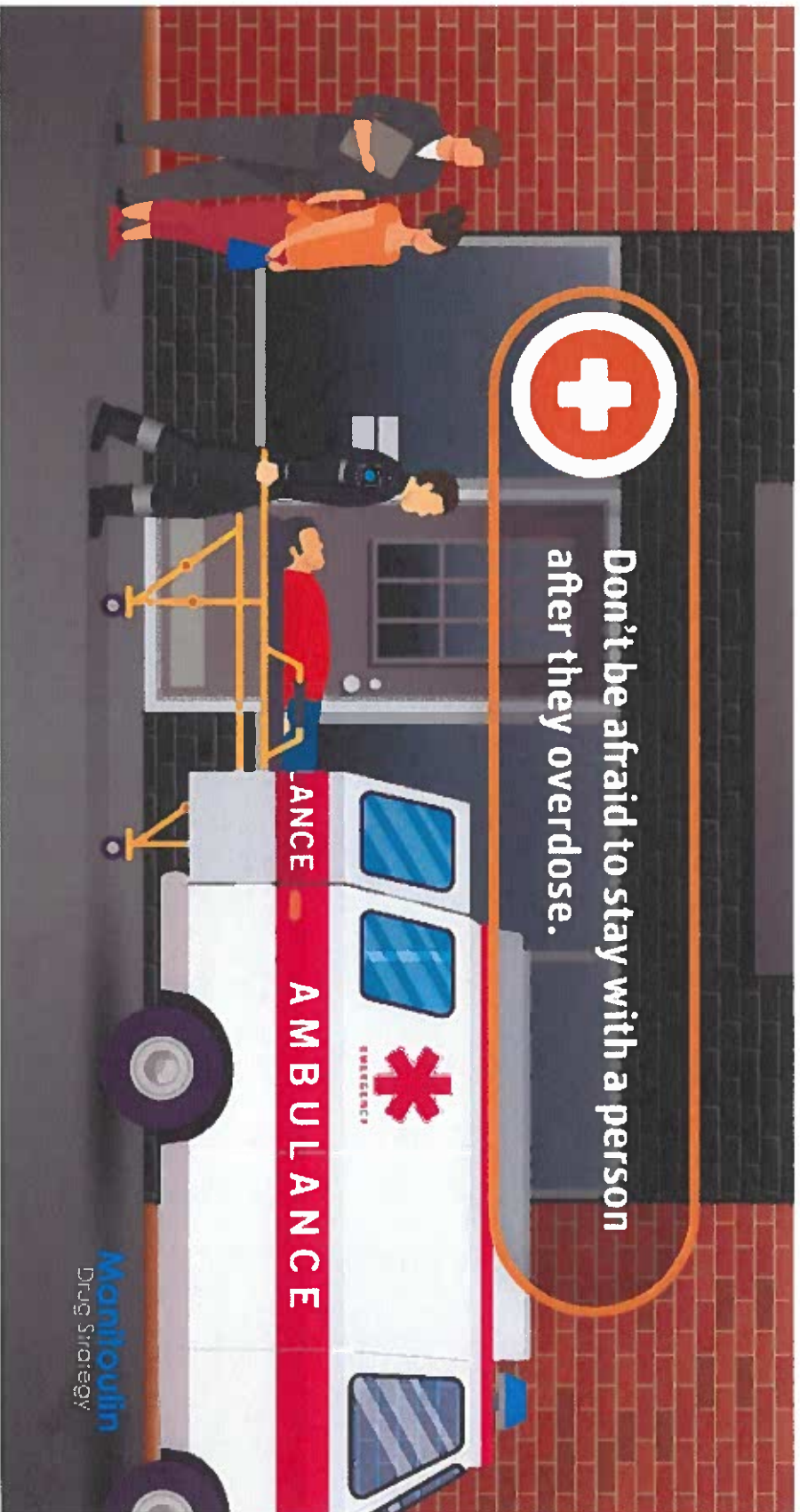
Why do we stay with a person after administering Naloxone?

With more powerful opioids (fentanyl and carfentanil) there is a possibility that a person will overdose again even after they have been given naloxone. Call 911 in any medical emergency and stay with the individual until emergency services arrives in case paramedics need information, or the overdose symptoms return.



Why do we stay with a person after administering Naloxone?

An overdose occurs when a person uses more of a substance, or combination of substances, than their body can handle. The person might pass out, stop breathing, or experience a seizure. If benzodiazepines (benzos) toxicity is involved, an overdose may last for several hours. Individuals may also need support in understanding what happened as they could experience confusion. Always make sure to stay with the person until help arrives.



Montoulin
Drug Strategy

Don't be afraid to stay with a person after they overdose.

Reminder: The Good Samaritan Substance Overdose Act provides some legal protection for individuals who seek emergency help during an overdose. To learn more about the Good Samaritan Drug Overdose Act and your legal protections, visit www.canada.ca/en/health-canada/services/opioids/about-good-samaritan-drug-overdose-act.html#a2

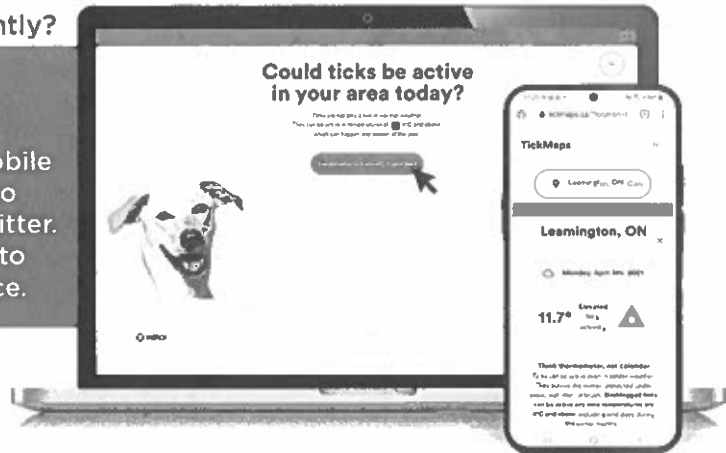


LOCAL TICK FORECASTS to Share with Your Clients

Have you visited Tickmaps Canada recently?



You can now share LOCAL 14-day tick forecasts with your clients.



Visit tickmaps.ca from your desktop or mobile device and use the NEW sharing buttons to copy, email and post on Facebook and Twitter. It's that easy. Follow the directions below to share LOCAL tick forecasts from any device.



From Your Desktop or Laptop

1 From your browser go to tickmaps.ca and click on 

2  Enter your location 
Type in your city, or postal code in the search bar and click on the location that best matches your area. Scroll down the page to see the 14-day tick forecast for your area.

3  You can share this information using the share button in the bottom right of the screen. Roll over the share button and click on the icon of choice. 


 **FACEBOOK**
Opens and includes an image of the map of Canada and the link to your local 14-day tick forecast.

 **EMAIL**
Opens and includes the link to your local 14-day tick forecast.

 **TWITTER**
Opens and includes the link to your local 14-day tick forecast.

From Your iPhone

1 From your browser go to tickmaps.ca and click on 

2  Enter your location
Type in your city, or postal code in the search bar and tap on the location that best matches your area. Scroll down the page to see the 14-day tick forecast for your area.

3 You can share this information using the iPhone share button in the bottom navigation bar. Tap on the share icon and scroll through the platform options until you find the icon of choice.



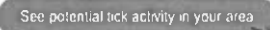
PRO TIPS!


Consider posting weekly tick forecasts to your social feeds to remind your clients of the risk of ticks in your area.

Create an icon and link to tickmaps.ca on the home screen of your phone for easy access.

Use the same sharing button on your phone and click on "Add to Home Screen". This will add an icon and direct link to your local tick forecast.

From Your Android Phone

1 From your browser go to tickmaps.ca and click on 

2  Enter your location
Type in your city, or postal code in the search bar and tap on the location that best matches your area. Scroll down the page to see the 14-day tick forecast for your area.

3 You can share this information using the Android phone by tapping on the "additional options" button. Then tap on the share option and scroll through the platform options until you find the icon of choice.





WEAR LIGHT-COLOURED LONG-SLEEVED SHIRTS AND PANTS

KNOW WHEN TICKS ARE ACTIVE

AVOID TALL GRASSES AND LEAF LITTER

TUCK SHIRT INTO YOUR PANTS

KNOW WHERE TICKS CAN BE FOUND

SHOWER OR BATHE WITHIN TWO HOURS OF BEING OUTDOORS

PERFORM DAILY TICK CHECKS AND REMOVAL

TUCK PANTS INTO YOUR SOCKS

USE SHORT DURATION SPRAYS WHEN IN TICK ENDEMIC AREAS

WALK ON CLEARED PATHWAYS

ADMINISTER
VETERINARY-APPROVED
TICK CONTROL PRODUCTS
FOR CATS FOR THE
DURATION OF THE TICK
RISK SEASON



KNOW
WHEN TICKS
ARE ACTIVE

KNOW
WHERE TICKS
CAN BE
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DAILY TICK
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OF THE TICK RISK
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STAY ON
CLEARED
PATHWAYS
DURING
WALKS





UCCMM INDIGENOUS YOUTH PREVENTION/INTERVENTION PROGRAM
PRESENTS

YOUTH SELF DEFENSE FOR ANTI-BULLYING

LEARN HOW TO PREVENT BULLYING. INVOLVES LESSONS ON ANTI
BULLYING, SELF DEFENSE, PEER PRESSURE, RACISM AWARENESS,
TOXIC MASCULINITY, GENDER INCLUSIVITY, AND MORE

FOR INDIGENOUS YOUTH AGES 10-18

Location: Sheguiandah Community Complex

Time: 5:00pm-7:00pm

Thursdays

March 21

March 28

April 4

Waivers must be signed by a parent/guardian for those under 18.

Contact Info

Zane Aguonia @705-368-1150 or family.wellbeing@sheguiandahfn.ca
Christian Kaiser-Fox @705-377-5307 ext. 209 or youthprevention@uccmm.ca



April

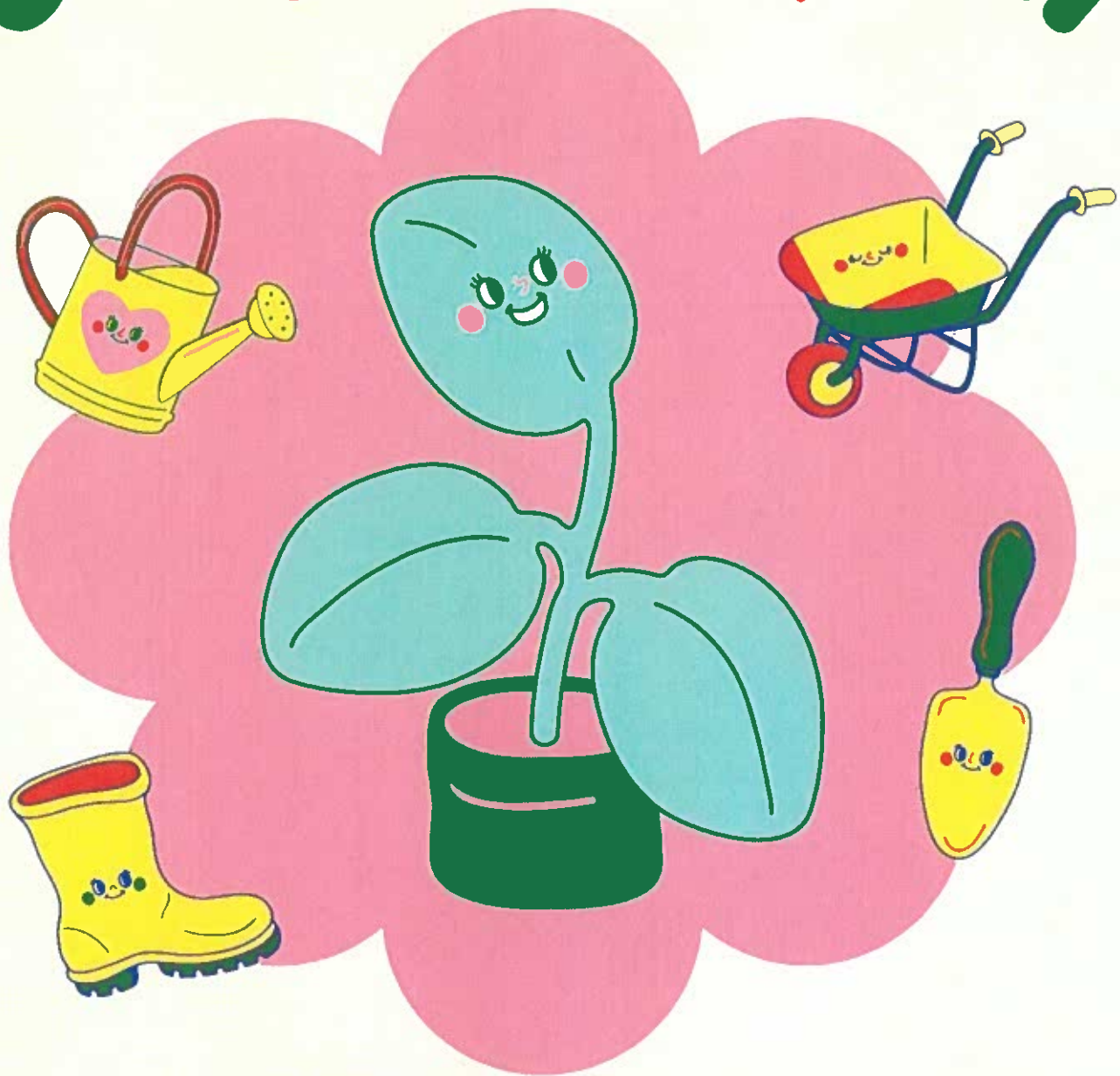
2024

Cheyenne Manitowabi- Traditional Lands Use

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Easter Monday	1 Start seeds indoors 10-12 community hall *checking nightly for smelts *	2 Craft Night 5:30 – 8 *checking nightly for smelts*	3 In office *checking nightly for smelts*	4 Day off	5 6
7	Garden prep day @ community Garden (weather pending) 10-12	8 RVAW Fire Culture Camp	9 RVAW Management Training	10 RVAW Session in Toronto	11 Friday Craft 10-4 Birchbark etching	12 13 Belt making workshop W/ Paulette Aiabens 9-4
14 DAY 2 Belt making workshop with Paulette	15 Garden day 10-12	16 Cleaning/ dying porcupine quills 10-2	17 Craft night 5:30-8	18 Zoom mtg 10am In office	19 Day Off	20
21	22 Garden Day 10-12	23 In office	24 Craft Night 5:30-8	25 In office Spear Fishing in the bay	26 Friday Craft w/ Cheyenne Caribou Tufting 10-4	27
28	29 Garden Day 10-12	30 In office				

SHEGUIANDAH

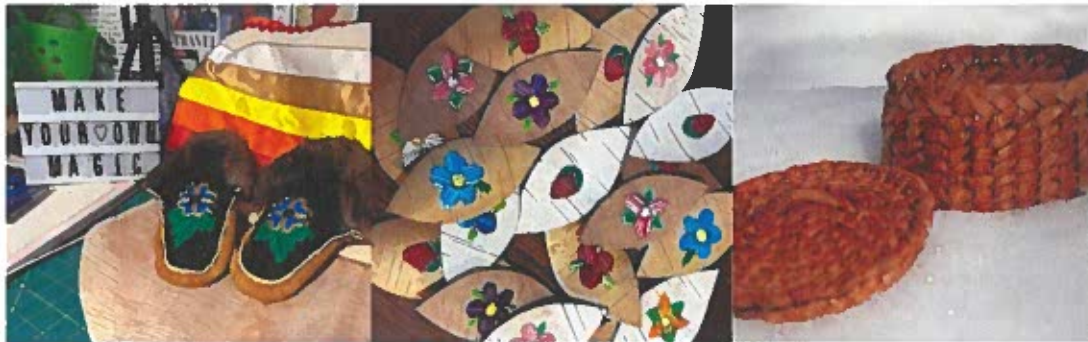
COMMUNITY GARDEN



**EVERY MONDAY 10-12
WEATHER PERMITTING
BESIDE ELDERS CENTRE
HELP PREP GARDEN BEDS**

SHEGUIANDAH FIRST NATION

WEEKLY EVENING CRAFT SESSIONS



Bring in your unfinished projects, or start something new. materials will be provided and available to those wanting to start new or need materials to finish old projects.

fabric, leather, quills, beads, cedar bark, birchbark, all available.

CRAFT NIGHT

Dinner and snacks provided

**EVERY WEDNESDAY
5:30-8PM .**

APRIL 3RD, 17TH, 24TH

**NO REGISTRATION
NEEDED
DROP IN**

COMMUNITY HALL

CHEYANNE MANITOWABI

CHEYANNE MANITOWABI



BELT MAKING WORKSHOP

Paulette Aiabens
Concho belt making

10 participants, please register with Cheyanne

SESSION 01
APRIL 13TH 9-4 PM

SESSION 02
APRIL 14TH, 9-4 PM.



REGISTER NOW!

For more information
705-368-2781 ext 212 | Cheyanne Manitowabi





Caribou Tufting with CHEYANNE

April 26th

10-4

Lunch Included

community hall

Gardening Workshop

starting from seed



Tuesday morning
10-12
April 2nd 2024

come in and help plant some seedlings to get ready for this years community garden, we will be starting seeds indoor and when they are ready, out to the greenhouse. Participants will get a seed starter kit, and a chance to win a bigger prize on wheel of names for participation.



Register with Cheyanne Manitowabi
705-368-2781



*Please RSVP by March 28th



Larana, Inc.

Staying Healthy When Working With or Near Wildlife

Assess the risk and take health and safety precautions when working with or near wildlife to help reduce the chance of getting sick with a zoonotic disease.

Workers can be exposed to pathogens (germs that cause disease) through:



- Contact with infected animals, animal products (for example, animal hides and carcasses), or environments contaminated with feces or fluids (such as saliva, blood, urine)
- Breathing contaminated air
- Animal bites or scratches
- Bites from bugs like fleas, mosquitoes or ticks
- Consuming contaminated food or water



Zoonotic disease:

A disease that is transmitted between animals and people.



Employers should layer control measures and use standard precautions to reduce the risk of zoonotic disease transmission.

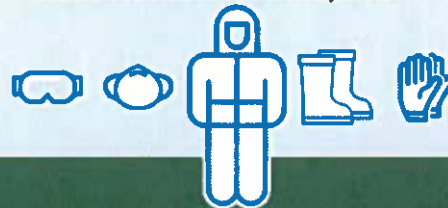
Some control measures to consider:

- Vaccination for eligible workers, if available
- Perform work outdoors and upwind of animals or specimens, if possible
- If indoors, work in well-ventilated environments
- Regularly disinfect surfaces, objects and equipment
- Wear dedicated clothing and footwear, and wash them regularly
 - Regularly wash hands with soap and water or use hand sanitizer
 - Avoid touching the eyes, nose, or mouth with unwashed hands
- Avoid eating, drinking, and smoking when working around wildlife



Personal protective equipment may vary based on the activity or wildlife involved, and includes:

- Disposable coveralls if handling large animals
- Eye protection if there is a risk of dust, splashes or droplets being created
- Disposable gloves (cut-resistant if there is a risk of bites or scratches)
- Appropriate mask (preferably fit-tested N95 or better) if handling animals or exposed to aerosols
- Appropriate footwear that can be disinfected, such as rubber boots or boot covers if it may be contaminated with feces or other body fluids



Report and support

- If a worker gets sick with a zoonotic disease, the employer may need to inform the occupational health and safety regulator and the workers' compensation board
- If a worker is suspected of having a reportable zoonotic disease, local or regional public health authorities and the Public Health Agency of Canada should also be notified
- It may be necessary to report sick or dead animals to relevant organizations, such as the Canadian Food Inspection Agency, the Canadian Wildlife Health Cooperative (non-governmental organization), or Fisheries and Oceans Canada



How to Protect Against Tick-borne Diseases at Work

Canada is home to many species of ticks. Some can spread pathogens, which are germs that cause disease, including Lyme disease, anaplasmosis, babesiosis and Powassan virus disease. Anyone working outdoors is at risk of a tick bite and becoming sick.



The best way to protect yourself from tick-borne diseases is to prevent tick bites.



Where ticks can be found

- Natural wooded areas
- Areas with shrubs, leaf litter, wood piles, tall grass
- Near animals that ticks feed on, such as rodents, birds and deer
- In temperatures at 4°C and higher (usually spring, summer, and fall when ticks are active)

Workplace control measures to prevent exposure to ticks

- Avoid working in places where ticks can be found, when possible
- Apply insect repellent containing DEET or Icaridin to clothing and exposed skin (always follow label directions)
- Wear permethrin-treated work clothing (always follow label directions)
- Do a full body tick check after working outdoors, concentrating on feet, armpits, back of knees, elbows, hair, behind ears, waist and groin areas
- Shower or bathe after working outdoors to help find unattached ticks
- Put dry work clothes in a dryer on high heat for at least 10 minutes to kill unattached ticks. If clothes are damp, you may need to dry them for longer
- If you wash your clothes, use hot water and dry on high heat as ticks can survive a cold/warm wash cycle

Tie back long hair

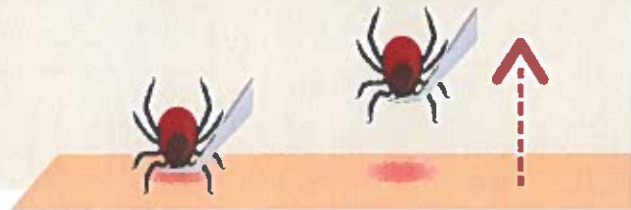
Wear light-coloured long-sleeved shirts and pants

Tuck shirts into pants, and pull socks over pant legs

Wear closed-toe shoes



If you find a tick attached to your skin, carefully remove the tick as soon as possible to reduce the chance of infection.



When removing a tick:

- Use clean, fine-point tweezers to grasp the tick's head
- Slowly pull straight out
- Try not to twist or squeeze the tick
- Remove any parts lodged in the skin
- Wash hands and tick bite area with soap and water or use sanitizer
- Store the tick in a sealed bag or take a picture (www.etick.ca) of it in case it needs to be identified later
- Tell your employer
- Monitor symptoms and seek medical attention, if necessary

DO NOT grab the tick's body, especially if it is swollen, or crush the tick

Prevent Mosquito-borne Diseases at Work

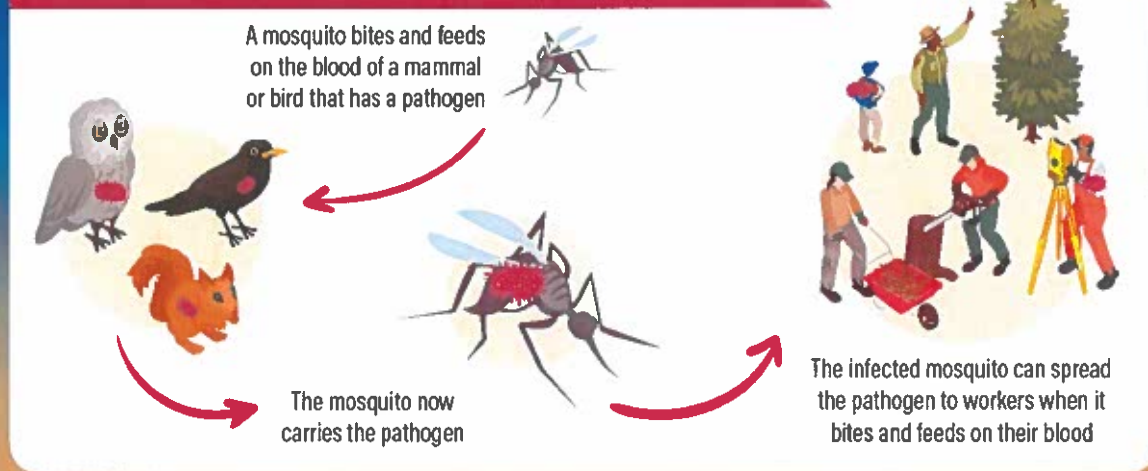
Mosquitoes can transmit pathogens, which are germs that can cause disease. Anyone can get bitten by a mosquito, but outdoor workers are at greater risk.



Notable mosquito-borne diseases in Canada

West Nile virus · Jamestown Canyon virus · Snowshoe hare virus · Eastern equine encephalitis · St. Louis encephalitis

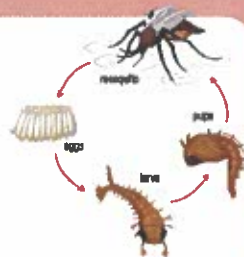
How mosquitoes spread pathogens to workers



There is currently no vaccine for mosquito-borne diseases. The best protection is to prevent mosquito bites.

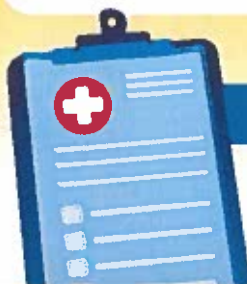
Workers are most likely to be exposed to mosquitoes when they are:

- Near stagnant water
- In vegetated, wooded, shaded or damp areas
- Outdoors between May and September
- Working with or near animals known to be pathogen reservoirs
- Working at dawn (first light) and dusk (just before dark) when mosquitoes are most active



Tips to prevent mosquito bites

- Tightly cover water storage containers
- Use insect repellent containing DEET or Icaridin (always follow label directions)
- Use mosquito nets when spending time in unscreened outdoor structures, if possible
- When you're outside, wear:
 - loose-fitting long pants and long-sleeved shirts
 - socks and a hat (try a mosquito net over your hat to protect your head)
 - light-coloured clothing (mosquitoes are attracted to dark colours)
 - permethrin-treated clothing (always follow label directions)



Reporting mosquito-borne diseases

If you get sick at work with a mosquito-borne disease, you will not make others sick. You should still seek medical care and get rest as necessary. Your employer may have to report it to the occupational health and safety regulator and the workers' compensation board.

SAVE THE DATE!

Manitoulin Treaty Gathering:

A Gathering of Pipes & Pipe Carriers

Date: Wednesday May 22 &
Thursday May 23, 2024

****UPDATED!****

**** Location: Manitowaning ****

Treaty Signing Site

More Information to be announced



OJIBWE CULTURAL
FOUNDATION



Indigenous
TOURISM
ONTARIO





SHEGUIANDAH FIRST NATION Is looking for... POW-WOW COMMITTEE

**First Meeting
TUESDAY, APRIL 16, 2024
5PM START
At SFN Health Centre**

**Please fill out the 2024 Pow Wow Committee
"Letter of Interest"
(attached in April's Newsletter)
Make sure to bring it with you to the meeting.**

**If you have any questions please feel free to
contact Sarah at the Health Centre
(705)368-1150**



Letter of Interest
2024 Pow Wow Committee

If you are interested in being a member of the 2024 Pow Wow Committee, please fill out this form and submit it to Sarah Williams on/by the first meeting happening at Sheguiandah First Nation Health Centre on **Tuesday, April 16, 2024 at 5:00PM.**

NAME: _____

SHEGUIANDAH FIRST NATION BAND MEMBER: YES NO

SHEGUIANDAH FIRST NATION COMMUNITY MEMBER: YES NO

SKILLS/KNOWLEDGE (please check the skills you excel at)

- | | | |
|--|---|---|
| <input type="radio"/> Computer Skills | <input type="radio"/> Event Planning | <input type="radio"/> Culture |
| <input type="radio"/> Finance | <input type="radio"/> Networking | <input type="radio"/> Traditions |
| <input type="radio"/> Organization | <input type="radio"/> Leadership | <input type="radio"/> Pow Wow Protocols |
| <input type="radio"/> Grant Writing | <input type="radio"/> Land-Based | <input type="radio"/> Traditional Cooking |
| <input type="radio"/> Communication | <input type="radio"/> Meal Planning | <input type="radio"/> Social media |
| <input type="radio"/> Sound System | <input type="radio"/> Delegation | <input type="radio"/> Labour |
| <input type="radio"/> Excel (software) | <input type="radio"/> OTHER; please describe: | |

WHY WOULD YOU LIKE TO SIT ON THE POW WOW COMMITTEE?

WHAT AREA OF PLANNING ARE YOU INTERESTED IN?

- | | | |
|---|---|-------------------------------------|
| <input type="radio"/> Promotions | <input type="radio"/> Planning | <input type="radio"/> Cooking/Meals |
| <input type="radio"/> Networking | <input type="radio"/> Partnerships | <input type="radio"/> Grant Writing |
| <input type="radio"/> Organizing Volunteers | <input type="radio"/> Registration | <input type="radio"/> Sound System |
| <input type="radio"/> Coordinating | <input type="radio"/> Pow wow protocols | |
| <input type="radio"/> Other; please describe: | | |

Anything else you would like to share:

Miigwetch for your interest!



DIABETES FAMILY FRIENDLY COOKING CLASS



WITH DENISE GRAHAM
MNAAMODZAWIN HEALTH SERVICES
DIABETES HEALTH PROMOTION COORDINATOR

Sheguindah Health Center April 23 4-6pm
Come and learn to cook a healthy version of a family favorite - pizza!
Dinner, refreshments and door prize for participation



Community Wellness UPCOMING EVENTS 2024

APRIL

Oil Painting with Laurie

DETAILS WILL BE POSTED ON SFN FACEBOOK PAGES

MAY

Woodland Painting with Laurie

DETAILS WILL BE POSTED ON SFN FACEBOOK PAGES

MAY

Garden Tilling

REGISTRATION FROM MAY 1ST TO JUNE 7TH

25
MAY

4th Annual Water Walk

DETAILS TO FOLLOW

Shelba Deer, Wellness Promoter

Ph: (705) 368-1150

Iskigamizige-giizis-April 2024



Boiling Sap Moon

Aanii, Boozhoo

We welcome a new month with longer days and warmer weather as we await spring and planting season. The Early years staff would like to wish you and your families Easter Blessings on Mar.29-April 1.



Early Years update

Our March Break activities included a Pizza, PJ/Movie party on Mar.11 and St. Patrick's Day crafts/snacks on Mar.13 and our family swim was rescheduled to another date/time. Parent Appreciation Breakfast Brunch at Elliot's Restaurant on Mar.24/24.

See program package flyers for events/and or changes or it will be

posted on Sheg Good Happenings FB page.

Registration for new parents 0-6 who wish to re-register with Binojiinh Kinomaage-gamik. You can contact us starting April 2, 2024.

Upcoming

Parents of children 0-6 are encouraged to come to the Binojiinh Kinomaage-gamik Early On center for creative play and interaction with your child(ren).

Contact Fran or I for a registration package if you are not signed up with the Early Years program.

705-368-2198

Ruby Thompson Early Years Coordinator

early.years.manager@sheguiandahfn.ca

Regular programming dates/times:

Hours of operation: Age groups

- 0-3 yrs. 10am to 12 noon
- 4-6 yrs. 1pm to 3pm

Drop in/Open Play

Baby and Me for families with children age 0-12 months.

Tot's Time for families with children age 1-2 years.

Social Interaction for families with children age 2-4 years.

Homework Club for children

Wednesday: grades 1-3, 3:30-4:30pm & Secondary grades 4:30-6pm

Thursday: grades 4-8 (Thurs.) 3:30-5pm

Unstructured/Outdoor Play at early years on Apr. 8/24 3:30-5:30 PM with Ann Cummings-Kenjegin Teg.



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Drop in and visit with your little ones during the program times listed. Enjoy the space, activities and refreshment.



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Autism Awareness Month

World Autism Awareness Day April 2, 2024.



The Early years center recognized this day by making weighted blankets "Love the Little Things" on March 26/24 with parents 0-6 years in collaboration with Terry W. from Mnaamodzawin Health Services and our facilitator for the workshop, Alicia McGraw. Chi Miigwetch to the facilitators and parents who attended.

For those who may have missed this workshop, we are considering offering it again in the fall.

COS Circle of Security Parenting Program offered in collaboration with Terry W from MHS and Cindy McGraw HBHC from AOK. There will be 8 sessions over 3 full days starting April 14, May 5, June 9, from 9am-3pm with snack & lunch provided. Registration and dedication required.

Hope to see you at programming! 😊

March 28, 2024

Boozhoo Kina Wiiya,

Just a friendly reminder to contact Shelba at the Health Centre to register for the Good Food Boxes on April 2, 2024 by 11:45 AM, and the next date for delivery/pick-up is April 16, 2024.

Those who are considered eligible are:

- Families
- Ontario Works recipients
- ODSP recipients
- Employment Insurance
- Pension
- Families with one income
- On fixed income or if there is a change in household income for example, an urgent situation one may need assistance with food security for the one month.

To ensure one receives their food box in a timely matter please be home from time posted of delivery between 1:00 p.m. to 2:30 p.m. After this it will be every individuals responsibility to find a ride to pick up their food box. Also, for those that have vehicles to pick up your food box at the health centre. If one does not pick up their food box within one business day after food boxes are distributed by 4:30 p.m. and other arrangements are not made those names will be removed from the list.

In order for me to do Food Hamper referrals to ensure recipients receive them in a timely matter please contact me every Monday by 3:00 pm at the latest. Delivery will be every Tuesday and/or if there are emergencies I will make exceptions on Wednesdays or Fridays on a case-by-case basis.

Noojmowin-Teg Health Centre has the Food is Medicine Program, (Harvest to Share) and I do referrals for wild meat, fish, wild rice, berries and syrup. However, it has been brought to my attention Harvest to Share, Emergency Food Access and Grocery cards programs can only be accessed once a year or on an emergency basis. Noojmowin-Teg also services seven First Nations on Manitoulin Island, and the Espanola area. I still have some wild meat and fish left and it will be distributed emergency basis.

For more information, or if you have any questions, please contact me at (705) 368-1150 or email me at wellness.promoter@sheguiandahfn.ca.

Miigwech,

A handwritten signature in cursive script that reads "Shelba Deer".

Shelba Deer

Wellness Promoter

SFN Health Centre/Maamwe Abziis Gaming

04

April

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easter Sunday	Easter Monday	Kids Club @ B/O 3-6pm	homework clubs GR. 1-3	homework clubs GR. 4-6		
7	8	Youth 9 Nominations night 4-6pm @ B/O	10 homework clubs GR. 1-3	11 homework clubs GR. 4-6	12	13
	NO SCHOOL					
14	15	16	17	18	19	20
Youth Council Voting Day	Kids Club @ B/O 3-6pm	Kids Club @ B/O 3-6pm	homework clubs GR. 1-3	homework clubs GR. 4-6		
21	22	23	24	25	26	27
		Kids Club @ B/O 3-6pm	homework clubs GR. 1-3	homework clubs GR. 4-6	Bonfire @ ODR 3-6pm	

- 28 1st Youth Council Meeting
- 29 Kids Club @ B/O 3-6pm
- 30 Kids Club @ B/O 3-6pm
- All Youth Council meetings and Voting Day will be at the Health Center from 4-6pm