

# THE GHAC BIIDAAJIMOWIN

Gizhewaadiziwin Health Access Centre  
1460 Idylwild Drive | Fort Frances, ON P9A 3M3

**OCTOBER 2022**

## THIS ISSUE

October Calendar - 1  
Anishinaabemowin - 2  
Food Box - 3-4  
Tuesday Craft Nights - 5-8  
Glow Walk CMHA- 9  
Family Fun Golf Day - 10-11  
New Faces Around the  
Centre - 12  
Canadian Indigenous Artists-  
13  
Fall Harvest/Food Security -  
14  
Fun Holidays - 15  
Recipe of the Month - 16  
Closing Page - 17



**GIZHEWAADIZIWIN**  
Health Access Centre

The Gizhewaadiziwin Health Access Centre is dedicated to providing equal access to quality health care for all Indigenous people within the Rainy River District. Our services include culturally appropriate primary health care delivered through our clinic and community outreach services.

# OCTOBER CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03 Treaty Signing Day	04 NP Clinic - Rainy River First Nations	05	06 NP Clinic - Naicatchewenin	07	08
09	10 Thanksgiving	11	12 NP Clinic - Lac La Croix	13 NP Clinic - Onigaming	14	15
16	17	18 NP Clinic - Nigigoonsiminika- aning	19 NP Clinic - Seine River	20 NP Clinic - Big Island	21	22
23 / 30	24 / 31	25	26 NP Clinic - Big Grassy	27 NP Clinic - Mitaanjigamiing	28	29

## PLEASE NOTE:

The Office will be closed for both Monday, October 3rd ( Treaty Signing Day )  
and Monday, October 10th ( Thanksgiving ).



# ANISHINAABEMOWIN

The Ojibwe Language

Boozhoo! If you want to learn some Ojibwe we are happy to teach you some phrases. Here are some translations you can practice with a friend!

Miigwech!

Let's go hunting.

Andawenjigedaa

Let's go hunting moose.

Andomoozwedaa

Okay!

Haaw!

Do you see the moose?

Gi-waabamaa na moonz

Don't speak.

Gego giigidoken

Where's my gun?

Aandi nimbaashkizigan

You shot me!

Gigii-baashkizosh!

Let's canoe back, in that case.

Nindawaa giieweyaakogomodaa

He/she's canoeing against the wind. Aasama'am



*Due to increasing  
food costs, we are  
raising our prices*

**STARTING JULY THE  
HEALTHY LIVING FOOD  
BOX WILL COST \$25**

*We will still honour outstanding gift  
certificates*



**Gizhewaadiziwin**  
Health Access Centre





# HEALTHY LIVING FOOD BOX PROGRAM

Order for the October Healthy Living Food Box will be due:

**WEDNESDAY, OCTOBER 5, 2022**

At the Sunset Country Métis Hall, 714 Armit Ave. from  
**11:00 AM - 4:30 PM**

The boxes will be **\$25.00 (cash only)**

Payments can be made when ordering or at pick-up

Pick-up will be on:

**WEDNESDAY, OCTOBER 19, 2022**

At the Sunset Country Métis Hall, 714 Armit Ave. from  
**12:00 PM - 4:00 PM**

This program is possible through the partnership of:

Gizhewaadiziwin Health Access Centre, Sunset Country  
Métis, Northwestern Health Unit, Valley Diabetes  
Education Centre, and **our dedicated volunteers**



# TUESDAY CRAFT NIGHTS

The people attending Craft Night have been busy!



Moccasins, baskets and skirts were made. Very beautiful!



The cultural coordinator, Pam , hosts this activity Tuesday evenings. M.J., our translator, is Pam's right hand.



# TUESDAY CRAFT NIGHTS (CONT'D)

Ribbon skirts ! Wow  
Nice work ladies!!

Love the creativity...



# TUESDAY CRAFT NIGHTS (CONT'D)

Keep an eye on  
Facebook for more info  
on the next start up of  
craft night.



Grab a friend and join  
us at GHAC.



# TUESDAY CRAFT NIGHTS (CONT'D)

Tuesday, November 1st is  
the next craft night. 6-8pm  
@ GHAC.



We are hoping to  
include a male  
aspect to craft  
night with the help  
of Brad, our new  
addition to the  
cultural  
coordination team.  
Watch for this!



PUT ON YOUR SHOES AND COME OUT  
TO SUPPORT MENTAL HEALTH!

# GLOW STEPS AGAINST STIGMA

**7TH ANNUAL WALK OR RUN**  
**IN HONOUR OF MENTAL ILLNESS AWARENESS WEEK**

**REGISTER ONLINE @ [WWW.FORTFRANCES.CMHA.CA](http://WWW.FORTFRANCES.CMHA.CA)**

**OR IN PERSON AT:**

**612 PORTAGE AVENUE OR 414 SCOTT STREET**

**REGISTRATION FEE: \$10 DONATION MINIMUM**

**THE SORTING GAP MARINA - OCTOBER 6, 2022**

**6:30 LATE REGISTRATION**

**6:45 OPENING CEREMONY AND WARMUP**

**(LIFT WITH LABBE AND PARTY ROCK SOUND SERVICES)**

**7:00 WALK/RUN**

**Diamond Necklace Grand Prize (valued at \$600)**  
**Donated by Brennan's Jewellers of Kenora**  
Must be present to win

**PRIZES AWARDED FOR  
BEST GLOW, BEST GROUP,  
BEST GLOW PET**



Canadian Mental  
Health Association  
Fort Frances Branch  
*Mental health for all*

FOR MORE INFORMATION CONTACT 807-274-2347, EXT 201



# FAMILY FUN GOLF DAY

The Health Education Team planned one last golf day to end the season!



Everyone enjoyed the day and ended with a wonderful supper and prizes.



Way to get out there and have fun...we look forward to seeing you all next year!!



# FAMILY FUN GOLF DAY (CONT'D)

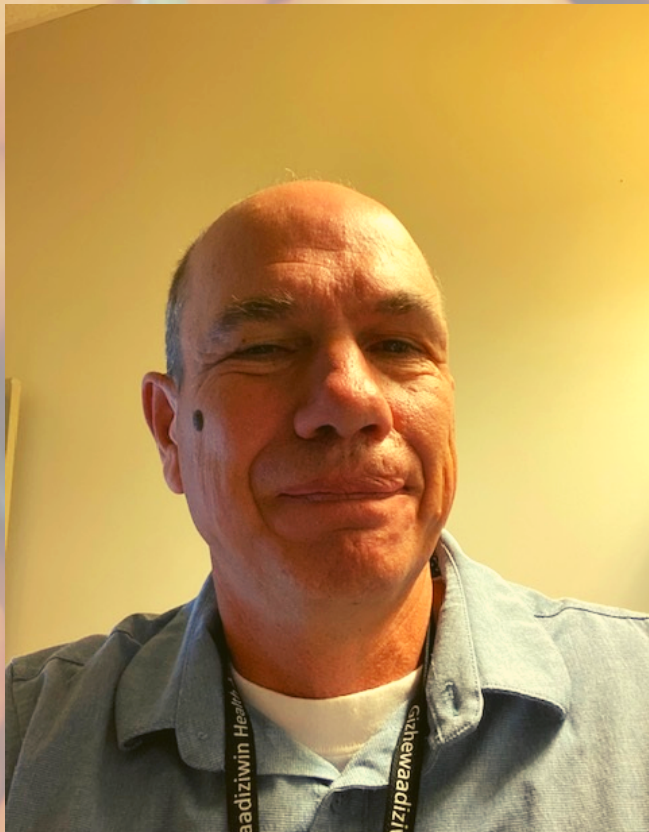


Polish your clubs  
and make sure to  
join us next  
summer.

Miigwetch!



# NEW FACES AROUND THE CENTRE



## **BOOHZOO-HELLO**

**MY NAME IS DAN LONEY. I'M PLEASED, EXCITED AND A LITTLE NERVOUS TO BE A NEW MENTAL HEALTH WORKER @ GIZHEWAADIZWIN HEALTH ACCESS CENTRE. I WOULD LIKE TO THANK EVERYONE FOR MAKING ME FEEL WELCOME.**

**I VALUE MY FAMILY AND FRIENDS AND ENJOY MY NEW HOBBY, BEE KEEPING. MY WIFE KATHY AND I HAVE 2 GROWN SONS AND A CAT NAMED MAX. I AM PROUD TO BE A MEMBER OF YOUR TEAM AND LOOK FORWARD TO LEARNING AND GROWING WITH YOU WHILE PROMOTING MINO-BIMAADUZIWIN.**



# CANADIAN INDIGENOUS ARTISTS

## TREE OF LIFE BY CARLA JOSEPH



**CARLA JOSEPH IS A CREE ARTIST FROM PRINCE GEORGE, BC. CARLA RECEIVED HER KEY TO BECOME ARTIST IN RESIDENCE AT THE PRINCE GEORGE COMMUNITY ARTS COUNCIL IN 2016. SHE WENT ON TO WIN ART BATTLE IN 2016 AND 2018.**

**SHE DOES HAVE HER OWN VERY UNIQUE STYLE IN WHICH MANY PEOPLE LOOK FORWARD TO EXPERIENCING. SHE LOVES THE WAY SHE MAKES PEOPLE FEEL WITH HER ART. IT INSPIRES HER TO CONTINUE WITH HER GIFT.**



# FALL HARVEST/FOOD SECURITY

This year GHAC will be providing food dehydrators for the communities to assist with fall harvest.



The Food Security team tried out some drying techniques to share with the people. Nice work!



Staff is prepping for a wild rice harvest instruction. Keep an eye on our Facebook page for more info.



# **FUN HOLIDAYS**

**Check out some of October's other Fun Holidays and Awareness Days!  
Celebrating any of these? Make sure to take a photo and tag us on  
your social media!**

**October 1 - International Day of Older Persons**

**October 4 - Taco Day**

**October 6 - Mad Hatter day**

**October 10 - World Mental Health Day**

**October 11 - International Day of the Girl Child**

**October 17 - Wear Something Gaudy Day**

**October 18 - Chocolate Cupcake Day**

**October 18 - Persons Day**

**October 21 - Count Your Buttons Day**

**October 24 - Bologna Day**

**October 26- Howl at the Moon Day and Night**

**October 31- Halloween**



# RECIPE OF THE MONTH

## One Pot Chicken Stuffing Casserole

### INGREDIENTS:

- 1 loaf day-old italian bread, torn into 1-inch pieces (about 8 cups)
- 1lb ground mild Italian sausage
- 6 skin on, bone in chicken thighs
- 1 large yellow onion, diced
- 1 1/2 cups celery, 1/4-slices
- 2 tbsp fresh sage, chopped
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- (poultry blend at grocery store)
- 1/4 cup finely chopped flat -leaf parsley, plus more for topping
- 3 tsp salt, divided
- 1/2 tsp fresh ground black pepper
- 1 3/4 cups chicken stock

### DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit. Bake bread pieces on a baking sheet, stirring occasionally (every 15 minutes), until dried out, about 1 hour. Set aside.
2. Meanwhile, brown the sausage over medium-high heat in an oven-proof pan or Dutch oven, once browned remove sausage from the pan using a slotted spoon and set aside.
3. Season the chicken thighs with 2 teaspoons of salt. Add the chicken, skin side down, and cook without moving until the chicken skin is brown and crispy, about 5 minutes. Remove the chicken thighs from the pan and set aside
4. Keep the heat at medium high, and add the chopped onions and celery to your pan. Saute them in the chicken and sausage fat until starting to brown, while gently scraping the brown bits from the pan, about 10 minutes.
5. Preheat oven to 350 degrees Fahrenheit.
6. Remove the pan from heat and add the bread pieces, along with the fresh herbs, salt, pepper, and sausage. Drizzle the chicken stock evenly over the bread and toss gently to combine.
7. Nestle the chicken thighs into the stuffing mixture. Bake, uncovered, for 40 minutes or until a meat thermometer placed in the centre of the chicken thigh registers 170 degrees fahrenheit.
8. Transfer the cooked chicken onto a plate and stir the stuffing with any excess liquid in the bottom of the pan. Serve with extra parsley for garnish.



# SEE YOU NEXT MONTH!

**Have an appointment coming up with us? Don't forget to make sure your OHIP card is still valid!**

**Cards can be renewed on the ServiceOntario website, or you can visit 922 Scott Street, Fort Frances.**



**[www.facebook.com/GIZHAC](https://www.facebook.com/GIZHAC)**



**[www.instagram.com/GIZHAC](https://www.instagram.com/GIZHAC)**



**[www.twitter.com/GIZHEWAADIZIWIN](https://www.twitter.com/GIZHEWAADIZIWIN)**



**[www.linkedin.com/company/GIZHEWAADIZIWIN](https://www.linkedin.com/company/GIZHEWAADIZIWIN)**



**[www.tiktok.com/@gizhac](https://www.tiktok.com/@gizhac)**

**If you would like to subscribe to GHAC News,  
contact Karen at:**

**Email: [kpratt@gizhac.com](mailto:kpratt@gizhac.com)**

**Phone: (807) 274-3131**

