

THE GHAC BIIDAAJIMOWIN

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

NOVEMBER 2022

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GIZHEWAADIZIWIN
Health Access Centre

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

NOVEMBER CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		01 NP Clinic - Rainy River First Nations	02 Healthy Living Food Box Order	03 NP Clinic - Naicatchewenin	04	05
06 Daylight Savings Ends	07	08 Indigenous Remembrance Day	09 NP Clinic - Lac La Croix	10 NP Clinic - Onigaming	11 Remembrance Day	12
13	14	15 NP Clinic - Nigigoonsiminika- aning	16 NP Clinic - Seine River Healthy Living Food Box Pickup	17 NP Clinic - Big Island	18	19
20	21	22	23 NP Clinic - Big Grassy	24 NP Clinic - Mitaanjigamiing	25	26
27	28	29 NP Clinic - Rainy River First Nations	30			

PLEASE NOTE:

The Office will be closed for Friday, November 11th.



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!

(Knock knock!) Come in !

(Tok tok!) Biindigen!

Sit there.

Namadabin imaa.

How's the weather like outside?

Aan ezhiwebak agwa jiing?

It's raining, and also very windy.

Gimiwan, gichi-noodin gaye.

Is it also thundering as well ?

Bekish na gaye binesiikaa?

Yeah! It's a really bad day.

Eya! Wiinge gosha maanzhigiizhi
maanzhigiizhigan.

Holy moly!

Yooohoo!



*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 November Healthy Living Food Box will be due:

WEDNESDAY, NOVEMBER 2, 2022

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

The boxes will be **\$25.00 (cash or Etransfer)**
Payments can be made when ordering or at pick-up

Pick-up will be on:

WEDNESDAY, NOVEMBER 16, 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**





GIZHEWAADIZIWIN
Health Access Centre

LET'S GET VACCINATED

**THE GIZHEWAADIZIWIN
HEALTH ACCESS
CENTRE IS HONoured
TO BE FACILITATING THE
COVID-19/FLU MASS
VACCINATION ROLLOUT
FOR THE FIRST NATIONS,
INUIT AND METIS
POPULATION RESIDING
IN THE RAINY RIVER
DISTRICT**

**NOVEMBER 14
11 AM - 7 PM
PLEASE PHONE TO
BOOK YOUR
APPOINTMENT
807-274-3131**



**COVID -19
AND
FLU**

**@ SUNSET COUNTRY
METIS HALL
714 ARMIT AVE.
FORT FRANCES**

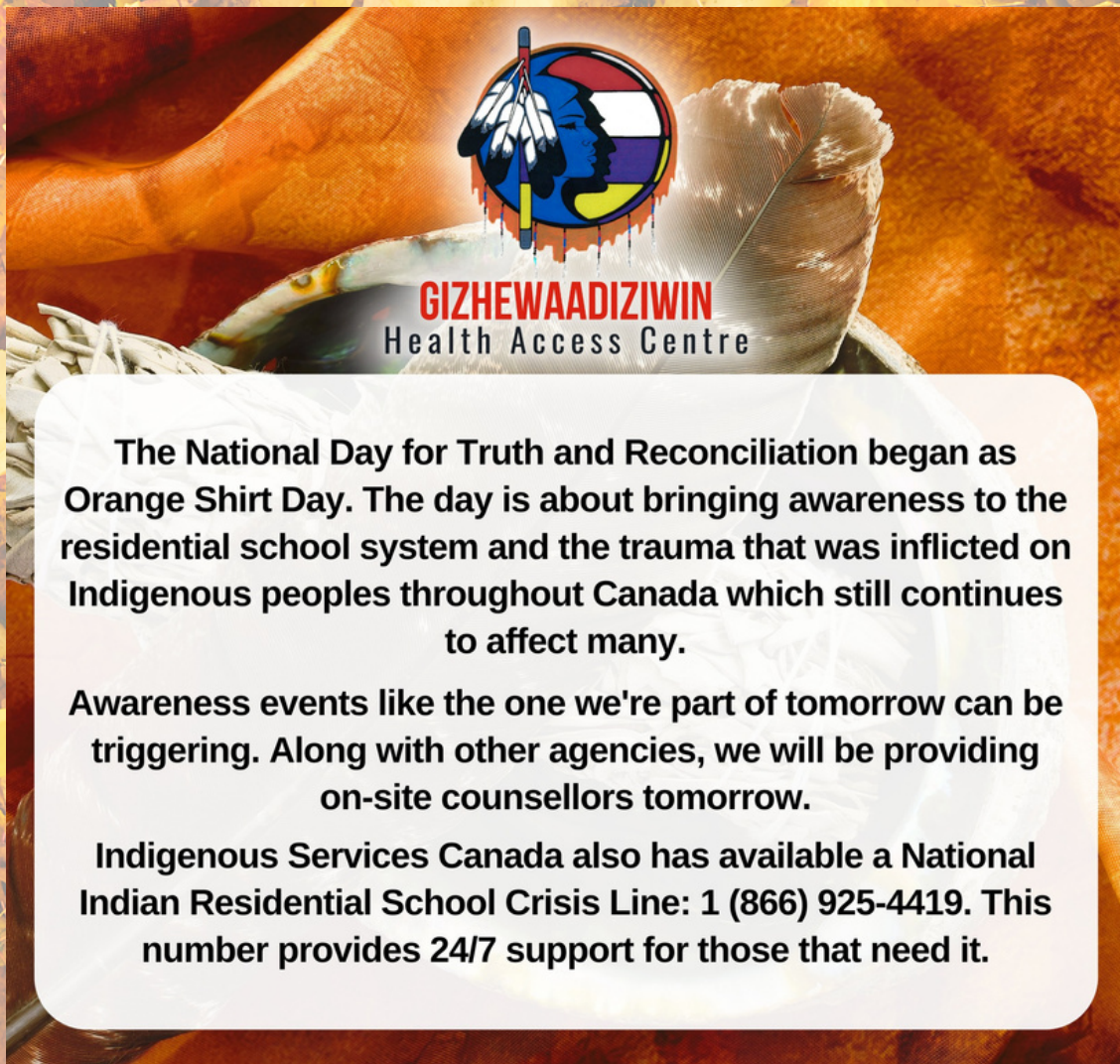
**IF YOU HAVE RECEIVED A
VACCINE OR TESTED
POSITIVE FOR COVID
ANYTIME AFTER AUGUST
14, YOU ARE NOT ELIGIBLE
FOR THE COVID VACCINE**



GIZHEWAADIZIWIN
Health Access Centre



TRUTH AND RECONCILIATION DAY



The National Day for Truth and Reconciliation began as Orange Shirt Day. The day is about bringing awareness to the residential school system and the trauma that was inflicted on Indigenous peoples throughout Canada which still continues to affect many.

Awareness events like the one we're part of tomorrow can be triggering. Along with other agencies, we will be providing on-site counsellors tomorrow.

Indigenous Services Canada also has available a National Indian Residential School Crisis Line: 1 (866) 925-4419. This number provides 24/7 support for those that need it.



TRUTH AND RECONCILIATION DAY CONT'D



TRUTH AND RECONCILIATION DAY (CONT'D)



TRUTH AND RECONCILIATION DAY (CONT'D)



TRUTH AND RECONCILIATION DAY (CONT'D)



September 30th was a powerful event that saw many different, beautiful faces from our community come together in support.



Together, on Agency One First Nation lands in the Treaty Three Territory at Fort Frances, and on the grounds of the former Ste. Margarete Indian Residential School, we listened and reflected to remember the children lost to the residential school system and honoured Survivors, their families, and their communities. Our commitment to never forgetting and playing a role in this important reconciliation journey, which at the heart of it builds on the relationships between First Nations people and the wider community, was demonstrated on The National Day for Truth and Reconciliation days events on September 30th, 2022.

Our actions were built on the Seven Grandfather Teachings exhibiting humility, bravery, honesty, wisdom, truth, respect, and love, to carry out a public commemoration of the history and legacy of residential schools. Through the many voices, it was shared, that witnessing such a strong attendance and participation was humbling and inspired a strong sense of pride. Whether it was donating time for the organizing, implementing, participating, and communication of this event and/or offering monetary and gifted donations, the planning committee are much deserving of the highest accolades in the successful roll-out of this beautiful day's events along with many others that contributed and helped and to those in attendance.

On behalf of the Planning Committee for The National Day for Truth and Reconciliation, we'd like to formerly thank everybody who made this day the success it was. In the late winter of 2022, Gizhewaadiziwin Health Access Centre (GHAC) and the United Native Friendship Centre (UNFC) started to reach out to agencies to form the Planning Committee; all of whom were onboard. We all began working together, using guidance from GHAC and Giishkaandago'ikwe's Joint Elder's Council, to plan what the September 30th event would look like.

The organizations who sat on our committee we'd like to thank are the UNFC, Canadian Mental Health Association Fort Frances Branch, Seven Generations Educational Institution, Giishkaandago'ikwe Health Services, Shooniyaa Wa-Biitong, Weechi-it-te-win Family Services, Nanicost Limited, Agency One First Nations Lands, Treaty Three Police Services, the Rainy River District School Board, New Gold Inc., and GHAC. All of these agencies and their staff worked extremely hard to bring this event to fruition and are deserving of equal gratitude.

Others who contributed to make this event the success it was includes the Joint Elders Council: Brian Major, George Kirkrude, Margaret Ottertail, Gilbert Smith, Mooki Morrison, Hazel Copenace, Josephine Potson, Edna Morrison, John George, Josephine Wood, Ontario Provincial Police, the CN Police, Betty's Fort Frances, La Place Rendez-Vous, Heron Landing Golf Club, Rainy Lake Sports, Boston Pizza, Flint House, Sorting Gap Marina, 93.1 The Border, the Fort Frances Times, McDonalds, General Supply, Webbs Wholesale, Cloverleaf, Fort Frances High School First Responders, Ink Spotz, WalMart, Ed Atatise, Henry Willie, Patty Bruyere, Ida Linklater, Jay MacFarland, William Yerxa, Tracey Isaac, Chief Brian Perrault, Brad Fyfe, Wes Debungie, Gary Smith, the 5 invited drums Aazhawii Giizhik, Agency One, Whitefish Bay, Hanisha, and Broken Horn, Shannon Singleton, Michelle Allan, Doris Caribou, Brittnee Hunter, Casey Oster, Jordan Morrison, Gary Medicine, Chad Smith, Andrew Easton, Mike Anderson, Jeremiah Fairbanks, all of the dancers, the First Nation communities who donated, and the Town of Fort Frances. We'd again like to thank our Elder Gilbert Smith for acting as Spiritual Advisor for Giishkaandago'ikwe Health Services. We were also overwhelmed with the support of our numerous volunteers for such an important day; Miigwech to all of you who gave a hand!

Chi-Miigwech to our incredibly brave Elders

who shared their residential school survivor stories, Shirley Atwell and Buddy Loyie. They were the reason we were all together and it was incredible to hear their stories. Chi-Miigwech to all who attended the event, and to the Rainy River District School Board and the Northwest Catholic District School Board for bringing the youth.

**May we continue to move forward and work hard together
to honour the survivors and remember the children.**



THE NEW GREEN COMMITTEE AT GHAC IS PROMOTING AWARENESS AND EDUCATION TO HELP OUR ENVIROMENT AND CLIMATE!



Recyclable Items



PLASTIC CONTAINERS
(with necks only)



**CARTONS &
JUICE BOXES**



**EMPTY AEROSOL
CANS**



ALUMINUM CANS



CEREAL BOXES



**CARDBOARD BOXES
(FLATTENED)**



CLEAN PIZZA BOXES

**Recycling is
great, but also
consider
reusing when
able!**



TIN/STEEL CANS



**PAPER
(BROWN BAGS,
HIGH-GRADE PAPER)**



JUNK MAIL



**MAGAZINES
& NEWSPAPERS**



FASD AND CHILD NUTRITION PROGRAM



TO THE 18 PARENTS WHO ATTENDED
OUR INFANT MASSAGE COURSES WITH
THEIR INFANTS OVER THE LAST FIVE WEEKS TO LEARN MORE
ABOUT INFANT MASSAGE AND THE BENEFITS OF NURTURING
TOUCH.



Gizhewaadiziwin
Health Access Centre

IS NOW OFFERING THE IAIM

Infant Massage Course

Classes run once a week for five consecutive weeks to teach a full body massage routine, the benefits of individual strokes, and ways to promote communication with your infant. Available to parents and their infants 0- 12 months of age.

Available in a number of formats:
-Group sessions with 2-10 participants
-Individual 1 on 1 sessions.
-In person in your community or online.



For more information
please contact:
Robyn Dennis
Phone: 274-3131
Email: rdennis@gizhac.com

Parents and babies will love this course. This is a great opportunity to strengthen your connection with your loved ones. Make the time!



FALL CEREMONY



GHAC celebrated Fall Ceremony on October 21 . We were honoured to have George Kirkrude, Elder, from Anishinaabeg of Naongashiing attend and bless our sacred items, building, sage and cedar ties. The weather was amazing, as was the ceremony!



FALL CEREMONY



FALL CEREMONY

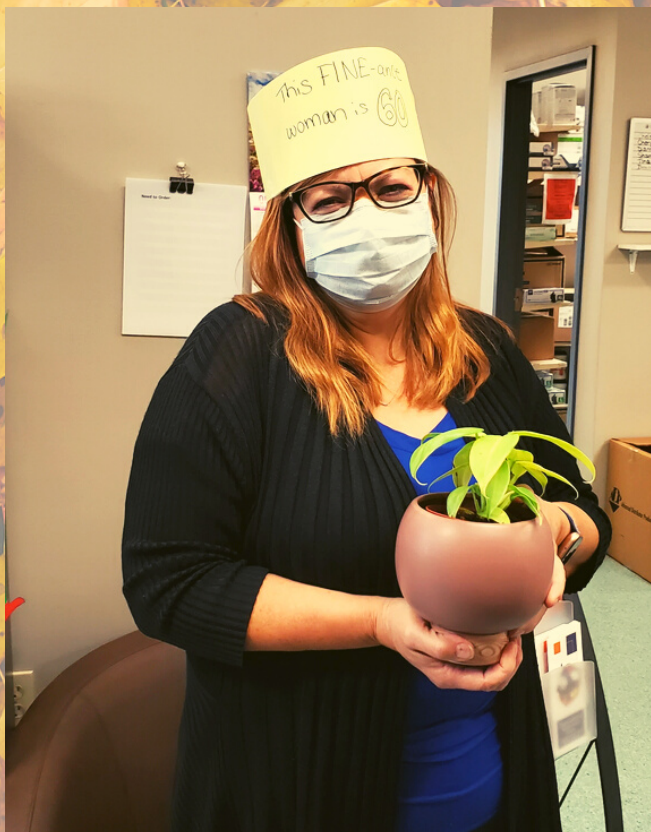
After the ceremony, everyone attending had the opportunity to partake of a delicious fish fry prepared by Patti Bruyere, Brad Fyfe, cultural coordinator and Sam Korzinski, programs manager. Lots to be thankful for! Thank you to each person that made the ceremony meaningful!



FACES AROUND THE CENTRE



**HI EVERYONE,
MY NAME IS DENISE
AUDETTE AND I AM THE NEW
OFFICE MANAGER. I LOVE
SPENDING TIME WITH MY
FAMILY, GRANDCHILDREN,
CHARLESTON AND GRACIE,
AND OUR TWO DOGS. I
LOVE SPENDING TIME
OUTDOORS IN MY
GARDENS, CAMPING AND
FISHING. I LOVE THE
ATMOSPHERE HERE AT
GHAC AND LOOK FORWARD
TO WORKING WITH YOU
ALL.**



**HAPPY BIRTHDAY TO OUR
FINANCE MANAGER, TINA!!!
SHE RECENTLY MOVED INTO
AN OFFICE WITH A WINDOW
SO THE GIFT OF A PLANT
SEEMED APPROPRIATE!
THANK YOU FOR ALL THAT
DO TINA!**



CANADIAN INDIGENOUS ARTISTS



JOHN PAUL LAVAND'S HERITAGE IS OJIBWAY. BORN IN 1962, HE WAS RAISED ON RAT PORTAGE RESERVE NEAR KENORA, IN NORTHWESTERN ONTARIO. HE WAS INSPIRED TO BEGIN DRAWING AT THE AGE OF SIX YEARS BY THE DEATH OF HIS BROTHER. IN THE BEGINNING, HIS MAIN THEME WAS PORTRAITS OF PEOPLE. LATER, AS HIS WORK EVOLVED, HE BEGAN TO CONCENTRATE MORE ON DRAWING WILD LIFE.

JOHN'S WORKING MEDIUM IS PEN AND INK WITH A HAND BRUSH TOUCH OF COLOUR. IN ADDITION TO MATURING IN HIS STYLE OF DETAILED WILD LIFE ART, HE IS NOW CREATING A LIMITED NUMBER OF TRADITIONAL NATIVE WORKS IN ACRYLICS. IN 1980, JOHN PRESENTED HIS FIRST ONE-MAN EXHIBIT AT THE WAH-SA GALLERY. THROUGH SUCH EXHIBITIONS, JOHN HAS OBTAINED THE RECOGNITION OF BEING AN EXCITING NEW CANADIAN NATIVE ARTIST LIVING AND WORKING IN KENORA, ONTARIO.



FALL HARVEST/FOOD SECURITY



This last month saw Brad, our cultural coordinator, bringing wild rice harvesting teachings to members of the community. The group had good weather for the outdoor activities.



FALL HARVEST/FOOD SECURITY



The group of 5 learned the process of husking and cleaning the rice.

It was a very interesting process and each participant was able to take a 5lb. bag of finished rice home.



Keep an eye on our Newsletter and Facebook for more workshops in the future!





National Indigenous Veterans Day is November 8th & Remembrance Day is November 11th

Gizhewaadiziwin Health Access Centre invites you to help us honour the brave people in your family who have served by sending in their photo for us to display on our entrance bulletin for the month of November.

Gizhewaadiziwin Health Access Centre will also be having a minute of silence at 11am Tuesday, November 8th, and closing the office Friday, November 11th.

Photos can be sent to cgreig@gizhac.com
Please make the Subject Line say 'November'



GIZHEWAADIZIWIN
Health Access Centre



These workshops are happening in the community for any who feel they would benefit.

Silencing the HUM



YOUTH AGED 14-25: NOVEMBER 14, 5-8PM
ADULTS & SERVICE PROVIDERS: NOVEMBER 15, 9AM-4PM

Learning to silence the voice in your head;
A voice that has halted Indigenous success for far too long.

MEAL PROVIDED & DOOR PRIZE GIVEAWAY

Delivered in a safe environment.

COUCHICHING MULTI-USE

TO REGISTER, CONTACT JOCELYN (807) 274-2042 EXT. 4227 / JJOHNSON@FFTAHS.ORG

Decades of information & experience packed into one empowering seminar, facilitated by an Indigenous woman who BELIEVES in the future of this country!



Facilitated by Sandi Boucher
reconciliationworkscanada.ca | sandiboucher.com

Lunch will be served both days. Please sign up ahead of time.



Creating SAFE SPACES

#icreatesafespaces



Giishkaandago'lkwe HEALTH SERVICES

NOVEMBER 16: 9AM-4PM COUCHICHING MULTI-USE



LUNCH PROVIDED & DOOR PRIZE GIVEAWAY

WHAT are they? HOW are they created?

HOW are they maintained? WHY do we need them?

WORKSHOP IS INTENDED FOR ADULTS & SERVICE PROVIDERS.
TO REGISTER, CONTACT JOCELYN (807) 274-2042 EXT. 4227 /

JJOHNSON@FFTAHS.ORG



Decades of information & experience packed into one empowering seminar, facilitated by an indigenous woman who BELIEVES in the future of this country!

Facilitated by Sandi Boucher

reconciliationworkscanada.ca | sandiboucher.com

Mental Health First Aid Canada

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

Participants are required to complete a 1.5 hour module in advance of the training.

CRISIS FIRST AID INTERVENTION FOR

- Overdose
- Suicide
- Anxiety & Trauma-related disorders
- Psychotic disorders

NOVEMBER 18, 2022
8:30AM - 4:30PM

FORT FRANCES
LIBRARY

LUNCH PROVIDED
PRIZE GIVEAWAY

WORKSHOP INTENDED
FOR COMMUNITY
WORKERS & SERVICE
PROVIDERS



For more information or to register, contact Ruthann:
(807) 274-2042 ext. 4246
rmcginnis@fftahs.org



1 in 5

Canadians will be living with a mental health problem or illness this year

FUN HOLIDAYS

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

November 2 - Day of the Dead

November 3 - National Sandwich Day

November 6 - Daylight Saving Time Ends (Fall back)

November 8 - National Indigenous Veterans Day

November 10 - Sesame Street Day

November 11 - Remembrance Day

November 14 - World Diabetes Day

November 17 - National Homemade Bread Day

November 21 - World Hello Day

November 24 - U.S. Thanksgiving

November 24 - Celebrate Your Unique Talent Day

November 26 - Cake Day



RECIPE OF THE MONTH

Kielbasa Dinner

INGREDIENTS:

- 5 whole medium potatoes, cut into cubes
- 4 whole carrots, chopped (or use a handful of baby carrots)
- 1 whole large onion, chopped
- 1 whole kielbasa, cut into 1 inch pieces
- 4 tablespoons butter or margarine
- Seasoned salt to taste
- dash of pepper

DIRECTIONS:

1. Preheat oven to 400 degrees Fahrenheit.
2. Grease a 9 x 13 baking dish.
3. Add potatoes, carrots, onions and kielbasa. Sprinkle seasoned salt all over. Cut butter into pieces and randomly tuck into the above mixture.
4. Cover tightly with foil and bake for 1 hour.

This recipe is easily adapted to your own tastes. I have added celery, used Italian seasoning, spiced it up with cayenne, added garlic salt. The bake time can be adjusted as well. If you are going to be out for more than an hour, lower the temperature and bake longer. It is easily doubled for a crowd.



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.



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www.linkedin.com/company/GIZHEWAADIZIWIN



www.tiktok.com/@gizhac

**If you would like to subscribe to GHAC News,
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Phone: (807) 274-3131

