

January – February – March 2012



SNOWBIRD LODGE

Waa Pina Kosiis Miiki Waahp

Winter Newsletter

Our Vision

The vision of the Waa Pina Kosiis Miiki Waahp is that families will have the opportunity to be healthier, stronger and well balanced.

Our Commitment Statement

To provide First Nation Families with supports, resources and linkages focused on empowering families to find balance, emotionally, physically and spiritually in their life journey.



**Sharing Circle will be offered
Monday to Friday 1:30–3:30**

Program Registration? Talk to Julie at the front desk



The greatest oak was
once a little nut who
held its ground.

~ Author Unknown



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A word from Margaret.....Snowbird Lodge Supervisor

Welcome! It is the common greeting and the message we want to give to the families that are accessing Waa Pina Kosiis Miiki Waahp (Snowbird Lodge Family Resource Centre). Over the past few months, I have seen a significant increase in the number of families attending the Centre to receive services and culturally appropriate programming. Our programs have been through some changes (through the joint efforts of Snowbird Lodge and the ANCR Family Service teams) to better respond to the needs of families referred by ANCR, other agencies and self-referral. Snowbird Lodge's service includes support from Elders and Elders' Helpers who provide a cultural component to all the programming we deliver. Traditional teachings, Pow Wow and Drum teachings, cultural events and ceremonies are made accessible to families and ANCR staff. Snowbird Lodge's Administrative Support staff welcomes families to the Centre with a better system to stream the families that access our resources and services. We will continue our 'welcome' and to ensure that we have the resources to support the families that walk into our lodge seeking respectful and strength-based resources. I would also like to take this opportunity to thank the ANCR staff for their hard work and commitment to their families and for the work they do! I would like to extend my hand to anyone who would like to visit our lodge. You are welcome here.

Snowbird Lodge would like to thank the students Cheryl Young (summer) and Corinne Richard (winter) for the hard work and dedication to the Centre and its participants. These students arrived at Snowbird Lodge filled with passion and an eagerness to learn and left having taught us so much.....Thank you!

Snowbird Lodge ensures holistic and wrap around services through culturally appropriate and supportive programs. The families that attend are referred by ANCR, external CFS Agencies and self referrals.

SPECIAL THANKS

Snowbird Lodge would like to take a moment to thank all the people who have made a difference to our participants and their families by offering their time, experiences, and kindness.

Thank you kindly to Brian and Dave Clarke, from Flyte Wholesale who donated candy to Snowbird Lodge for the children that stopped in to check out the decorations on Halloween.

A special thank you from the participants to the kind woman and her church group who spent their time knitting hats, scarves, mittens and slippers for Snowbird Lodge families.

JANUARY

Mon	Tue	Wed	Thu	Fri
2 Holiday	3	4	5	6 Info session: 9:30 <i>Diabetes</i>
9 Anger Management 9:30 Family Harmony 1:30	10 Language /Ojibway 1:30	11 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	12 Triple P Program 1:30	13 Sweat Lodge 11:00-4:00
16 Anger Management 9:30 Family Harmony 1:30	17 Language /Ojibway 1:30	18 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	19 Relapse Prevention 9:30 Triple P Program 1:30	20
23 Anger Management 9:30 Family Harmony 1:30	24 Language /Ojibway 1:30 Parent-Teen Conflict 5:30	25 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	26 Relapse Prevention 9:30 Triple P Program 1:30	27 Clan Teaching 1:30-3:30
30 Anger Management 9:30 Family Harmony 1:30	31 Language /Ojibway 1:30 Parent-Teen Conflict 5:30			

Sharing Circles are offered Monday to Friday 1:30—3:30

Programs are for registered participants only

Snacks will be provided for participants during programming

Respite and bus tickets available upon request, while in programs

FEBRUARY

Mon	Tue	Wed	Thu	Fri
		1 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	2 Relapse Prevention 9:30 Triple P Program 1:30	3 Info session: 9:30 <i>EIA/Social Assistance</i>
6 Anger Management 9:30 Family Harmony 1:30 Wiindigo Ice Sculpture	7 Language /Ojibway 1:30 Parent-Teen Conflict 5:30 Wiindigo Ice Sculpture	8 Arts & Crafts 1:30 Women's Sacred Teachings 5:30 Wiindigo Ice Sculpture	9 Relapse Prevention 9:30 Triple P Program 1:30 Wiindigo Ice Sculpture	10 Wiindigo Ice Sculpture 9:00– 11:30 Good Life Teaching 1:30-3:30
13 Anger Management 9:30 Family Harmony 1:30	14 Language /Ojibway 1:30 Sewing 1:30 Parent-Teen Conflict 5:30	15 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	16 Relapse Prevention 9:30 Triple P Program 1:30 Sewing 1:30	17 Good Life Teaching 1:30-3:30
20 Holiday	21 Language /Ojibway 1:30 Sewing 1:30 Parent-Teen Conflict 5:30	22 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	23 Relapse Prevention 9:30 Triple P Program 1:30 Sewing 1:30	24
27 Anger Management 9:30 Family Harmony 1:30	28 Language /Ojibway 1:30 Parent-Teen Conflict 5:30	29 Arts & Crafts 1:30 Women's Sacred Teachings 5:30		

We're on the web: ancr.ca

MARCH

Mon	Tue	Wed	Thu	Fri
			1 Relapse Prevention 9:30 Triple P Program 1:30	2 Info Session: 9:30 <i>Bed Bugs/pest control</i>
5 Anger Management 9:30 Family Harmony 1:30	6 Parent-Teen Conflict 5:30	7 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	8 Relapse Prevention 9:30 Triple P Program 1:30	9 Sweat Lodge 11:00-4:00
12 Anger Management 9:30 Family Harmony 1:30	13 Parent-Teen Conflict 5:30	14 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	15 Relapse Prevention 9:30 Triple P Program 1:30	16
19 Anger Management 9:30 Family Harmony 1:30	20 Spring Feast 11:00-3:00	21 Arts & Crafts 1:30 Women's Sacred Teachings 5:30	22 Triple P Program 1:30	23
26 Doll Making 10:00	27 Doll Making 10:00	28 Women's Sacred Teachings 5:30	29	30

*Sharing
Circles are
offered
Monday to
Friday
1:30—3:30*

Anger Management: A 10 week program offered to assist participants to manage their anger and learn healthy ways of coping. **Mondays, January 9 to March 19, 2012 (9:30-11:30 am)**

Family Harmony: An 8 week program to deal with issues of domestic violence and its impact on your daily life. **Mondays, January 9 to March 19, 2012 (1:30—3:30 pm)**

Parent-Teen Conflict: An 8week program focusing on solutions to resolve conflict between parents and teenagers. **Tuesdays January 24 to March 13, 2012(5:30—7:30 pm)**

Language (Ojibway): An 8 week program designed to inspire families to learn to speak the Anishinabe language. Participants will build foundational knowledge and skills that will enable them to begin language usage. **Tuesdays, January 10 to February 28, 2012 (1:30—3:30pm)**

Arts & Crafts: A 9 week program series of traditional aboriginal crafts. An exhibition will take place at the end of the program. **Wednesdays January 11 to March 21, 2012. (1:30 – 3:30 pm)**

Women's Sacred Teachings: These 13 sessions of women's teachings are a place for women to gather and renew their connection to mother earth, grandmother moon and sacred spaces. We will follow the women's natural cycles that regulate and weave our existence: clan mother teachings, our natural bonds of womanhood, to honour our sacredness and celebrate our lives. **Wednesdays, January 11 to April 4, 2012 (5:30—7:30 pm)**

Relapse Prevention - Quakadiziwin: A 9 week program that provides recovery tools, social work perspectives and Aboriginal teachings for participants who want to “turn their lives around”. **Thursdays, January 19 to March 15, 2012 (9:30 - 11:30 am)**

Triple P Parenting Program: A 10 week program that provides opportunities to learn positive parenting skills through observation and discussion , practice and feedback. **Thursdays, January 12 to March 22, 2012 (1:30-3:30 pm)**

**TO INQUIRE OR REGISTER FOR ANY OF THE CULTURE PROGRAMS
PLEASE CONTACT JULIE AT THE FRONT DESK (944-4100).**

Sugar-Free Strawberry Jiffy Jam

2 cups strawberries
1 cup cold water
1 (3 ounce) package strawberry flavoured gelatine, sugar free

In a large saucepan crush strawberries. Add water and gelatine, mixing well.

Over medium heat bring mixture to boiling, stirring constantly. Reduce heat to low and simmer for 2 minutes.

Pour into jars, allow to cool and then cover. Can be stored in refrigerator for 1 week, or frozen for several weeks.

Per serving
Calories: 17
Total Fat: 0g
Cholesterol: 0mg



Holistic/Ecological Perspective — Ian Fontaine

(continued from previous newsletter)

The Social Workers at Snowbird Lodge, Liz Skiba and Ian Fontaine, incorporate Holistic/Ecological and Harm Reduction approaches in dealing with the issues and concerns of the participants at the resource centre.

The Aboriginal worldview is best portrayed by a circular or holistic vision. The circle represents the cyclical and harmonious pattern of life. According to most North-American Native cultures, *"space is spherical and time is cyclical"* Graveline (1998:59). From an Aboriginal perspective, the circle also symbolizes unity, wholeness, continuation, perpetuity, inseparability, completeness, balance, security, equality, comfort and health. The well known Sioux Medicine man, Hehaka Sapa or Black Elk summarized the significance of the circle from his Native way of seeing:

"All things created by the Great Power, He made in the shape of a circle. The sky is circular and I heard that the earth is round like a ball and the stars too are round. The wind, in its greatest force, whirls. The birds make their nests in the form of a circle because they have the same religion as us. Our tee-pees were circular like the birds' nests and were always arranged in a circle – the circle of the nation, a nest made of many nests where the Great Spirit wished that we protect and nurture our children" (cited in *Sioux, 1989:13* – translated by M. Loiselle).

The circle is also a reminder that important universal spiritual principles of behaviour such as love, kindness, patience, sharing, caring, honesty, truthfulness, trustworthiness, justice and humility are conducive to well-being and healthy relationships.

Watch what you say and dolittle ones are watching you.

Boozho, Anin, Tansi and Greetings to all!

I would like to say a few words about the origins of Feasts and Ceremonies among the Anishinabe people. Long ago when the earth was young, animals and men conversed. The men or Anishinabe were having a difficult time providing food and shelter for their people. The animals took notice of this and called a meeting of all their brethren. They talked and discussed the plight of the Anishinabe and suggested they wanted to help the Anishinabe provide for their sustenance and shelter. Some of the animals did not want to help the Anishinabe and said they would be full of pride and arrogance if they were helped. However, the animals decided to help and so they all went to meet with the Anishinabe. The Bear was chosen to speak; He said, "Anishinabe we have been watching you and have observed that you cannot feed or clothe yourselves. We have decided to help you, provided you agree to a few conditions. We will provide our bodies, so you can clothe, feed and shelter yourselves. In exchange you will offer us tobacco and feast us whenever you use our bodies. If you agree to this you will never want for sustenance." The Anishinabe agreed to these conditions and ever since they have offered tobacco and provided feasts in thanks to the animals and the spirits.

I will discuss this more in future issues.

Meegwetch,
Paul Daniels, Elder

The Aboriginal people of North America held the wild blueberry in very high esteem, due to the fact that the blossom end of each blueberry forms a five points star. It was believed the "Great Spirit" sent these star berries to relieve the hunger of children during a famine. Blueberries were also used for medicinal purposes and a strong aromatic tea was made from the root and used as a relaxant during childbirth.



Location:

591 Sherbrook Street
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Fax: (204) 944-4138

HOURS OF OPERATION
Monday–Friday 8:30–4:30

SNOWBIRD LODGE STAFF

Supervisor
Margaret Marin 944-4107

Administrative Assistant
Julie 944-4100

Elders
Paul 944-4105
Linda 944-4106

Elders Helpers
Alison 944-4109
Louis 944-4117

Social Workers
Liz 944-4112
Ian 944-4297