

2013 CALENDAR



# Shkagamik-Kwe

## HEALTH CENTRE



BUILDING HEALTHY COMMUNITIES - RESPECTING TRADITIONAL VALUES





## Who we serve

Shkagamik-Kwe Health Centre (SKHC) is an Aboriginal Health Access Centre (AHAC) dedicated to providing equal access to quality health care for all Aboriginal, Metis and Inuit people in the City of Greater Sudbury, and individuals and families from our partner First Nations: Wahnapiatae, Henvey Inlet and Magnetawan.

We are a culturally based holistic health centre dedicated to balanced and healthy lifestyles. Programs and services support traditional Aboriginal values encompassing the connectedness of emotional, spiritual, physical and mental well-being. In meeting our mandate and honouring the ancestors and the seven generations we have an intake process to access services of SKHC.

## Service delivery philosophy

SKHC has a responsibility to promote and maintain health and provide therapeutic services, health promotion, disease prevention, support, community development and treatment programs. We offer an interdisciplinary team approach to the care of the community members because we believe that health care is best when planned with professionals from many disciplines. We believe that the maintenance of client confidentiality is of utmost importance.

We recognize that a client is a worthwhile person and has the right to be treated with dignity while maintaining his/her identity. We believe that the client should be assured equal access to integrated services that incorporate the unique values, beliefs and traditions as we strive to maintain a balance of understanding by practicing Traditional healing ways and adopting good Western healing practices.

SKHC respects the value and contribution of all employees, and we strive to uphold the highest professional and ethical standards. We recognize that health services must be provided as economically as possible while striving to obtain sufficient resources to meet our service objectives.

**We believe in and value the teachings of the Seven Sacred Grandfathers: WISDOM, LOVE, RESPECT, BRAVERY, HONESTY, HUMILITY and TRUTH.**

We strive to integrate these principles in our work and in our lives.



# Seven Grandfather Teachings

## Wisdom | *Nibwaakaawin*

To cherish knowledge is to know Wisdom. Wisdom is given by the Creator to be used for the good of the people. In the Anishinaabe language, this word expresses not only “wisdom,” but also means “prudence,” or “intelligence.” In some communities, Gikendaasowin is used; in addition to “wisdom,” this word can also mean “intelligence” or “knowledge.”

## Love | *Zaagi’idiwin*

To know Love is to know peace. Love must be unconditional. When people are weak they need love the most. In the Anishinaabe language, this word with the reciprocal theme /idi/ indicates that this form of love is mutual. In some communities, Gizhaawenidiwin is used, which in most context means “jealousy” but in this context is translated as either “love” or “zeal”. Again, the reciprocal theme /idi/ indicates that this form of love is mutual.

## Respect | *Minaadendamowin*

To honor all creation is to have Respect. All of creation should be treated with respect. You must give respect if you wish to be respected. Some communities instead use Ozhibwaadenindiwin or Manazonidiwin.

## Bravery | *Aakode’ewin*

Bravery is to face the foe with integrity. In the Anishinaabe language, this word literally means “state of having a fearless heart.” To do what is right even when the consequences are unpleasant.

Some communities instead use either Zoongadikiwin (“state of having a strong casing”) or Zoongide’ewin (“state of having a strong heart”).

## Honesty | *Gwayakwaadiziwin*

Honesty in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others. In the Anishinaabe language, this word can also mean “righteousness.”

## Humility | *Dabaadendiziwin*

Humility is to know yourself as a sacred part of Creation. In the Anishinaabe language, this word can also mean “compassion.” You are equal to others, but you are not better. Some communities instead express this with Bekaadiziwin, which in addition to “humility” can also be translated as “calmness,” “meekness,” “gentility” or “patience.”

## Truth | *Debwewin*

Truth is to know all of these things. Speak the truth. Do not deceive yourself or others.



# Spirit Moon

Spirit Moon is the time of the dancing spirits in the sky. This is when the northern lights blanket the skies which are believed to be the spirits gathering to share the sacred dance. It teaches us of our connection to the spirit world and how close it really is.



January is  
Alzheimer's  
Month

January 20-27:  
National Non-  
Smoking Week

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## PECAN CRUSTED CHICKEN

½ cup spicy mustard  
2 tbsp honey  
1 cup pecans  
4 boneless, skinless chicken  
breasts

Preheat oven to 350 degrees.

Whisk together mustard and honey.

Pulse pecans in food processor until  
finely chopped.

Roll chicken breast in honey-  
mustard and then in chopped  
pecans until well coated.

Place in a greased glass baking dish  
and bake for 45 minutes.



Serve with a salad or with baked  
vegetable of choice.

DECEMBER 2012  
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30 31

# January 2013

MANIDOO GIIZIS

FEBRUARY 2013  
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17 18 19 20 21 22 23  
24 25 26 27 28

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		New Year's Day <b>I</b>	<b>2</b>	Reflexology <b>3</b> 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	<b>4</b>	<b>5</b>
<b>6</b>	Zumba (location TBA) <b>7</b> 5:30 p.m. to 6:30 p.m.	Family drop-in <b>8</b> 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m. Homework Club 3:30 p.m. to 5:15 p.m.	<b>9</b>	Reflexology <b>10</b> 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	<b>11</b> 	<b>12</b>
<b>13</b>	Parent Support Circle <b>14</b> 5 p.m. to 7:30 p.m. Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	Family drop-in <b>15</b> 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m. Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen <b>16</b> 9:30 a.m. to 1 p.m. Children's Drum Circle	Reflexology <b>17</b> 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	<b>18</b>	<b>19</b>
<b>20</b>	Zumba (location TBA) <b>21</b> 5:30 p.m. to 6:30 p.m.	Family drop-in <b>22</b> 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m. Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen <b>23</b> 9:30 a.m. to 1 p.m.	Reflexology <b>24</b> 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m. FASD Family Support Circle 10:30 a.m. to 12:30 p.m.	<b>25</b>	<b>26</b>
Full Moon Ceremony at Richard Lake <b>27</b> 	Parent Support Circle <b>28</b> 5 p.m. to 7:30 p.m. Zumba (Location TBA) 5:30 p.m. to 6:30 p.m. Foot Care with Tony Choi	Yoga <b>29</b> 5:30 p.m. to 6:30 p.m. Homework Club 3:30 p.m. to 5:15 p.m.	<b>30</b>	<b>31</b>		



# Bear Moon

The Bear Moon is the time when the bear gets up in its den during its winter sleep and turns. The bear is a very powerful animal that carries strong medicine. It is this creature that teaches us about healing and how sleep is an important part of that.

February is  
Heart Month

February 4:  
World Cancer Day

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## CHICKEN AND CORN CHOWDER

1 Tbsp trans-fat free margarine  
1 cup diced onion  
1 cup diced celery  
½ cup diced red pepper  
1 boneless, skinless chicken  
breast, cubed  
4 cups reduced sodium chicken  
broth  
1 cup diced peeled sweet potato  
1 frozen corn kernels, thawed  
1 can evaporated milk  
1 Tbsp chopped fresh parsley

In a large saucepan, melt margarine over medium heat.

Sauté onion, celery and red pepper until softened, about 5 minutes.

Add chicken, broth, sweet potato and corn; bring to a boil.

Reduce heat, cover and simmer for 25 minutes or until chicken and potatoes are cooked through.



Add evaporated milk and parsley; heat over low heat (do not boil or milk will curdle).

JANUARY 2013  
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27 28 29 30 31

# February 2013

## MAKWA GIIZIS

MARCH 2013  
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17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Activity Night 6 p.m. to 8 p.m. Call for details. <b>I</b>	<b>2</b>
<b>3</b>	Zumba (location TBA) 5:30 p.m. to 6:30 p.m. <b>4</b>	Family drop-in 10 a.m. to 2 p.m. <b>5</b>  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen 9:30 a.m. to 1 p.m. <b>6</b>	Reflexology 9 a.m. to 4 p.m. Call to book appt. <b>7</b>  Men's Group 5:30 p.m. to 7 p.m.	Activity Night 6 p.m. to 8 p.m. Call for details. <b>8</b>	<b>9</b>
<b>10</b>  	Parent Support Circle <b>II</b> 5 p.m. to 7:30 p.m.  Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	Family drop-in 10 a.m. to 2 p.m. <b>12</b>  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen <b>13</b> 9:30 a.m. to 1 p.m.  Children's Drum Circle	Valentine's Day <b>14</b>  Reflexology 9 a.m. to 4 p.m. Call to book appt.  Men's Group 5:30 p.m. to 7 p.m.	Activity Night 6 p.m. to 8 p.m. Call for details. <b>15</b>	<b>16</b>
<b>17</b>	Family Day <b>18</b>	Family drop-in 10 a.m. to 2 p.m. <b>19</b>  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen <b>20</b> 9:30 a.m. to 1 p.m.	Reflexology <b>21</b> 9 a.m. to 4 p.m. Call to book appt.  Men's Group 5:30 p.m. to 7 p.m.  FASD Family Support	Activity Night 6 p.m. to 8 p.m. Call for details. <b>22</b>	<b>23</b>
<b>24</b>	Parent Support Circle <b>25</b> 5 p.m. to 7:30 p.m. Zumba (location TBA) 5:30 p.m. to 6:30 p.m. Foot Care with Tony Choi Full Moon Ceramony at Richard Lake 	Family drop-in 10 a.m. to 2 p.m. <b>26</b>  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen <b>27</b> 9:30 a.m. to 1 p.m.  Children's Drum Circle	Reflexology <b>28</b> 9 a.m. to 4 p.m. Call to book appt.  Men's Group 5:30 p.m. to 7 p.m.		



# *Snow Crust Moon*

The Snow Crust Moon is the season when the snow begins to melt during the day and freeze again at night. It signals the beginning of spring. This tells us about balance in our lives and in creation.

# *Broken Snowshoe Moon*

Broken Snowshoe Moon is a part of two months in the 12 month calendar, as it represents the other moon in the 13-Moon Calendar. The indigenous calendar is the natural way to count the 365-day year cycle, with the year being measured into 13 months, each one an even 28 days. Thirteen moons of 28 days gives 364 days - plus 1 "day out of time," a day of celebration and forgiveness, to acknowledge the passing year and welcome the new year. In a 12 month calendar Broken Snowshoe moon is placed in-between the months of March and April following the natural moon cycle of creation.

March is Nutrition Month  
and Child Life Month

March 8: International  
Woman's Day

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## VEGETARIAN CHILI

2 Tbsp vegetable oil  
2 cloves garlic, minced  
1 large onion, chopped  
2 tsp chili powder  
2 tsp ground cumin  
1 tsp oregano  
1 can diced tomatoes  
1 can kidney beans, drained and rinsed  
1 can chickpeas, drained and rinsed  
1 can bean mixture, drained and rinsed  
1 green pepper, coarsely chopped  
1 T cider vinegar  
½ tsp salt  
½ tsp ground cinnamon  
¼ tsp freshly ground black pepper  
¼ cup chopped cilantro

In a large saucepan, heat oil over medium-high heat. Cook garlic and onion, covered, until softened, about 5 minutes.

Stir in chili powder, cumin, and oregano; cook, stirring, for 2 minutes.

Stir in tomatoes with juice, soybeans kidney beans, chickpeas, green pepper, vinegar, salt, cinnamon, and pepper.

Bring to a boil; reduce heat to a medium-low and simmer, uncovered, for 20 minutes to allow flavours to blend.

Just before serving, stir in cilantro. Taste and adjust seasoning as desired with salt and pepper.



<b>FEBRUARY 2013</b> S M T W T F S 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	<h1>March 2013</h1> <h2>NAABIDIN GIIZIS / BOPOGAAME GIIZIS</h2>					<b>APRIL 2013</b> S M T W T F S 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
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Activity Night 6 p.m. to 8 p.m. Call for details.	
3	Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	Family drop-in 10 a.m. to 2 p.m.  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen 9:30 a.m. to 1 p.m.	Reflexology 9 a.m. to 4 p.m. Call to book appt.  Men's Group 5:30 p.m. to 7 p.m.	Activity Night 6 p.m. to 8 p.m. Call for details.	
10	March Break 11th to 15th  Parent Support Circle 5 p.m. to 7:30 p.m.  Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	Family drop-in 10 a.m. to 2 p.m.  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen 9:30 a.m. to 1 p.m.  Children's Drum Circle	Reflexology 9 a.m. to 4 p.m. Call to book appt.  Men's Group 5:30 p.m. to 7 p.m.	Activity Night 6 p.m. to 8 p.m. Call for details.	
St. Patrick's Day	Zumba (location TBA) 5:30 p.m. to 6:30 p.m.  Foot Care with Tony Choi	Family drop-in 10 a.m. to 2 p.m.  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	First Day of Spring  Community Kitchen 9:30 a.m. to 1 p.m.	Reflexology 9 a.m. to 4 p.m. Call to book appt.  Men's Group 5:30 p.m. to 7 p.m.  FASD Family Support	SKHC Team Planning Day Offices closed.	
24	Parent Support Circle 5 p.m. to 7:30 p.m.  Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	Family drop-in 10 a.m. to 2 p.m.  Yoga 5:30 p.m. to 6:30 p.m.  Homework Club 3:30 p.m. to 5:15 p.m.	Community Kitchen 9:30 a.m. to 1 p.m.  Children's Drum Circle  Full Moon Ceramony at Richard Lake	Reflexology 9 a.m. to 4 p.m.  Men's Group 5:30 p.m. to 7 p.m.  Corporate membership fees due (30 day grace period begins)	Good Friday	
31						

# *Broken Snowshoe Moon*

The Broken Snowshoe is the time we acknowledge and welcome spring as we transition into the re-awakening and re-birth of creation. This special time shows us how life can begin again and healing is always possible.

# *Sugar Moon*

Sugar Moon is the 28-day cycle that represents the time when new life appears and medicine of the earth begin their growth. This is also the time of the sugar bush, when maple trees are rich with sap. Maple sap is a strong cleansing medicine that is good to balance our blood.

## TUNA RICE CASSEROLE

2 cups water  
1 cup rice  
1 t salt  
2 Tbsp trans-fat free margarine  
½ cup chopped onion  
3 Tbsp flour  
1 ½ cup milk (made from skim milk powder)  
1 tsp Worcestershire sauce  
1 can tuna, drained, flaked  
1 can whole kernel corn niblets, drained  
salt and pepper to taste  
½ cup grated low fat cheddar cheese

Turn on stove to high heat. Put water, rice and salt in a medium saucepan. Heat to boiling. Turn heat to low, cover and simmer until rice is tender (about 20 minutes and all the water will be absorbed).

Preheat oven to 375 degrees.

While rice is cooking, turn on another burner to medium heat. Melt margarine in a large saucepan. Add onion and cook until soft, about 3 to 5 minutes. Stir in flour. Pour milk in slowly, stirring all the time. Add Worcestershire sauce. Cook and stir until mixture boils and thickens.

Add cooked rice, tuna and corn to sauce. Mix well. Add salt and pepper to taste.

Lightly grease a baking pan. Spread mixture into pan. Sprinkle with cheese. Bake in oven for 20 to 25 minutes or until hot.



# April 2013

## BOPOGAAME GIIZIS / ZIISIBAAKADAKE GIIZIS

<b>MARCH 2013</b> S M T W T F S 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						<b>MAY 2013</b> S M T W T F S 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
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Easter Monday <b>1</b>	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>2</b> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i> <b>3</b>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <b>4</b> Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i> <b>5</b>	<b>6</b>
<b>7</b>	Parent Support Circle <i>5 p.m. to 7:30 p.m.</i> Zumba (location TBA) <i>5:30 p.m. to 6:30 p.m.</i> <b>8</b>	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>9</b> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i> Children's Drum Circle <b>10</b> 	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <b>11</b> Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i> <b>12</b>	<b>13</b>
<b>14</b>	Zumba (location TBA) <i>5:30 p.m. to 6:30 p.m.</i> <b>15</b> Foot Care with Tony Choi	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>16</b> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i> <b>17</b> Medicine Walk	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <b>18</b> Men's Group <i>5:30 p.m. to 7 p.m.</i> FASD Family Support	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i> <b>19</b>	<b>20</b>
<b>21</b>	Parent Support Circle <i>5 p.m. to 7:30 p.m.</i> <b>22</b> Zumba (location TBA) <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>23</b> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i> <b>24</b> Children's Drum Circle	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <b>25</b> Men's Group <i>5:30 p.m. to 7 p.m.</i> Full Moon Ceramony at Richard Lake 	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i> <b>26</b>	<b>27</b>
<b>28</b>	Zumba (location TBA) <i>5:30 p.m. to 6:30 p.m.</i> <b>29</b>	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>30</b> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i> Final Call – Membership Fees (unpaid memberships will expire)				

# *Sucker Moon*

Sucker Moon represents the time when the sucker fish makes its journey through the waters of Anishinabek territory. The sucker has been given the responsibility of purifying the life-giving water that we drink.

May 6 to May 10: National Mental Health Week

May 19 to May 25: Aboriginal Awareness Week

May 6 to May 12: National Nursing Week

May 31: World No Tobacco Day

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## GARLIC AND CILANTRO SHRIMP STIR-FRY

1 Tbsp Canola Oil  
1 Onion  
2 Stalks of Celery  
3 cloves garlic, roughly chopped  
2 Tbsp Grated Ginger  
2 cups Carrots  
2 cups Mixed Sweet Peppers  
1 cup Chopped mushrooms  
2 Grated Zest of 2 lemons  
24 oz Shrimp, peeled and deveined  
½ cup chopped fresh cilantro

Sautee onion, celery, garlic, and ginger for 2 minute on medium heats.

Add cilantro, carrots, peppers, mushroom and lemon zest. Cook until peppers are slightly soft.

Add shrimp and reduce to low – medium heat.

Cover and simmer for 5 minutes or until shrimp are pink and cooked throughout.



<b>APRIL 2013</b> S M T W T F S 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	<h1>May 2013</h1> <h2>NMEBINE GIIZIS</h2>					<b>JUNE 2013</b> S M T W T F S 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
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Community Kitchen <i>9:30 a.m. to 1 p.m.</i>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	
5	Parent Support Circle <i>5 p.m. to 7:30 p.m.</i> Zumba (location TBA) <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i> Children's Drum Circle	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	
Mother's Day Sudbury Rock's Diabetes Run	Zumba (location TBA) <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i> Medicine Walk	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i> FASD Family Support	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	
19	Victoria Day	Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i> Children's Drum Circle	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	Full Moon Ceremony at Richard Lake
26	Zumba (location TBA) <i>5:30 p.m. to 6:30 p.m.</i> Foot Care with Tony Choi	Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i> Homework Club <i>3:30 p.m. to 5:15 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	

# *Blossom/Flower Moon*

Blossom/Flower Moon refers to the time in spring when the plant world reveals its energies and gifts. All these life-giving forces are surfacing and blooming. These gifts from Mother Earth are for people to respectfully care for and use.

June is Stroke  
Awareness Month

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## GREEN BEAN AND CHICKPEA SALAD

1 lb fresh green beans,  
trimmed, cut into 1-inch pieces  
1 can chickpeas, drained  
¼ cup finely chopped onion  
3 Tbsp vegetable oil  
3 Tbsp vinegar  
1 tsp dried basil  
½ tsp garlic powder  
salt and pepper to taste

Turn on stove to high heat. Half fill a large pot with water and heat to boiling.

Add green beans and cook until they are crisp-tender, about 5 minutes. Drain.

Put green beans, chickpeas and onion in a large bowl.

Mix oil, vinegar, basil and garlic powder in a small bowl.

Add salt and pepper to taste.

Pour over the green bean mixture. Mix well.

Cover and refrigerate. Just before serving, stir gently.



# June 2013

## WAABGONII GIIZIS

MAY 2013  
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JULY 2013  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						I
2	Parent Support Circle 5 p.m. to 7:30 p.m. Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	3 Family drop-in 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m.	4 Community Kitchen 9:30 a.m. to 1 p.m. Children's Drum Circle	5 Reflexology 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	6 Activity Night 6 p.m. to 8 p.m. Call for details.	8
9	Parent Support Circle 5 p.m. to 7:30 p.m. Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	10 Family drop-in 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m.	11 Community Kitchen 9:30 a.m. to 1 p.m. Medicine Walk	12 Reflexology 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	13 SKHC Team Planning Day Offices closed.	15
Father's Day 16	Zumba (location TBA) 5:30 p.m. to 6:30 p.m. Foot Care with Tony Choi	17 Family drop-in 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m.	18 Community Kitchen 9:30 a.m. to 1 p.m. Children's Drum Circle	19 Annual General Meeting Time and location TBA Medicine Camp Reflexology, Men's Group, FASD Family Support	20 Summer Solstice Aboriginal Solidarity Day Offices closed. Medicine Camp	21 Medicine Camp
Full Moon Ceremony at Richard Lake 23	Parent Support Circle 5 p.m. to 7:30 p.m. Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	24 Family drop-in 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m. Youth Summer Program Starting soon. Call for date and time.	25 Community Kitchen 9:30 a.m. to 1 p.m.	26 Reflexology 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	27 Activity Night 6 p.m. to 8 p.m. Call for details.	28
30						29

# Berry Moon

Berry Moon is the time of the emergence of the berries lead by the strawberry.

Followed by the raspberry, blueberry and other berries, this sacred time reminds us of the good life that the berry symbolizes and celebrates. The berries represents fertility and the cycle of life.

## July 24: Preschool Clinic

### QUINOA SALAD

1 ½ cups quinoa  
3 cups of water or broth  
1 red pepper, finely diced  
1 carrot, finely diced  
1 stalk celery, finely diced  
1 cup frozen peas, boiled for one minute  
2 T (or to taste) of whatever fresh herb you have on hand

#### Dressing:

Juice and zest of 1 lemon  
5 Tbsp olive oil  
1 Tbsp maple syrup (or honey)  
Salt & pepper to taste

Put quinoa and water in a medium pot. Cover and bring to a boil, reduce heat to medium low and cook until water is absorbed (about 20 minutes).

Remove from heat and fluff with a fork. Scrape into a bowl.

Meanwhile scrub vegetables well before dicing. Add the pepper, carrots, celery and peas to the quinoa and toss with dressing (you won't need the whole batch).

Season with salt and pepper.



# July 2013

## MIIN GIIZIS

JUNE 2013						
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AUGUST 2013						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Berry Picking <i>When berries are ready</i> Jam Making Session <i>Date/time to be determined</i> Parent Support Circle <i>Date/time to be determined</i>	Canada Day <b>1</b>	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>2</b>	<b>3</b>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>  ○	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>9</b>	<b>10</b>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>16</b>	Medicine Walk <b>17</b>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i> FASD Family Support <b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	Full Moon Ceremony at Richard Lake <b>22</b>  ●	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>23</b>	Preschool Clinic <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <i>Offices closed.</i> <b>24</b>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> <b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	Family drop-in <i>10 a.m. to 2 p.m.</i> <b>30</b>	<b>31</b>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>		

# Rice Moon

The Rice Moon is the time of the harvest. It is the month when we look to the Mother Earth to feed and nurture all who walk upon her. This sacred time is also when we begin to prepare for the winter months ahead. The wild rice harvest starts our walk through the fall time



August 1-7: World  
Breast Feeding  
Week

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## BAKED SALMON WITH FRESH CITRUS

4 Salmon fillets  
1 lime  
1 lemon  
1 orange  
3 Tbsp of Maple Syrup  
2 Tbsp minced fresh ginger

Preheat oven to 425 degrees. Line pan with wet parchment paper or spray with canola oil

Zest the lime, lemon and orange into one small bowl. Juice the lime, lemon and orange. Mix the juices together and add the honey and ginger.

Lay the salmon in the pan. Pour the citrus/honey/ginger mixture over the top. Sprinkle with the zest. Don't be tempted to throw the zest into the juice; it won't have the same zest.

Bake for 15-20 minutes or until just done. Remove salmon from the pan and cover. Pour the sauce into a saucepan. Bring to a boil and reduce by half.

Serve with brown rice. Spoon the citrus/honey mixture over the salmon and the rice.



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# August 2013

## MNOOMNI GIIZIS

SEPTEMBER 2013						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Family drop-in <i>10 a.m. to 2 p.m.</i>		Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>		
4	Civic Holiday	Family drop-in <i>10 a.m. to 2 p.m.</i>		Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>		
11	12	Family drop-in <i>10 a.m. to 2 p.m.</i>	Medicine Walk	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>  Men's Group <i>5:30 p.m. to 7 p.m.</i>	16	17
18	19	Family drop-in <i>10 a.m. to 2 p.m.</i>	Full Moon Ceramony at Richard Lake	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>	23	24
25	26	Family drop-in <i>10 a.m. to 2 p.m.</i>		Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>	30	31

# *Changing Leaves Moon*

Changing Leaves Moon signals to us that the summer is at its end and the change of seasons is upon us. The tree beings begin their preparation of a winter sleep. This time of the season teaches us about change and creations never ending cycles.

September  
is Cancer  
Awareness Month  
& Arthritis  
Awareness Month

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## APPLE BLUEBERRY CRISP

2 Apples, sliced (1 peeled, 1  
unpeeled)  
½ cup fresh blueberries (or frozen  
unsweetened)  
1 tsp sugar or sweetener  
½ cup rolled oats  
¼ cup brown sugar (lightly  
packed) or sweetner  
1 Tbsp whole wheat flour  
½ t cinnamon  
1 Tbsp Trans-fatfree margarine

Preheat oven to 375 degrees.

In a large mixing bowl combine  
apples, blueberries, and splenda  
sugar. Mix well, than place in a  
baking pan.

In a separate bowl combine oats,  
splenda (brown sugar), flour,  
cinnamon and margarine.

Mix with fingers, until crumbly.  
Sprinkle oat mixture evenly over  
apple blueberry mixture.

Bake in over for 30 to 35 minutes  
or until apples are tender.



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# September 2013

WAABAGAA GIIZIS

OCTOBER 2013  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>I</b>	Labour Day <b>2</b>	Family drop-in <b>3</b> <i>10 a.m. to 2 p.m.</i>	<b>4</b>	Reflexology <b>5</b> <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>	<b>6</b>	<b>7</b>
<b>8</b>	Parent Support Circle <b>9</b> <i>5 p.m. to 7:30 p.m.</i> <i>Zumba (location TBA)</i> <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <b>10</b> <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <b>II</b> <i>9:30 a.m. to 1 p.m.</i> Medicine Walk	Reflexology <b>12</b> <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	SKHC Team Planning Day <b>13</b> <i>Offices closed.</i> Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	<b>14</b>
<b>15</b>	Zumba <b>16</b> <i>(location TBA)</i> <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <b>17</b> <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <b>18</b> <i>9:30 a.m. to 1 p.m.</i> Children's Drum Circle	Reflexology <b>19</b> <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i> Full Moon Ceramony at Richard Lake	Activity Night <b>20</b> <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	<b>21</b>
<b>22</b>	Parent Support Circle <b>23</b> <i>5 p.m. to 7:30 p.m.</i> <i>Zumba (location TBA)</i> <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <b>24</b> <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <b>25</b> <i>9:30 a.m. to 1 p.m.</i>	Reflexology <b>26</b> <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <b>27</b> <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	<b>28</b>
<b>29</b>	Zumba <b>30</b> <i>(location TBA)</i> <i>5:30 p.m. to 6:30 p.m.</i>					

# *Falling Leaves Moon*

The Falling Leaves Moon is a time the trees let go of their leaves to help blanket the Mother Earth for her winter sleep.

This is also a time to harvest other creatures of the land and water. This moon speaks to the things we need to let go of in order to grow and move on.

October is Breast Cancer Awareness Month

October 21-25: National Cervical Cancer Awareness Week

October 10: World Mental Health Day

October 16: World Food Day

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## WILD RICE CRANBERRY PECAN SALAD

1 cup wild rice  
3 cups water  
1 tsp Trans-Fat free margarine  
½ cup dried cranberries  
½ cup chopped pecans  
¼ cup sliced green onions  
1 Tbsp lemon juice  
2 Tbsp olive oil  
½ tsp sugar or sweetener  
1 tsp grated orange peel

Wild rice is a ratio of 1:3 of wild rice to water. Bring rice and margarine and water to a boil, reduce heat to low, cover and cook for 50 minutes. Do not stir, do not uncover.

Remove from stove and let it sit, covered for 10 minutes. Then uncover, fluff up with a fork and let cool to almost room temperature.

In a medium size serving bowl, mix the rice, cranberries, pecans and green onions together.

In a separate jar, mix the lemon juice, olive oil, orange peel and sugar. Just before serving, mix dressing in with the rice mixture.

Serve warm, chilled or at room temperature.



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# October 2013

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Flu Clinic <i>Dates to be determined</i>		Family drop-in <i>10 a.m. to 2 p.m.</i>  Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i>  Children's Drum Circle	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>  Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	
6	Parent Support Circle <i>5 p.m. to 7:30 p.m.</i>  Zumba ( <i>location TBA</i> ) <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <i>10 a.m. to 2 p.m.</i>  Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>  Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	
13	Thanksgiving	Family drop-in <i>10 a.m. to 2 p.m.</i>  Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i>  Children's Drum Circle  Medicine Walk	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>  Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	Full Moon Ceremony at Richard Lake
20	Parent Support Circle <i>5 p.m. to 7:30 p.m.</i>  Zumba ( <i>location TBA</i> ) <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <i>10 a.m. to 2 p.m.</i>  Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i>	Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>  Men's Group <i>5:30 p.m. to 7 p.m.</i>	Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	
27	Zumba ( <i>location TBA</i> ) <i>5:30 p.m. to 6:30 p.m.</i>	Family drop-in <i>10 a.m. to 2 p.m.</i>  Yoga <i>5:30 p.m. to 6:30 p.m.</i>	Community Kitchen <i>9:30 a.m. to 1 p.m.</i>	Halloween  Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i>  Men's Group <i>5:30 p.m. to 7 p.m.</i>		

# *Freezing Moon*

Freezing Moon is the time when the sacred waters begin to cover with ice. It is a season when creation begins to slow down and begin it's winter slumber. This moon reminds us to slow down and rest so healing can occur in our lives.

November  
is Diabetes  
Awareness Month  
& Movember

November 2:  
All Souls Day

November 11:  
Remembrance  
Day

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## SQUASH SOUP

1 Tbsp olive oil  
1 Tbsp garlic, minced  
1 onion, chopped  
1 butternut squash, peeled and cubed  
1 sweet potato, peeled and cubed  
6 cups water or broth  
Salt & pepper to taste

Heat oil in a large pot. Add garlic and onions and sauté 3 minutes.

Add squash and sweet potato. Sauté for 3 minutes, add water. Cook until tender, about 20 minutes.

Puree. Return to heat and allow soup to thicken.

Add salt and pepper to taste.



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# November 2013

BAASHKAAKODIN GIIZIS

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AG7:FSD Conference <i>Dates to be determined</i>					Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	All Souls Day
3  	4 Parent Support Circle <i>5 p.m. to 7:30 p.m.</i> Zumba ( <i>location TBA</i> ) <i>5:30 p.m. to 6:30 p.m.</i>	5 Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i>	6 Community Kitchen <i>9:30 a.m. to 1 p.m.</i> Children's Drum Circle	7 Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	8 Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	9
10	11 Remembrance Day	12 Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i>	13 Community Kitchen <i>9:30 a.m. to 1 p.m.</i>	14 World Diabetes Awareness Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	15 Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	16
17 Full Moon Ceremony at Richard Lake  	18 Parent Support Circle <i>5 p.m. to 7:30 p.m.</i> Zumba ( <i>location TBA</i> ) <i>5:30 p.m. to 6:30 p.m.</i>	19 Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i>	20 Community Kitchen <i>9:30 a.m. to 1 p.m.</i> Children's Drum Circle	21 Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	22 Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	23
24	25 Zumba ( <i>location TBA</i> ) <i>5:30 p.m. to 6:30 p.m.</i>	26 Family drop-in <i>10 a.m. to 2 p.m.</i> Yoga <i>5:30 p.m. to 6:30 p.m.</i>	27 Community Kitchen <i>9:30 a.m. to 1 p.m.</i>	28 Reflexology <i>9 a.m. to 4 p.m.</i> <i>Call to book appt.</i> Men's Group <i>5:30 p.m. to 7 p.m.</i>	29 Activity Night <i>6 p.m. to 8 p.m.</i> <i>Call for details.</i>	30

# *Little Spirit Moon*

Little Spirit Moon is the time we celebrate our ancestors and those who have moved on recently. We feast them as they travel westward. We also welcome the winter as it approaches and prepare for the story telling time around the fires that keep us warm. It is a time to come together and share our stories.

December 1:  
World AIDS Day

December 6: National  
Day of Remembrance  
and Action on Violence  
Against Woman

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## CHOCOLATE CHICKPEA CAKE

1 can chickpeas/ garbanzo beans (drained)  
1/3 cup orange juice  
4 large eggs, at room temperature  
1 cup packed brown sugar or sweetener  
2/3 cup cocoa  
2 t baking powder  
1 t baking soda  
Cooking spray or oil

Preheat oven to 350 degrees. Lightly spray or oil and 8' round cake pan and line bottom with a circle of waxed paper.

In a food processor, process chickpeas and orange juice until very smooth. Add eggs, one at a time, pulsing after each addition.

In a medium bowl, whisk together sugar, cocoa, baking powder, and baking soda. Add to processor and pulse until just blended.

Pour batter into prepared pan and bake for 50 minutes or until toothpick inserted in the centre comes out clean.

Remove cake from oven and let cool on a rack for 15 minutes before removing from pan.




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# December 2013

## MANIDOO GIIZISOONHS

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>I</b>	<b>2</b> Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	<b>3</b> Family drop-in 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m. 	<b>4</b> Community Kitchen 9:30 a.m. to 1 p.m.	<b>5</b> Reflexology 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	<b>6</b> Activity Night 6 p.m. to 8 p.m. Call for details.	<b>7</b>
<b>8</b>	<b>9</b> Parent Support Circle 5 p.m. to 7:30 p.m. Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	<b>10</b> Family drop-in 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m.	<b>11</b> Community Kitchen 9:30 a.m. to 1 p.m. Children's Drum Circle	<b>12</b> Christmas Baking Reflexology 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	<b>13</b> SKHC Team Planning Day Offices closed.	<b>14</b>
<b>15</b>	<b>16</b> Zumba (location TBA) 5:30 p.m. to 6:30 p.m.	<b>17</b> Family drop-in 10 a.m. to 2 p.m. Yoga 5:30 p.m. to 6:30 p.m. Full Moon Ceramony at Richard Lake 	<b>18</b> Christmas Food Baskets	<b>19</b> Reflexology 9 a.m. to 4 p.m. Call to book appt. Men's Group 5:30 p.m. to 7 p.m.	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> Christmas Break Offices closed. December 24-26	<b>25</b> Christmas Day	<b>26</b> Boxing Day	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> New Year's Eve Offices closed.				

## Grandmother Moon

Grandmother Moon is a powerful teaching about Aboriginal women's special connection to our Grandmothers who have passed into the Spirit world. Grandmother Moon provides us direction, strength, knowledge and wisdom in taking our sacred place in our families, communities and beyond. She teaches us about our sacred role as the life-givers and the heart of our nations – for without women our nations cannot go on. We need Grandmother Moon's presence in our lives now more than ever, especially for our young women who live in the dark and struggle to live in the light.



### Blue Moon – Big Spirit Moon

The 13th moon purpose is to purify us, and to heal all of Creation, a process which may take a three month long spiritual journey. During this time, we receive instructions on the healing powers of the universe and transform into our own vision of the truth.

POLICE , AMBULANCE, FIRE: **911**  
POLICE, NON- EMERGENCY: **705-675-9171**  
POISON CONTROL: **705-674-3636**

Health Sciences North (Hospital): **705-523-7100**  
Crises Intervention Program: **705-675-4760**  
Health Care Connect (*if no family physician*): **1-800-461-2919**

Telehealth Ontario: **1-866-797-0000**  
Sudbury And District Health Unit: **705-522-9200**  
Employment Support, Ontario Works: **705-674-4455**  
Ontario Disability Support Plan (ODSP): **705-564- 4515**  
Gezhtoojig Employment and Training: **705-692-0766**  
Suicide/Self Harm Prevention: **1-800-366-8288**  
N'Swakamok Native Friendship Centre: **705-674-2128**



**Shkagamik-Kwe**  
HEALTH CENTRE

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Sudbury, Ontario P3C 1N2  
Tel. 705-675-1596 Fax. 705-675-8040  
[www.skhc.ca](http://www.skhc.ca)

## Prayer

*Grandmother Moon*

*You know all women from birth to death*

*We seek your knowledge*

*We seek your strength*

*Some are STARS up there with you*

*Some are STARS on Mother Earth*

*Grandmother, lighten our path in the dark*

*Creator, keep our sisters safe from harm*

Shkagamik-Kwe Health Centre  
is a multi-funded agency and  
would like to acknowledge the  
ongoing support from our funders.



**Ontario**

Ministry of Health  
and Long-Term Care

Ontario  
Trillium Foundation



Fondation Trillium  
de l'Ontario

North East **LHIN**  
**RLISS** du Nord-Est



**Ontario**

Ministry of Children  
and Youth Services