

2014 CALENDAR



Shkagamik-Kwe

HEALTH CENTRE



BUILDING HEALTHY COMMUNITIES - RESPECTING TRADITIONAL VALUES

Debenjiged, Gzhemnido, Gmishoomsina.

From the purple blanket of the sky nation to the first rays of dazzling light, when Grandfather sun rises to shine his light on all of his children and creation.

Let us all embrace the creator's love.

We are thankful for our mother Shkagamik-Kwe. Our father, father sky. Our grandparents, Nookomis-moon and grandfather sun.

We are thankful for the gifts of the Four Directions and for the combined successes they bring that we may continue to be of greater service to you and others.

We offer ourselves to you as instruments. We Trust that you will guide us with the medicine of leading through example.

Teach us to nurture each other, and to encourage each other's growth, that will support the development of others abilities.

Help us to be humble and thankful, and to be proud of all our accomplishments, through self-esteem and not of self-importance.

We humbly ask for continued blessings of life and breath so that, the creator's love, our love, may be felt in the lives of all we meet.

**Thank you for hearing our prayer.
Miigwetch**

Elder Hilda Nadiwon

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 interprofessional 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 out 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

GRAIN FREE CARROT CAKE MUFFINS

Yields 15 muffins

1 1/2 cups blanched almond flour, gently packed
1/4 cup coconut flour
2 tsp ground cinnamon
3/4 tsp baking soda
1/2 tsp ground nutmeg
1/4 tsp ground ginger
1/4 tsp sea salt
4 eggs, room temperature
3/4 cup apple sauce, room temperature
1/3 cup runny honey
1/4 cup coconut oil, just melted
1 tsp vanilla extract
2 cups grated carrots

Preheat oven to 350 F. In a large mixing bowl combine the almond meal, coconut flour, cinnamon, baking soda, nutmeg, ginger, and sea salt.

In a separate mixing bowl, whisk together the eggs, apple sauce, honey, coconut oil, and vanilla. Carefully stir the wet ingredients into the dry, and mix until just combined. Fold in the grated carrots.

Divide the dough into 15 paper lined muffin tins and then bake for 20 to 24 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Remove the muffins from the tins and place on metal racks to cool.

January 2014

MANIDOO GIIZIS

FEBRUARY 2014
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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			New Year's Day 1 ●	2	3	4
5	6	7	8	Men's Group 9	10	11
12	13	14	Wellness Workshop Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour 15 ○	Men's Group Parent Support Circle 16	17	18
19	20	Children's Drum Circle 21	Community Kitchen Wellness Workshop FASD Information Series 22	Men's Group 23	24	25
26	Parent Support Circle 27	28	Community Kitchen Wellness Workshop 29	Men's Group 30	31	



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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HEALTH PROMOTION

Health Promotion is a process of empowering people to generate control over their health. Improve your overall quality of life through prevention and by strengthening the elements that protect you from disease and other health complications.

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BLACK BEAN AND MANGO SALAD

1 can (19 oz/540 ml) black beans
rinsed well and drained
1 mango*, peeled, pit removed
and diced
1 sweet red bell pepper, diced
2 green onions, sliced
1/4 cup fresh lime juice
2 tbsp soy sauce
1/2 tsp red pepper flakes
1/4 cup chopped fresh cilantro

** Substitute peach for mango
for a different flavour*

In a medium bowl, combine beans, mango, red pepper and green onions. To make dressing, whisk together the lime juice, vegetable oil, soy sauce and red pepper flakes. Add dressing to bean mixture and toss. Add the cilantro and toss slightly.

February 2014

MAKWA GIIZIS

MARCH 2014
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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
						I
2	3	Children's Drum Circle 4	Community Kitchen Wellness Workshop 5	Men's Group 6	Activity Night 7	8
9	Parent Support Circle 10	11	Community Kitchen Wellness Workshop 12	Men's Group 13	Valentine's Day Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour 14	15
16	Family Day <i>Offices closed.</i> 17	Children's Drum Circle 18	Community Kitchen Wellness Workshop 19	Men's Group 20	Activity Night 21	22
23	Parent Support Circle 24	25	Community Kitchen Wellness Workshop 26	Men's Group 27	Activity Night 28	

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

CHICKEN AND CHICKPEA STEW

1 tbsp canola oil
2 celery stalks, chopped
2 carrots, diced
1 onion, chopped
2 garlic cloves
4 cups low sodium chicken broth
3 cups spaghetti sauce
1-19 oz chickpeas, rinsed and drained
1-19 oz white kidney beans, rinsed and drained
1 1/2 cups dry pasta
1/2 tsp pepper
8 skinless, boneless chicken thighs cut into
1/2 inch cubes
1/2 cup grated fresh parmesan (optional)

In a large sauce pan, heat oil over medium heat. Add celery, carrot and onion and sauté until tender. Add garlic and cook for about 1 minute, stirring constantly. Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil.

Reduce heat to a low-medium, and simmer until pasta is tender, about 10-12 minutes. Add chicken to pan and cook 5-8 minutes until chicken is done. (I cooked chicken separate with onions, garlic and pepper.) Sprinkle with parmesan cheese and serve.

March 2014

NAABIDIN GIIZIS / BOPOGAAME GIIZIS

APRIL 2014
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
						I
2	3	Children's Drum Circle 4	Community Kitchen 5	Men's Group 6	Activity Night 7	8
9	March Break, 10th-14th Parent Support Circle 10	11	Community Kitchen 12	Men's Group 13	14	15
16	St. Patrick's Day Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour 17	Children's Drum Circle 18	First Day of Spring Community Kitchen Wellness Workshop 19	Men's Group 20	Activity Night 21	22
23	Parent Support Circle 24	25	Community Kitchen 26	Men's Group 27	28	29
30	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.

April is Cancer Awareness Month

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MEDITERRANEAN ORZO SALAD

2 cups orzo pasta
1/4 cup lemon juice
1/4 cup extra-virgin olive oil
1 tsp liquid honey
1/2 tsp salt
1/2 tsp pepper
1 pinch dried oregano
1 sweet red pepper, diced
1 cup diced cored English cucumber
3/4 cup crumbled feta cheese
1/3 cup chopped pitted Kalamata olives
1/3 cup chopped drained oil-packed sun-dried tomatoes or substitute with grape tomatoes
1/4 cup chopped fresh parsley
1/4 cup diced red onion

In a large pot of lightly salted boiling water, cook pasta according to package (7-8 minutes for al dente). Drain and rinse under cold water and drain again. In a large bowl, combine lemon juice, oil, honey, salt, pepper and oregano. Add pasta, red pepper, cucumber, feta cheese, olives, tomatoes, parsley and onions. Stir to combine.

This can be made ahead of time and refrigerate in fridge. Recipe is based on 6-8 servings.

Photo by Melanie Laquerre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Children's Drum Circle I	Community Kitchen 2	Men's Group 3	Activity Night 4	5
6	7	8	Community Kitchen 9	Men's Group 10	Activity Night 11	12
13	14	Children's Drum Circle 15 Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour ○	Medicine Walk Community Kitchen 16	Men's Group 17	Good Friday <i>Offices closed.</i> 18	19
Easter 20	Easter Monday <i>Offices closed.</i> 21	22	Community Kitchen 23	Men's Group 24	Activity Night 25	26
27	Parent Support Circle 28	Children's Drum Circle 29 ●	Final Call – Membership Fees <i>Unpaid memberships will expire.</i> 30			

Sucker Moon

Sucker Moon represents the time when the sucker fish makes its journey through the waters of Anishinabek territory. The sucker fish 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

BBQ MOOSE ROAST

Moose round roast 3 pounds
1 large onion
5 cloves garlic (elephant)
1 1/2 cups of barbeque sauce

Thaw the moose roast in your refrigerator. Coarse chop the onion. Peel and slice half of the garlic and mince the balance. Start with an 8 x 8 inch roasting pan and place the moose round roast onto a thin layer of the chopped onions. Place the rest of the onions around the roast evenly. Sprinkle the onions with the sliced garlic and rubbed the roast itself with the minced garlic. Pour the barbeque sauce over the roast. Cover the entire pan with a layer of heavy aluminum foil.

Light one burner on the barbeque and set it to low heat then place the covered pan and close the lid. Keep at a constant temperature of about 200 F for 9 hours, until the internal temperature reached is a minimum of 140 F or your required doneness.

Note: You can serve roast with baby potatoes, carrots, chopped onions and mushrooms, all of which can be cooked on the barbeque while the roast is cooking. All the veggies can be wrapped in foil; add salt, pepper and butter and place directly over the burner set on low temperature for about 1 1/4 hours.

May 2014

NMEBINE GIIZIS

JUNE 2014
S M T W T F S
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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
				Men's Group I	Activity Night 2	3
4	5	6	Community Kitchen 7	Men's Group 8	Activity Night 9	10
Mother's Day Sudbury Rock's Diabetes Run II	Parent Support Circle 12	Children's Drum Circle 13	Medicine Walk Community Kitchen Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour 14 ○	Men's Group 15	16	17
18	Victoria Day <i>Offices closed.</i> 19	20	Community Kitchen 21	Men's Group 22	Activity Night 23	24
25	Parent Support Circle 26	Children's Drum Circle 27	Community Kitchen 28 ●	Men's Group 29	Activity Night 30	31

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

June 21: Summer Solstice and Aboriginal Solidarity Day

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The month of June (Waabgonii Giizis) is when strawberry comes to us. This is the leader of all berries and this is why we call this berry Ode'min. When we look at a wild strawberry, it is the shape of a heart, Ode. All red berries are blood medicine and heart medicine.

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WILD RICE

Stovetop method: Wash 1 cup of uncooked wild rice thoroughly, add to 3 cups boiling water and salt to taste in a heavy saucepan. Bring water to boil; stir. Reduce heat and simmer, covered, for 50-60 minutes or until kernels puff open. Uncover, fluff with a fork, and simmer for 5 additional minutes. Drain any excess liquid. For chewier texture, cook for less time

Cool wild rice and add your choice of berries, 3 tbsp of maple syrup and sliced almonds (optional).

SIMPLE SALMON

Rinse off salmon, place on cookie sheet. Spread with grainy mustard seed spread. Place in oven at 400 F for 15-20 minutes till cooked.

June 2014

WAABGONII GIIZIS

JULY 2014
S M T W T F S
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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
1	2	3	Community Kitchen 4	Men's Group 5	Activity Night 6	7
8	Parent Support Circle 9	Children's Drum Circle 10	Medicine Walk Community Kitchen 11	Men's Group 12	Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour 13	14
Father's Day 15	16	17	Community Kitchen 18	Annual General Meeting Men's Group 19	20	Summer Solstice Aboriginal Solidarity Day 21
22	Parent Support Circle 23	Children's Drum Circle 24	Community Kitchen 25	Men's Group 26	Activity Night 27	28
29	30					



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 23:
Preschool Clinic

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STRAWBERRY AND SPINACH SALAD

1 lb (16 oz) fresh spinach
2 cups (1 pint) fresh sliced strawberries (or raspberries)
1/4-1/2 cups toasted sliced/slivered almonds (or candied almonds)*

Dressing

1/2 cup sugar
2 tbsp sesame seed
1 tbsp poppy seed
1 1/2 tsp minced onion (or green onion)
1/4 tsp Worcestershire sauce
1/4 tsp paprika
1/4 cup cider vinegar (or raspberry vinegar)
1/2 cup oil

Candied Almonds

1 cup almonds
1/4 cup sugar
2-3 tbsp of water

Arrange spinach and berries on individual plates or in a glass bowl. Put all dressing ingredients in blender, except oil. Slowly add oil and blend until the dressing is creamy and thick. Drizzle over salad and garnish with almonds.

Put all ingredients in a non-stick frying pan. Cook slowly and stir often until golden brown.

July 2014

MIIN GIIZIS

AUGUST 2014
S M T W T F S
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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
		Canada Day I	Summer Youth Program 2 Strawberry picking	Summer Youth Program 3	Traditional Program 4 Community Workshop	5
6	7	Blueberry picking 8	Summer Youth Program 9	Summer Youth Program 10	Full Moon Ceremony II at Wabnode Centre Sacred Fire Arbour ○	12
13	Strawberry Picking 14 <i>(depending on berries)</i>	Workshop on 15 preserving berries and jam making	Summer Youth 16 Program Medicine Walk	Summer Youth 17 Program Prenatal classes Men's Group	18	19
20	21	22	Summer Youth 23 Program Preschool Clinic <i>Call to book appt.</i>	Summer Youth 24 Program Prenatal classes	25	26 ●
27	28	29	Summer Youth 30 Program	Summer Youth 31 Program Prenatal classes		

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 to 7:
World Breast
Feeding Week

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HEALTHY OAT 'N RAISIN COOKIES

1 cup whole wheat flour
1 tsp soda
1/2 tsp salt
2 cups rolled oats
1/4 cup wheat germ
1/4 cup ground flaxseed
3/4 cup margarine or butter, soft
1 1/2 cups lightly packed brown sugar
2 eggs
1 tsp vanilla
3/4 cup coconut, fine
3/4 cup raisins or walnuts or chocolate chips

For a double recipe add an extra egg.

Preheat oven to 350 F.

Drop dough by teaspoonful onto lightly greased baking sheet (or line baking sheet with parchment paper).

Bake for 15 minutes.

August 2014

MNOOMNI GIIZIS

SEPTEMBER 2014
S M T W T F S
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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
					I	2
3	Civic Holiday 4	5	Summer Youth Program Wellness Workshop 6	Summer Youth Program Prenatal classes 7	Traditional Program Community Workshop 8	9
10	Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour II ○	12	Medicine Walk Summer Youth Program Wellness Workshop 13	Summer Youth Program Men's Group 14	15	16
17	18	19	Summer Youth Program Lunch-n-Learn for parents Wellness Workshop 20	Summer Youth Program 21	22	23
24	25 ●	26	Summer Youth Program Wellness Workshop 27	Summer Youth Program 28	29	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.

Cancer Awareness
Month *and* Arthritis
Awareness Month

September 9:
International FASD Day

HEALTHY CHOICES PROGRAM

The Healthy Choices Program supports families with young children, specifically addressing nutrition and Fetal Alcohol Spectrum Disorder (FASD). We seek to support Aboriginal families by providing programs specific to their needs such as bi-weekly Parent Support Circles, bi-weekly Children's Drum Circles, weekly Community Kitchen, and a weekly Family Drop-In Program. There is a 10-week Bounce Back & Thrive Resiliency training for parents with young children, a 5-week Prenatal Class and a monthly FASD Family Support Circle. We also provide referrals to the FASD Diagnostic Clinic and help with that process; we provide advocacy and support for those living with FASD; and, we provide education and training around FASD to community organizations and individuals. Traditional components to the program include the Drum Circle, traditional crafts (baby moss bags, moccasins, mitts, blankets), berry picking, etc. We also have many other workshops and family outings.

September 9 of each year is International FASD Day. It is a day to not only celebrate the successes of those living with FASD, but also to acknowledge that more support is needed for those families and a time of commitment to providing support, education to women in their childbearing years, to families living with FASD and to professionals caring for these families. If you suspect a family member has FASD, please call for more information. We are happy to visit with you and discuss this further.

September 2014

WAABAGAA GIIZIS

OCTOBER 2014
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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
	Labour Day 1	2	Wellness Workshop 3	Men's Group 4	Activity Night 5	6
7	Parent Support Circle 8 Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour ○	International FASD Day Event 9	Medicine Walk Community Kitchen Wellness Workshop 10	Men's Group 11	Activity Night 12	13
14	15	Children's Drum Circle 16	Community Kitchen Wellness Workshop 17	Men's Group 18	Activity Night 19	20
21	Parent Support Circle 22	23	Community Kitchen Wellness Workshop 24	Men's Group 25 ●	Activity Night 26	27
28	29	Children's Drum Circle 30				



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 to 25: National Cervical Cancer Awareness Week

October 10: World Mental Health Day

October 16: World Food Day

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LENTIL WRAPS (OR TACOS)

1 cup finely chopped onion
1 garlic clove, minced
1 tsp canola oil
1 cup dried lentils, rinsed
1 tbsp chili powder
2 tsp ground cumin
1 tsp dried oregano
2 1/2 cups chicken broth
1 cup salsa
6 whole wheat tortilla shells
1 1/2 cups shredded lettuce
1 cup chopped tomato, chopped
1 1/2 cup shredded reduced fat cheddar cheese
6 tbsp fat free sour cream

Makes 6 servings.

In a large nonstick skillet, sauté onion and garlic in oil until tender. Add the lentils, chili powder, cumin and oregano; cook and stir for 1 minute. Add broth; bring to a boil. Reduce heat; cover and simmer for 30-35 minutes or until the lentils are tender. Uncover and cook for 6-8 minutes or until mixture is thickened. Mash lentils slightly.

Stir in salsa. Spoon 1/4 cup lentil mixture into wrap. Top with lettuce, tomato, cheese and sour cream.

October 2014

BNAAKWII GIIZIS

NOVEMBER 2014
S M T W T F S
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16 17 18 19 20 21 22
23 24 25 26 27 28 29
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Community Kitchen Wellness Workshop I	Men's Group 2	Activity Night 3	4
5	Parent Support Circle 6	7	Community Kitchen Wellness Workshop 8 Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour ○	Men's Group 9	10	11
12	Thanksgiving <i>Offices closed.</i> 13	Children's Drum Circle 14	Community Kitchen Wellness Workshop 15 SKHC Fall Feast	Men's Group 16	Activity Night 17	Pumpkin Patch Trip 18
19	Parent Support Circle 20	21	Community Kitchen Wellness Workshop 22	Men's Group 23 ●	Activity Night 24	25
26	27	Children's Drum Circle 28	Community Kitchen Wellness Workshop 29	Men's Group 30	Halloween 31	



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
Osteoporosis
Month

November 14:
World Diabetes
Day

November 11:
Remembrance Day

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DID YOU KNOW?

- There are more than 9 million Canadians who have diabetes or prediabetes.
- Every hour, more than 20 people are diagnosed with diabetes.
- Type 2 diabetes can be prevented with a healthy weight and physical activity.
- Living with undiagnosed type 2 diabetes will shorten your life, so get checked today!

PREPARING FOR YOUR DIABETES VISIT:

At every visit with your health care provider you should be prepared to have them review your blood glucose records, check your feet, check your blood pressure, discuss healthy eating, physical activity and lifestyle choices.

November 2014

BAASHKAAKODIN GIIZIS

DECEMBER 2014
S M T W T F S
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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
						All Souls Day I
2	Parent Support Circle 3	4	Community Kitchen 5	Men's Group Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour 6 ○	Activity Night 7	8
9	10	Remembrance Day Children's Drum Circle 11	Community Kitchen 12	Men's Group 13	World Diabetes Day Activity Night 14	15
16	Parent Support Circle 17	18	Community Kitchen 19	Men's Group 20	Activity Night 21	22 ●
23	24	Children's Drum Circle 25	Community Kitchen 26	Men's Group 27	Activity Night 28	29
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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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SIRLOIN MOOSE ROAST

6 cloves garlic (or more if desired)
1/2 cup beef broth
2-3 strips bacon
Sprigs of fresh thyme
1 medium onion, quartered

Pre-heat oven to 350 F. Remove all fat and silver skin from roast. This usually involves cutting the butcher twine and retying. This step is very important so as to reduce the Wild Game taste.

Insert garlic into ends of meat by inserting a sharp kitchen knife into roast then using your finger push garlic in to meat.

Brown roast in a skillet pre-heated with olive oil. Place roast in a covered roasting pan. Add beef broth. Lay strips of bacon over roast. Add onion to pan. You may also want to add your vegetables at this point or cook them separately.

Cook your roast covered for about 25 minutes per pound until you reach your required doneness.

Note: When done remove from oven, let stand for 5-10 minute before cutting. If you don't do this all the juice will run out of the meat. Once set; use a sharp carving knife to carve your moose roast. It is important to cut any roast across the grain of the meat. That way you take advantage of getting the meat the most tender.

December 2014

MANIDOO GIIZISOONHS

JANUARY 2015
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
	1	2	Community Kitchen Wellness Workshop 3	Men's Group 4	Activity Night Full Moon Ceremony at Wabnode Centre Sacred Fire Arbour 5	6
7	Parent Support Circle Christmas Dinner 8	Children's Drum Circle 9	Community Kitchen Wellness Workshop 10	Christmas Baking Men's Group 11	12	13
14	15	16	17	Men's Group 18	Activity Night 19	20
21	22	23	Christmas Break, December 24-26 Offices closed. 24	Christmas Day 25	Boxing Day 26	27
28	29	30	New Year's Eve Offices closed. 31			

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.

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



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
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Ontario

Ministry of Health
and Long-Term Care

North East **LHIN**
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Ontario

Ministry of Children
and Youth Services