



# Shkagamik-Kwe

## HEALTH CENTRE

**2019**  
CALENDAR

CELEBRATING  
*the* NZHISHENHAG  
(UNCLES)

*In loving memory of*  
**NORMAN RECOLLET**

*July 8, 1927–January 11, 2019*



# 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 Nadjiwon*

## 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, Métis 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 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.





# *Nzhishenh* NORMAN

## IN LOVING MEMORY OF NORMAN RECOLLET

JULY 8, 1927 – JANUARY 11, 2019

Norman will be fondly remember as a wise, loving, kind and humorous man of 91 years of age. Norman was a proud son, brother, husband, father, grandfather, great grandfather and Uncle (5 Generational Uncle).

Norman was born in 1927 on the Wiikwemkoong Unceded Territory. He was the only surviving child of Annie Wakegijig and Alex Recollet. His siblings were: Philip, Bella, Eli, Margaret, Sam, Stella and Isadore. Norman married his wife Muriel in 1957 and shared a life together until she passed on into the Spirit World in 2012. Muriel gifted Norman with her two children: Eddy and Carol (both predeceased) who gifted them with grandchildren and great-grandchildren.

**NORMAN WAS A CULTURAL TREASURE, FULL OF KNOWLEDGE AND WILLINGNESS TO SHARE THOSE TEACHINGS WITH EVERYONE HE KNEW.**

Norman was a silent warrior who fought for the reclamation and protection of the inherent rights of the Anishinaabe people. Norman remained a humble man regardless of his significant contributions and accomplishments as a warrior.

Norman was a defender of the land and the people. He began his duty as land protector as a water guide to campers in the waters of Killarney at the young age of 14. He continued his journey as defender of lands and resources when he and his wife Muriel returned home to Wahnapiatae First Nation in 1964. His vision was for the preservation and protection of our traditional territory. They built Post Creek Campground into a business and maintained it for many years. Norman became a friend to many and created an ever-growing extended family with his campers. He was instrumental in the process of the WFN land claim.

He had much pride in the work he engaged in. He was a lumberjack and served in the USA Army – 82nd Airborn Regiment. He was very proud to be an Iron

Worker and member of the International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers. He worked on the Mackinaw Bridge, as well as other bridges in Saginaw and Kalamazoo, Michigan.

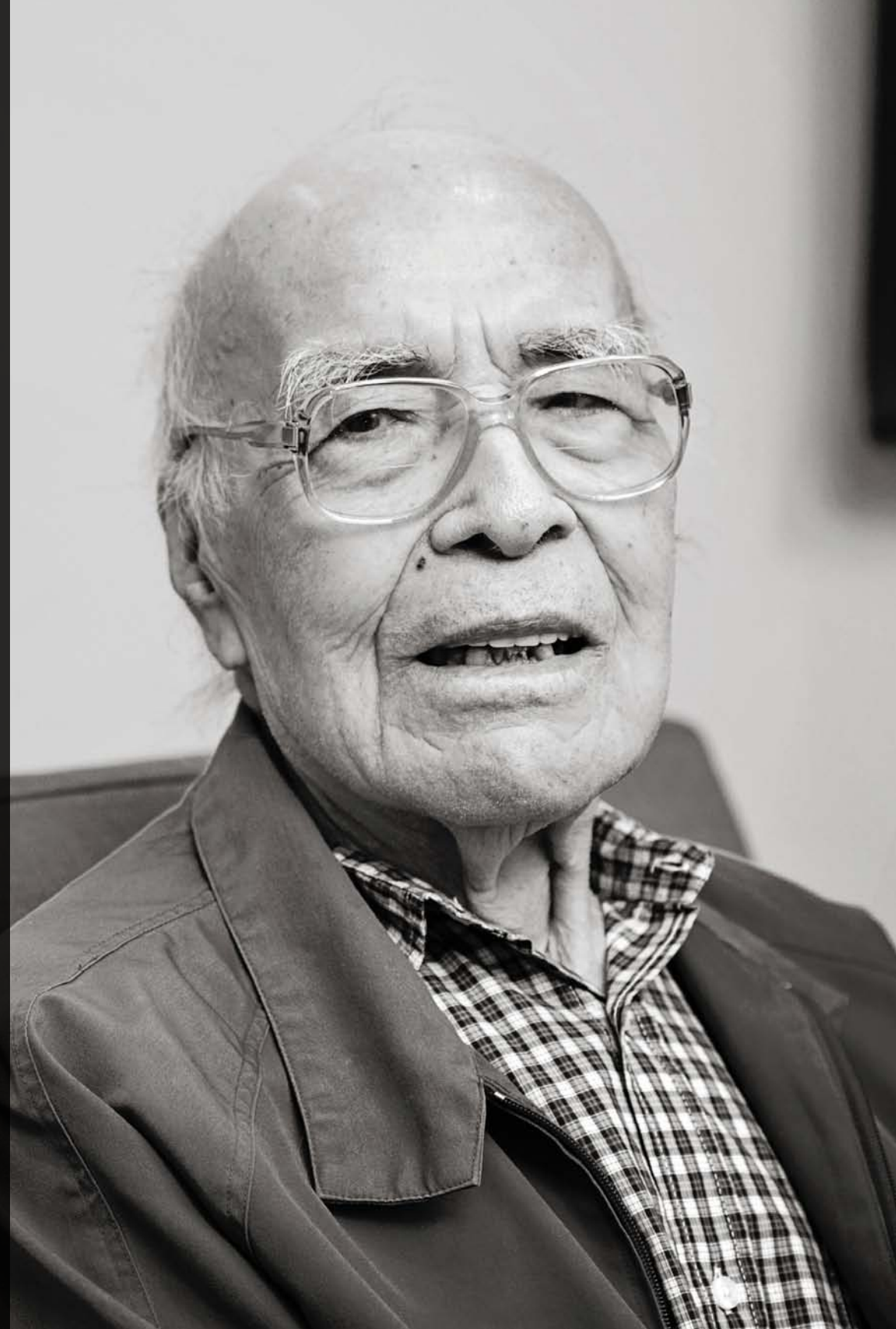
In July of 1972, Norman was elected the first Customary Chief of Wahnapiatae First Nation and devoted 28 years of duty in his role as Chief.

In 1979, one of his most prominent movements was his journey to England alongside of other First Nation leaders to meet the Queen. This journey was successful in ensuring the rights of First Nations were preserved and entrenched in the Canadian Constitution.

The township of Recollet located near Wawa, Ontario, was named after Norman with a certificate and the map of the township. The document was dated in 1974 from the Government of Ontario in recognition of the valuable contribution to the development of the region. His name appears on all official maps, records and documents of the Province of Ontario since June 27, 1974.

In 2012, Norman was recognized by the Wahnapiatae First Nation with the health centre created in his name "Norman Recollet Health Centre."

**NORMAN WAS SO AUTHENTIC IN HIS TRUTH THAT IT GESTURED YOU TO BE AUTHENTIC IN YOUR PURSUIT OF KNOWLEDGE, TRUTH AND TO UPHOLD YOUR INDIVIDUAL INTEGRITY IN THE COLLECTIVE DUTY TO THE PRESERVATION OF THE ANISHNAABE WAY OF BEING AND LIVING. HIS CONTRIBUTIONS WERE IMMEASURABLE, HIS REPUTATION IMMENSE, HIS HUMILITY LEGENDARY.**







# *Nzhishenh* BRETT

UNCLE BRETT RECOLLET

***What are your teachings surrounding being an uncle?***

Being there for my niece and nephews. It's really understanding the importance of the role that I have and what I do and what I say to my niece and nephews and how that will impact them. I feel like as uncles and aunties, we have a different connection with the kids because they will tell us things that they won't tell their actual parents.

It's really just being a friend to them and being that role model for them and just having fun with them.

**CULTURALLY THOUGH, WHEN I LOOK AT THE ROLE OF BEING AN UNCLE, I LOOK AT MY GREAT UNCLES AND UNCLES AND IT'S VERY SACRED. IT'S A DIFFERENT CONNECTION WITH UNCLES AS OPPOSED TO PARENTS.**

***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

I have this huge role of being a protector for my nieces and nephews in ways that are very different from the role of a parent or the role of a grandma. I see myself like a shield for the family. I see it as that overview protectiveness to the family. It is very sacred to be an uncle for me and that importance is because I'm a younger uncle, so I feel

I'm growing up with my nephews and watching them grow as I grow and seeing them. They teach me a lot too and vice versa.

*Excerpt from the interview with Brett Recollet by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*

*Photo taken at and supplied by the Wabano Centre in Ottawa, Ontario.*

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# JANUARY 2019

## MNIDOO GIIZIS (*Spirit Moon*)

FEBRUARY 2019  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		New Year's Day <i>Offices closed</i> 1	2	Men's Group (MC) 3	4	5
6	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 7	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC) 8	Youth Drum (MC) Good Food Box Order Deadline (CC) 9	Men's Group (MC) 10	Footcare (MC) Bowling (PB) 11	12
13	Yoga (CC) Youth Yoga (CC) 14	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) 15	Youth Drum (MC) Good Food Box Pick-Up (CC) 16	Men's Group (MC) 17	Footcare (MC) 18	19
20	Full Moon Ceremony Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 21	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Good Food Box Cooking Class (CC) 22	Youth Drum (MC) 23	Men's Group (MC) 24	Footcare (MC) Nutrition Bingo (CC) 25	26
27	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 28	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC) 29	Youth Drum (MC) 30	Men's Group (MC) 31		

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# *Nzhishenh* JORDAN

UNCLE JORDAN ASSINIWE

***What are your teachings surrounding being an uncle?***

I feel like it's important to show the good way and guide my nephew towards a better life, the good life. I was fortunate enough to have a lot of uncles. On my dad's side there was 6 of them and on my mom's side there was none. So I had every aspect of life, which they guided, so there was not only cultural ways but it was also sports, athletics, school, relationships.

**I ALWAYS HAD GREAT ADVICE FROM MY UNCLES BECAUSE IT WOULD BE A DIFFERENT PERSPECTIVE, RIGHT? SO THAT'S WHAT I LIKE, THAT'S WHAT I THINK IS IMPORTANT TOO, IS GIVING THAT DIFFERENT PERSPECTIVE AND TRYING TO SHOW THE RIGHT WAY.**

***Who is your favourite uncle and why?***

It would have to be my godfather, Bryan Assiniwe. When my nephew Martin was born, I knew that I wanted to be the same cool godfather that my uncle Bryan was. He took me ice fishing, he took me hunting, doing land-based activities.

A lot of my fondest memories are with him. He watches sports with me and he would come to my sports games. We would go to the powwows together. He was someone that was always there for me when my parents were busy with something or he was always filling in for those last minute things when they needed someone to watch me. (...) That's exactly what I'm going to be doing with my nephew. We're already watching sports together all the time, we've already been hunting, we've been fishing together already too and he's not even two years old yet.

*Excerpt from the interview with Jordan Assiniwe by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*

JANUARY 2019  
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# FEBRUARY 2019

MĶWA GIIZIS (*Bear Moon*)

MARCH 2019  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					PA Day Footcare (MC) 1	Groundhog Day 2
3	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 4	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) 5	Youth Drum (MC) 6	Men's Group (MC) 7	Footcare (MC) Bowling (PB) 8	9
10	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 11	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC) 12	Youth Drum (MC) Good Food Box Order Deadline (CC) 13	Valentine's Day Men's Group (MC) 14	Feasting the Bear (MC) Footcare (MC) 15	16
17	Family Day Offices closed Louis Riel Day 18	Full Moon Ceremony Beading Session (CC) Youth Drop-In (CC) Footcare (MC) 19	Youth Drum (MC) Good Food Box Pick-Up (CC) 20	Men's Group (MC) 21	Footcare (MC) Nutrition Bingo (CC) 22	23
24	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 25	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Good Food Box Cooking Class (CC) Evening Cooking (CC) 26	Youth Drum (MC) 27	Men's Group (MC) 28		

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# Nzhishenh BRYDEN

## UNCLE BRYDEN GWISS KIWENZIE

***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

I remember growing up and this grass dancer, his name was Clifford and I forget his last name though, but I remember he had gotten some new bells at Wiky powwow and he had given me his old bells. He knew I still had tiny bells, and I was maybe 10 years or so and I wanted bigger bells. So when he got his new bells he gave me his old ones and they were great big cowbells and I was really happy to have them. I wore those until I was almost an adult. [These are] gifts that are meaningful [and what] he told me was that it's good to pass things down to people that are trying to do good, live that good way of life and he taught me that teaching.

When I moved to Sudbury and started this drum group with these boys, some of them were dancing. So I made Tavyn a dance stick with a feather and an eagle feather put on there. I gave Meeshen a headroach, one of his first headroaches and some medallions for his beadwork. I've just been helping out our youth and our kids to make them more, encourage them I guess is what I'm trying to say. That teaching always stuck with me. I always remember to always give back to the kids and youth because they always need encouragement, especially our little ones. They go through so much, our people.

**TO NOTICE OUR YOUTH [AND] JUST SAY, "HEY HOW'S IT GOING? WHAT ARE YOU UP TO, MAN?" JUST A LITTLE ACKNOWLEDGEMENT, YOU KNOW, THEY REALLY APPRECIATE THOSE LITTLE THINGS.**

I grew up as a shy kid and I still am pretty shy and I know some kids are shy [too] so I just gotta approach them and make them feel comfortable. I'm still learning too, as an uncle.

*Excerpt from the interview with Bryden Gwiss Kiwenzie by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*





FEBRUARY 2019  
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# MARCH 2019

APRIL 2019  
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NAABIDIN GIIZIS (*Snow Crust Moon*) | BOKWAAGMI GIIZIS (*Broken Snowshoe Moon*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					PA Day Footcare (MC) Bowling (PB) 1	2
3	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 4	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) 5	Youth Drum Group 6	Men's Group (MC) 7	Footcare (MC) 8	9
Daylight Savings Begins 10	March Break Weight Loss Support Group (CC) 11	March Break Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC) 12	March Break Good Food Box Order Deadline (CC) 13	March Break Men's Group (MC) 14	March Break Footcare (MC) 15	16
St. Patricks Day 17	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 18	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) 19	First Day of Spring Full Moon Ceremony Youth Drum (MC) Good Food Box Pick-Up (CC) 20	Men's Group (MC) 21	Footcare (MC) Good Food Box Cooking Class (CC) 22	23
24	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 25	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC) 26	Youth Drum (MC) 27	Men's Group (MC) 28	Footcare (MC) Nutrition Bingo (CC) 29	30
31						

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# Nzhishenh KARL

**UNCLE KARL KEESHIG**

*Wabano Giizis, Wolf Clan, Cape Croker*

***What are your teachings surrounding being an uncle?***

There's a lot to being an uncle. The aspirations to being an uncle are, well, you can find them in our Creation Story. With respect to uncle, who was the first uncle? In our Creation Story, we understand that to be Waynaboozhoo, sometimes known as Nanabush. We also know that he was the one that was without a name. So his story has a lot to do with what he did for Creation, his role as an uncle [and] why did he [did] what he did. He did a lot and he did it with a purpose and that was for the children that were to come.

**SO IF WE UNDERSTAND OUR CREATION STORY AND PARTICULARLY WAYNABOOZHOO, HE WOULD BE LIKE A ROLE MODEL FOR US AS AN UNCLE. HE PLAYED AN IMPORTANT ROLE. UNCLES PLAY AN IMPORTANT ROLE.**

I think all children should have an uncle. In many ways, they are surrogate parents. The things that they should teach, can teach, are men's teachings related to fire, relationships to women, all of those things. I think if we have strong uncles, we'll have strong communities.

***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

There's an important responsibility—you're, I don't want to call it an extension of the family, but that's how broad it is. (...) I think that role gets extended out into the community where they are OUR children, as a community. They aren't my children or your children, they are actually our children. Roles as an uncle is very important in that. One role that I cherish is [that even though] I don't have any daughters, I didn't have any daughters, I realized that kind of relationship through my nieces. That's something that being an uncle has given me. It's one I take very seriously.

*Excerpt from the interview with Karl Keeshig by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*



MARCH 2019  
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# APRIL 2019

MAY 2019  
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BOKWAAGMI GIIZIS (*Broken Snowshoe Moon*) | ZIISIBAAKADAKE GIIZIS (*Sugar Moon*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga (CC) <b>1</b> Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) <b>2</b> Youth Drop-In (CC) Footcare (MC)	Youth Drum (MC) <b>3</b>	Men's Group (MC) <b>4</b>	Footcare (MC) <b>5</b> 	<b>6</b>
<b>7</b>	PA Day <b>8</b> Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) <b>9</b> Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC)	Youth Drum (MC) <b>10</b> Good Food Box Order Deadline (CC)	Men's Group (MC) <b>11</b>	Footcare (MC) <b>12</b> Bowling (PB) 	<b>13</b>
<b>14</b>	Yoga (CC) <b>15</b> Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) <b>16</b> Youth Drop-In (CC) Footcare (MC)	Youth Drum (MC) <b>17</b> Good Food Box Pick-Up (CC)	Full Moon Ceremony <b>18</b> Men's Group (MC)	Good Friday <b>19</b> Offices closed 	<b>20</b>
Easter <b>21</b>	Easter Monday <b>22</b> Offices closed	Beading Session (CC) <b>23</b> Youth Drop-In (CC) Footcare (MC) Good Food Box Cooking Class (CC)	Youth Drum (MC) <b>24</b>	Men's Group (MC) <b>25</b>	Men's Spring Retreat <b>26</b> Footcare (MC) Nutrition Bingo (CC) 	<b>27</b>
<b>28</b>	Yoga (CC) <b>29</b> Youth Yoga (CC) Weight Loss Support Group (CC) 	Beading Session (CC) <b>30</b> Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC)				

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# Nzhishenh CHARLES

## UNCLE CHARLES PEHTATEGOOSE

*Maajijiwan, Manidoo Noosiwin Indoozhinikaaziwin,  
Atikameksheng Anishinaabek*

### ***What are your teachings surrounding being an uncle?***

An uncle is the extension of the immediate family, it doesn't have to be a blood uncle. It can be someone who the parents see as someone who can help develop and raise a child. Those uncles then, if the parents or the grandparents could not provide activities whether it was hunting, being out on the land, help with children. So, it's helping with their development and helping them to understand, especially as men, understand what it is to be a kind Anishinaabe.

### ***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

It's helping to protect, not as in shelter, but to look after the development and guide them; them being children.

**WHEN WE THINK ABOUT HOW WE WANT A CHILD TO DEVELOP, ESPECIALLY AS PARENTS, IT'S UP TO THE AUNTIES AND UNCLES WHO ARE INVOLVED IN THE DEVELOPMENT OF CHILDREN TO GUIDE AND SHAPE THEM TO BE WHAT THEY'RE MEANT TO BE.**

So if one child has a special interest, maybe it's beading, [then we help] to flourish that and help it grow and develop. Or, if he's a good speaker or orator, it's taking that time to listen to their stories. It's important as uncles to help look after that and develop that child's gift so they'll be able to provide that for the people.

*Excerpt from the interview with Charles Pehtategoose by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*





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# MAY 2019

## NMEBINE GIIZIS (*Sucker Moon*)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Youth Drum (MC) 1	Men's Group (MC) 2 Craving Change (CC)	Footcare (MC) 3	4
5	Yoga (CC) 6 Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) 7 Youth Drop-In (CC) Footcare (MC)	Medicine Walk 8 Youth Drum (MC) Good Food Box Order Deadline (CC)	Men's Group (MC) 9 Craving Change (CC)	Footcare (MC) 10 Bowling (PB)	11
Mother's Day 12	Yoga (CC) 13 Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) 14 Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC)	Youth Drum (MC) 15 Good Food Box Pick-Up (CC)	Men's Group (MC) 16 Craving Change (CC)	Footcare (MC) 17 Good Food Box Cooking Class (CC)	18
19	Victoria Day Offices closed 20	Footcare (MC) 21 Youth Drop-In (CC)	Spring Fast Camp 22	Spring Fast Camp 23 Craving Change (CC)	Spring Fast Camp 24 Footcare (MC)	Spring Fast Camp 25
Spring Fast Camp 26	Yoga (CC) 27 Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) 28 Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC)	Youth Drum (MC) 29	Men's Group (MC) 30	Footcare (MC) 31 Nutrition Bingo (CC)	

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A black and white portrait of Uncle Perry McLeod-Shabogesic. He is a middle-aged man with a goatee and a small hoop earring. His hair is pulled back into a ponytail. He is wearing a dark leather jacket over a dark t-shirt. He is looking slightly to the left of the camera with a thoughtful expression. The background is dark and out of focus, with some vertical wooden poles visible on the left side.

# Nzhishenh PERRY

**UNCLE PERRY MCLEOD-SHABOGESIC**

*Aandisoket Indizhinikaaz, Crane Clan, Nipissing First Nation*

***What are your teachings surrounding being an uncle?***

My first experience around uncles, growing up on the rez, was first with my dad's brothers and then I got to know some of my mom's brothers. I got a glimpse of what roles they played, not really thinking that I would be one like that later on, but I saw the uncles as being a lot of fun. They would spend time with me. At different times they would call me over because they had a connection so they wanted to talk to me and see what I was doing and they were interested in me. As I grew up and began to have my nieces and nephews, I began to try to emulate that same thing, to tease them, to get to know them, speak to them as an equal way, in a sense, and talk to them when they're having a hard time, like my uncles would talk to me when I was small. I didn't really think about it, it's just what you do, it's what you experience, and what you see, and what you learn, so you just kinda start doing it.

**IT'S NOT UNTIL LATER WHEN YOU LEARN ABOUT THE ROLES OF UNCLES AND AUNTIES THAT YOU BEGIN TO LOOK BACK AND GO, "OH YEAH, OKAY, I CAN SEE, I SEE HOW THAT WORKED." SO, IT'S SORT OF A NATURAL THING.**

***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

There's only one thing that I'm going to share in my experience as an uncle: to show my nieces and nephews that you make mistakes in your life but it's what you do with those mistakes and it's what you learn. How you show your family that you can change, you can learn, you can heal from that. Because we all make mistakes, we all make choices that cause pain. To show that you can make amends and you can acknowledge that and heal from it. Sometimes when you're in the family, it's hard to see that, but if you're a little bit further away, those family members see that. For me, there is lots of things but that comes to mind.

*Excerpt from the interview with Perry McLeod-Shabogesic by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*



MAY 2019  
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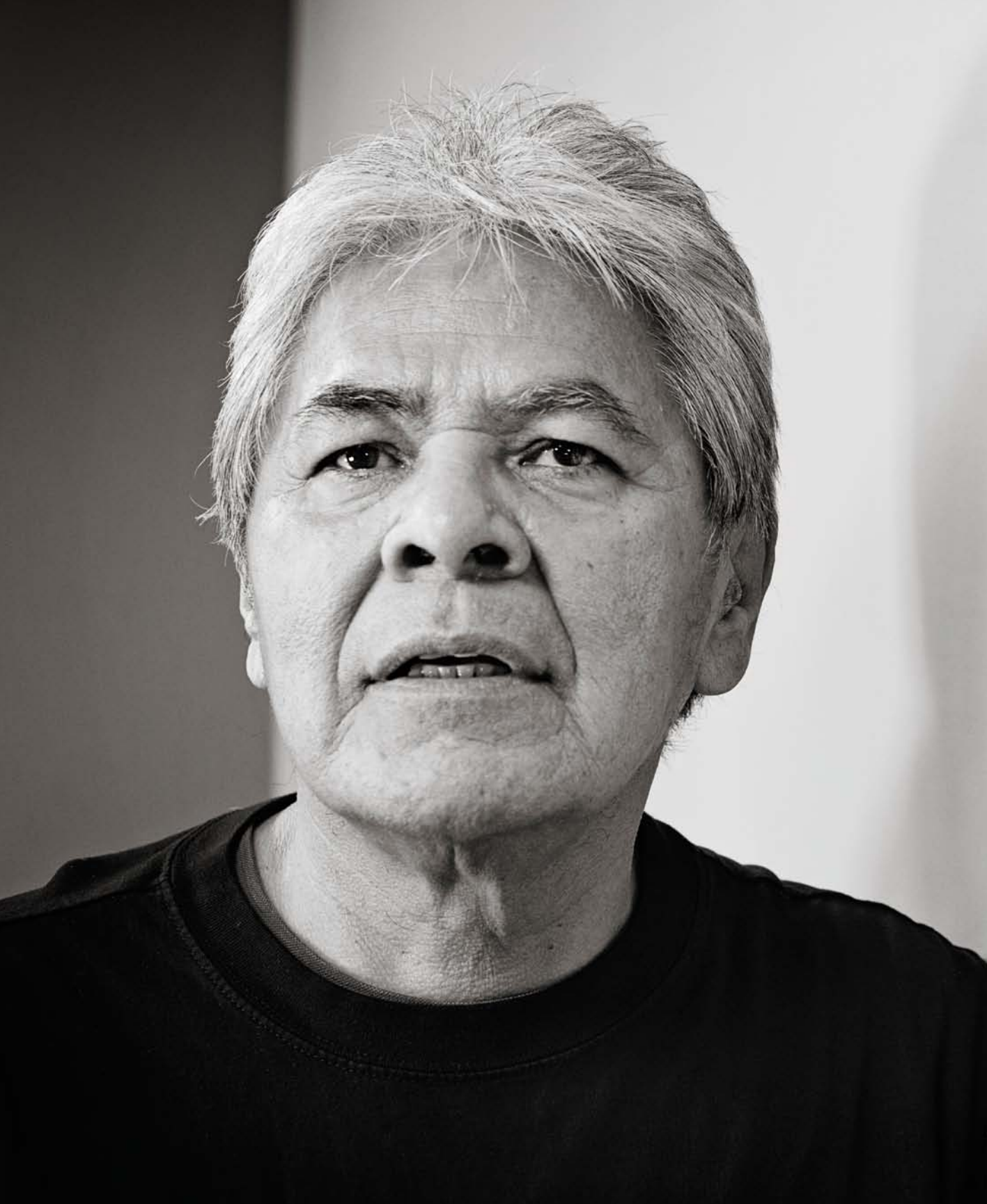
# JUNE 2019

## WAABGONII GIIZIS (*Blossom/Flower Moon*)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Weight Loss Support Group (CC)	3 Youth Drop-In (CC) Footcare (MC)	4 Youth Drum (MC)	5	6 Footcare (MC)	7
		●				8
9	Weight Loss Support Group (CC)	10 Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC)	11 Medicine Walk Youth Drum (MC) Good Food Box Order Deadline (CC)	12 Men's Group (MC)	13 PA Day Footcare (MC) Bowling (PB)	14
		◐				15
Father's Day	16 Sweatlodge (SC) Weight Loss Support Group (CC)	17 Youth Drop-In (CC) Footcare (MC)	18 Youth Drum (MC) Good Food Box Pick-Up (CC)	19	20	21
		○				22
23	Weight Loss Support Group (CC) Good Food Box Cooking Class (CC)	24 Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC)	25 Youth Drum (MC)	26 Men's Group (MC)	27	28
		◑				29
30						

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# *Nzhishenh* LELAND

UNCLE LELAND BELL

*Wiikwemkoong Unceded Territory*

***What are your teachings surrounding being an uncle?***

Probably just to be a part of something, just as a family member; to be connected to blood relatives and also to be connected to community. I don't really have any teachings specifically regarding uncle-hood, but it's more of an attitude for me, a way to be non-judgemental, to be supportive, connected in some way. I'm referring to my actual experience with my own blood relations. I try to treat everybody the same way, equally, it's not conditional, the respect that I have for people, in general. Also, I'm referred to as an uncle in the Midewiwin lodge which I like.

***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

It's basically to be present among other people, not just young people but your fellow people and other uncles. I think the main role for me is to act as an Oshkaabewis, a helper, and I think that's one of the main roles of an uncle and that comes from the Midewiwin lodge.

**TO BE A HELPER AND TO BE THERE, PRESENT,  
WILLING TO CONNECT WITH OTHER PEOPLE  
WHEN THEY COME TO YOU AND JUST TO  
BE SUPPORTIVE.**

To always extend some kind of information when people are asking for it or knowledge as best as I can. Basically, to always have not necessarily a smile, but to make people feel safe to be around me or around other uncles. The main connection is to try and be pleasant, show a balance in life as best as you can to other people, so they can try to find that balance too, if people are asking for it. That's how I try to live my life too, in a balanced way. I don't go from one extreme to the other extreme I just try to stay in the middle. (...) I know that if somebody asks, I can try and help as best I can. But if I don't know then I'll tell them that I don't know and they should ask another uncle.

*Excerpt from the interview with Leland Bell by Elizabeth Eshkibok,  
Cultural Practitioner at the Shkagamik-Kwe Health Centre.*



JUNE 2019  
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

# JULY 2019

## MIIN GIIZIS (*Berry Moon*)

AUGUST 2019  
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
	Canada Day <i>Offices closed</i> 1	Footcare (MC) 2 Weight Loss Support Group (CC)	3	4	Footcare (MC) 5	6
7	Summer Cooking (CC) 8	Footcare (MC) 9 Weight Loss Support Group (CC) Diabetes Support Group (CC)	Medicine Walk 10 Good Food Box Order Deadline (CC)	11	Footcare (MC) 12	13
14	Sweatlodge (SC) 15 Summer Cooking (CC)	Footcare (MC) 16 Weight Loss Support Group (CC)	Good Food Box Pick-Up (CC) 17	18	Footcare (MC) 19 Good Food Box Cooking Class (CC)	20
21	Summer Cooking (CC) 22	Footcare (MC) 23 Weight Loss Support Group (CC)	24	25	Footcare (MC) 26 Nutrition Bingo (CC)	27
28	Summer Cooking (CC) 29	Footcare (MC) 30 Weight Loss Support Group (CC) Evening Cooking (CC)	31			

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# *Nzhishenh* BRANDON

UNCLE BRANDON PETAHTEGOOSE

***What are your teachings surrounding being an uncle?***

About 3 years ago, I was approached by a young woman who didn't have the father of her child around. This person was a distant relative and she came to me because she wanted an uncle for her son. It was the first time that I was approached like that. To say, "Can you be there for my son and can you spend some time with him 2 or 3 times a week?" and so I had to really think about what that meant, what that meant to that child. Being in that child's life because I'm not that child's father, I'm not his brother, he's looking to me like an uncle, so I had to really think about that. Like, what does that mean? For me, that was being a positive male role model in this child's life, something that he doesn't have regularly [or] doesn't have it at all. You do have some male role models in the school but outside of the school he didn't have anything like that. He didn't have uncles in his life or at least one dedicated uncle who could work with him.

This young boy, I spent quite a bit of time with him and now I don't spend as much time with him but we have a relationship. Now there's always going to be that connection. But for a while, when I was being his uncle, it was taking care of him and that's all it was about.

**WHEN HE FELT SAD, I WOULD COME UP TO HIM  
AND I'D GIVE HIM A BIG HUG, BECAUSE THAT  
TOBACCO OFFERING WAS GIVEN TO ME AND  
THE TEACHINGS JUST CAME. IT WAS LIKE, I'M  
GOING TO BE IN THIS CHILD'S LIFE NOW.**

That's what came out. There would times that I would be sitting down at the house and he would come and just jump on my lap and that was okay, he feels safe with me. That to me, it was like I made a big difference I think in this child's life. That he feels safe to be around me and other men, Native men.

*Excerpt from the interview with Brandon Petahtegoose by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*



JULY 2019  
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

# AUGUST 2019

## MNOOMNI GIIZIS (*Rice Moon*)

SEPTEMBER 2019  
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
				1	Footcare (MC) 2	3
4	Civic Holiday Offices closed 5	Footcare (MC) Weight Loss Support Group (CC) 6	7	8	Footcare (MC) 9	10
			☾			
11	Diabetes Support Group Summer Cooking (CC) 12	Footcare (MC) Weight Loss Support Group (CC) Diabetes Support Group (CC) 13	Medicine Walk Good Food Box Order Deadline (CC) 14	15	Footcare (MC) 16	17
				○		
18	Sweatlodge (SC) Summer Cooking (CC) 19	Footcare (MC) Weight Loss Support Group (CC) 20	Good Food Box Pick-Up (CC) 21	22	Footcare (MC) Good Food Box Cooking Class (CC) 23	24
					☾	
25	Summer Cooking (CC) 26	Footcare (MC) Weight Loss Support Group (CC) Evening Cooking (CC) 27	28	29	Footcare (MC) Nutrition Bingo (CC) 30	31
					●	

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# Nzhishenh CHRIS

## UNCLE CHRIS PHEASANT

*Biboon Nimkee (Winter Thunder), Bezbig Midewiwin,  
Wiwewikong Unceded Territory*

### ***What are your teachings surrounding being an uncle?***

Biologically, I have 3 uncles and quite a few uncles through marriage, which had a lot of influence on me. For me, that was quite important because I didn't have a dad with us at that particular time. I was raised by my grandparents but my uncles were very close by so I always played with their children or hung out with my cousins. I was just like one of the boys. A lot of my teachings come from there is what a young man needs to know. Hard work was always explained to me as being important, being blessed with the ability to do work. (...) My uncles were like my dads. My grandfather was the one who took me in, traditionally that's what happens sometimes if you're come into what's known as illegitimate child, without father. Sometimes your grandparents would pick you up to raise you to allow your mom to have an opportunity to find someone and it was a way of protection at the same time. (...) The men or the young boys, we used to have different things, in the first ceremony being the first kill. Where you hunted and were taught to give it away. Even fishing, when I caught my first fish they told me I had to give it away. So I did it and later asked why. It's about karma and giving and that you have to feed the people. That's what a man's role is to be that one who hunts, provides, and takers of life to feed. The woman is the one that gives life. You had to learn these skills or else you weren't going to get chosen by woman. That was in those days, mid 60's and up, they still had those teachings. (...) A lot of different teachings, not realizing they were teachings, learning hands-on.

**EACH UNCLE HAS DIFFERENT GIFTS TO ME  
AND I USE ALL THOSE TEACHINGS WITHOUT  
REALIZING BECAUSE IT GETS SO EMBEDDED IN  
YOU. (...) WHETHER IT BE NEPHEWS OR NIECES,  
I THINK UNCLES REALLY SHAPE A YOUNG  
PERSON'S LIFE. I KNOW MY LIFE HAS BEEN  
SHAPED BY MANY GREAT MEN.**

*Excerpt from the interview with Chris Pheasant by Elizabeth Eshkibok,  
Cultural Practitioner at the Shkagamik-Kwe Health Centre.*





AUGUST 2019  
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

# SEPTEMBER 2019

## WAABAGAA GIIZIS (*Changing Leaves Moon*)

OCTOBER 2019  
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	Labour Day Offices closed	2	Footcare (MC) Weight Loss Support Group (CC)	3	Youth Drum (MC)	4	Men's Group (MC)	5	Footcare (MC)	6		7
8	Sweatlodge (SC) Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	9	Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC)	10	Medicine Walk Youth Drum (MC) Good Food Box Order Deadline (CC)	11	Men's Group (MC)	12	Footcare (MC) Bowling (PB)	13		14
15	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	16	Youth Drop-In (CC) Footcare (MC)	17	Fall Fast Camp Good Food Box Pick-Up (CC)	18	Fall Fast Camp	19	Fall Fast Camp Footcare (MC) Good Food Box Cooking Class (CC)	20	Fall Fast Camp	21
Fall Fast Camp	22	First Day of Autumn Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	23	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC)	24	Youth Drum (MC)	25	Men's Group (MC)	26	Footcare (MC) Nutrition Bingo (CC)	27	28
29	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	30										

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# Nzhishenh RON

## UNCLE RON MCGREGOR

*Migizi Ndoodem (Eagle Clan),  
Wiigwaaskinaga Ndoonjibaa (Birch Island)*

***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

Having people come up to you and say hi and I'm trying to place them and they say I know you. They ask about my wife and I am wondering how they remember me from way back from somewhere. Having people come up to me like that, I must have helped them somewhere but I don't remember. A lot of times helping someone, for them, that was probably significant that they would remember that I helped them. Maybe it was a phone call or some visits or those things that are there.

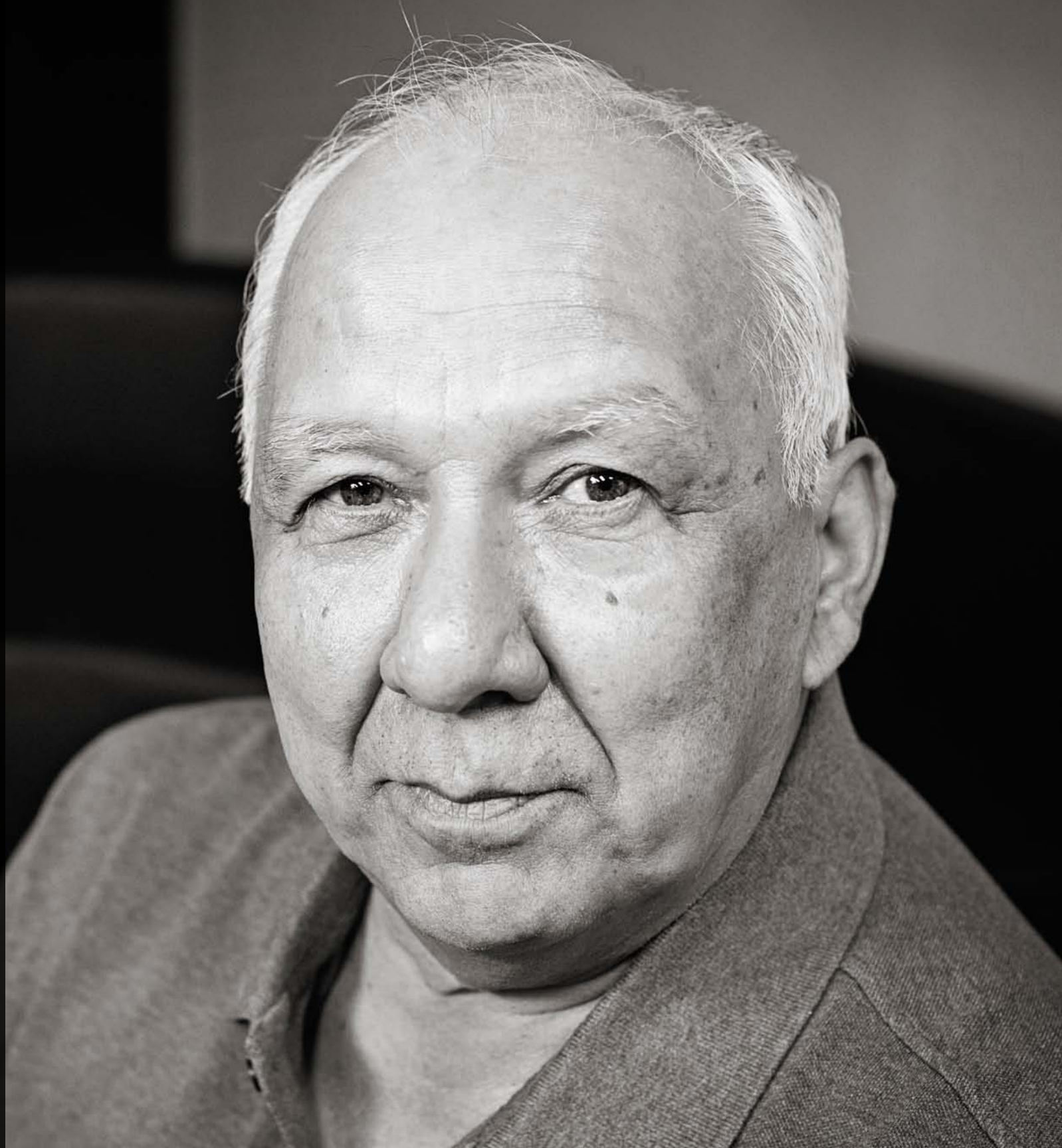
**TO BE THAT SACRED UNCLE IS BEING AN UNCLE IN A GOOD WAY THAT HELPS THAT INDIVIDUAL TO GROW.**

I share some of the things that I've experienced in my life to help me get to where I am. I've had to go see other people to help me get to where I am. So passing down what was given to me, in a good way, that they were there for me to be where I am today.

***Who is your favourite uncle and why?***

I have to share a dream in regards to that question. Quite a while ago, this man my uncle came to me in a dream. I remember seeing him riding a little bicycle. I was wondering about that. When I went to go talk to my aunt, he was her brother; she mentioned that he came to help you look at something. He forewarned me that I was going to be going through something and which I did. When I did go through that, my health and having to have an operation, and that was the uncle that came. So having that man in my life, he did a lot of things for me as I grew up with him and you know showed me a lot of things. He had his own life though, there are things that you separate as in this was good and some things you question but he was my uncle, that is a family uncle.

*Excerpt from the interview with Ron McGregor by Elizabeth Eshkibok,  
Cultural Practitioner at the Shkagamik-Kwe Health Centre.*





SEPTEMBER 2019  
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

# OCTOBER 2019

## BNAAKWII GIIZIS (*Falling Leaves Moon*)

NOVEMBER 2019  
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 Hunt Camp 1 Youth Drop-In (CC) Footcare (MC)	Community Hunt Camp 2	Community Hunt Camp 3	Footcare (MC)Bowling (PB) 4	5 
6	Yoga (CC) 7 Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) 8 Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC)	Medicine Walk 9 Youth Drum (MC) Good Food Box Order Deadline (CC)	Men's Group (MC) 10	Footcare (MC) 11	12
13 	Thanksgiving 14 <i>Offices closed</i>	Beading Session (CC) 15 Youth Drop-In (CC) Footcare (MC)	Youth Drum (MC) 16 Good Food Box Pick-Up (CC)	Men's Group (MC) 17	Footcare (MC) 18 Good Food Box Cooking Class (CC)	19
20	Sweatlodge (SC) 21 Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC) 	Beading Session (CC) 22 Youth Drop-In (CC) Footcare (MC)	Youth Drum (MC) 23	Men's Group (MC) 24	Footcare (MC) 25 Nutrition Bingo (CC)	26
27 	Yoga (CC) 28 Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) 29 Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC)	Youth Drum (MC) 30	Halloween 31		

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# *Nzhishenh* DARREN

**UNCLE DARREN MCGREGOR**

*Nimkee Banishe Ndizhnikaaz (Thunderbird),  
Ogimaa Nameh Ndoodem (Chief Sturgeon Clan),  
Sagamok Ndoonjibaa*

***What are your teachings surrounding being an uncle?***

Uncle is about teaching respect to those who look to you in that role. When we teach respect, it's done in a good way with understanding and not with shame or fear. It's also helping those ones who come to you for guidance and showing them a way of life that mirrors the life of our ancestors, in a modern world.

***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

I think of the word protective and it reminds me of safety right away—ensuring that people are safe and ensuring that those young ones are safe.

**UNDERSTANDING THAT HUMILITY AND HOW  
WE UNDERSTAND THAT THE SPIRIT INSIDE OF  
US IS VERY SACRED.**

We have to take care of that in helping people and helping our little ones understand that sacredness of their spirit. Also letting them know that when they go through life, there is a lot more, and being connected to everybody, mother earth, to spirit and being alone with their physical self. Walking around with pride and when all of the pieces of a puzzle are put together you can see the beauty of that picture. When there are pieces of that puzzle missing the beauty isn't completely there. So when you are working with teaching about culture, teaching about identity, they are understanding themselves. When they see themselves in their whole picture and they see their beauty of who they are, it is like that puzzle is all together. So, it is helping to put those pieces in their right place.

*Excerpt from the interview with Darren McGregor by Elizabeth Eshkibok,  
Cultural Practitioner at the Shkagamik-Kwe Health Centre.*



OCTOBER 2019  
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

# NOVEMBER 2019

## BAASHKAAKODIN GIIZIS (*Freezing Moon*)

DECEMBER 2019  
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
					Taasenhwan – Feasting our Ancestors (CC) Footcare (MC)	All Souls Day
Daylight Savings Ends	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) Youth Drop-In (CC) Footcare (MC)	Youth Drum (MC)	Men's Group (MC)	Footcare (MC) Bowling (PB)	
10	Remembrance Day Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC)	Youth Drum (MC) Good Food Box Order Deadline (CC)	Men's Group (MC)	Footcare (MC)	
17	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) Youth Drop-In (CC) Footcare (MC)	Youth Drum (MC) Good Food Box Pick-Up (CC)	Men's Group (MC)	Footcare (MC) Good Food Box Cooking Class (CC)	
24	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Evening Cooking (CC)	Youth Drum (MC)	Men's Group (MC)	Footcare (MC) Nutrition Bingo (CC)	

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# Nzhishenh RALPH

## UNCLE RALPH GONAWABI

*Wikwemikong*

### ***What are your teachings surrounding being an uncle?***

I would just like to say that growing up, I had a lot of uncles that influenced me, helped me and did their part as the parents/uncle. Some of them today, kind of mold my life as a being a parent and a community member. I just wanted to say that for me, I like to have fun and tease like any other uncle would do with their nephews and nieces.

### ***As an uncle who takes care of his family, what are the stories of the sacred, proud and protective role that you hold in embracing the safety of family?***

I'm not quite sure how to answer that but for me, I like being an uncle that has fun. Whatever it be, physically, mentally, whatever you know I like to have fun, teasing, playing games, just having that laughter and that the kids are smiling.

**I'M THE FUN UNCLE. I LIKE TO MAKE JOKES AND TEASE. I'M NOT TOO SERIOUS. I'M SURE THE KIDS LIKE TO HAVE FUN, TOO. I AM THERE FOR THEM, WHETHER THEY ARE YOUNG OR OLD, TO BE PART OF THEIR LIFE.**

### ***Who is your favourite uncle and why?***

My favourite uncle would be Gerry or Gerard. He's always been that fun uncle in my life, growing up and that makes me want to follow his lead. Because he does a lot of community events and the volunteering and he's just a fun guy who does his own thing and helps the community out. But I have many uncles and they're all my favourite! But if I had to pick one, it would be him.

*Excerpt from the interview with Ralph Gonawabi by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*





NOVEMBER 2019  
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

# DECEMBER 2019

## MNIDOO GIISOONS (*Little Spirit Moon*)

JANUARY 2020  
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	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	2 Beading Session (CC) Youth Drop-In (CC) Footcare (MC)	3 Youth Drum (MC)	4 Men's Group (MC)	5 Footcare (MC)	6
8	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	9 Beading Session (CC) Youth Drop-In (CC) Footcare (MC) Diabetes Support Group (CC)	10 Youth Drum (MC)	11 Men's Group (MC)	12 Footcare (MC) Bowling (PB) Holiday Cooking (CC)	13
15	Yoga (CC) Youth Yoga (CC) Weight Loss Support Group (CC)	16 Beading Session (CC) Youth Drop-In (CC) Footcare (MC)	17 Youth Drum (MC)	18 Men's Group (MC)	19 Nutrition Bingo (CC)	20
22	23	24	Christmas Offices closed	25 Boxing Day Offices closed	26	27
29	30	New Years Eve 31				

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## *Nzhishenh* JASON

UNCLE JASON NAKOGEE

***What are your teachings surrounding being an uncle?***

Well it's a responsibility to teach my nephews and my nieces. To help teach them stuff that I didn't know growing up. To teach them what I reclaimed on my own. So reintroducing them to some ceremonies.

*Excerpt from the interview with Jason Nakogee by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*



## *Nzhishenh* DAVE

UNCLE DAVE TRUDEAU

***What are your teachings surrounding being an uncle?***

Being an uncle is like being a parent. I am there to remind my nieces and nephews of their family and of whom they are. Most importantly that no matter how much they think their parents don't listen to them. The truth is the opposite. No matter what their children do most parents have an innate love for their children. Either by over protection or fear of the unknown. Just that they forget to be children with their children by relearning how to play and have fun. That would be part of today's problem with parents and children connecting with each other. That awesome gift of open communication with each other.

*Excerpt from the interview with Dave Trudeau by Elizabeth Eshkibok, Cultural Practitioner at the Shkagamik-Kwe Health Centre.*



# Seven Grandfather Teachings

## WISDOM NIBWAAKAWIN

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 Manazoonidiwin.

## 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.





SHKAGAMIK-KWE  
HEALTH CENTRE

# Programs & Services



## TRADITIONAL

- Beading Workshop
- Youth Big Drum Group
- Ceremony By Request
- Community Workshops (once a month)
- Cross Cultural Training
- Cultural/Medicine Workshops
- Feasts
- Full Moon Ceremony
- Hospice Visits
- Hunt Camps
- Long Term Care Visits
- Medicine Walk
- Men's Wellness (bi-annual)
- Sweat Lodge Ceremonies (May-November)
- Traditional Cooking
- Traditional Doctors Program
- Weekly Men's Group
- Wild Food Bank
- Youth Cultural Camps
- Youth Cultural Teachings
- Youth Sharing Circles
- Youth Summer Program (July-August)

## COMMUNITY PROGRAMS

### Health Promotion

- Bowling
- Cranberry Marsh
- Diabetes Education
- Diabetes Prevention Activities
- Exercise RX
- Fitness Health
- Kids Cooking
- Life Style Coaching (drop-in)
- Nutrition Bingo
- Quit Smoking Café and Finding Balance
- School Year – Professional Development (PD) Day Activities
- Smoking Cessation
- Strawberry Picking
- Urban Pole Walking
- Yoga
- Youth Programs

## PRIMARY CARE

### Support Groups

- Menopause Group
- Prenatal Group

### Specialized Clinics

- Annual Pre-School Clinic
- Annual World Diabetes Day
- Breastfeeding Support
- Diabetes Care
- Flu Vaccine Clinic
- Foot Care (diabetic)
- OB/GYN Specialist – Dr.Jocko
- Phlebotomy
- Physiotherapy
- Registered Massage Therapy
- Well Woman

## ADMINISTRATION

- Accountability Systems
- Financial Management
- Funder Relations
- Funder Reporting
- Government Relations
- Human Resources
- Information Systems
- Marketing and Promotion
- Public Relations
- Research and Development
- Strategic Planning

### External Partnerships

- Association of Ontario Health Centres
- Cambrian College
- Canadian Mental Health Association
- Community Mobilization
- Greater Sudbury Health Link
- Health Sciences North
- Henvey Inlet First Nation
- Laurentian University
- Magnetawan First Nation





### **Mental Wellness**

- Art/Craft Drop-In
- Meditation
- Men's Support Groups and Workshops
- Mindful Way Workshop
- Scheduled Counselling Session

### **Healthy Choices Program**

- Bounce Back and Thrive Resiliency Classes
- Children's Drum Circle
- Community Kitchen
- Cultural Workshops
- Family Activities
- Family Drop-In (in partnership with the Aboriginal Hub)
- Home and Office Visits
- Nutrition Workshops
- Parent Support Circle
- Prenatal Classes
- Sharing and Caring FASD Family Support Group
- Resource Library
- Triple P Parenting (individual sessions)

### **Choices Program**

- Life Choices Program (10 weeks, ages 12-17)

### **Mishko-Deh-Wendam**

*In partnership with the Rainbow District School Board*

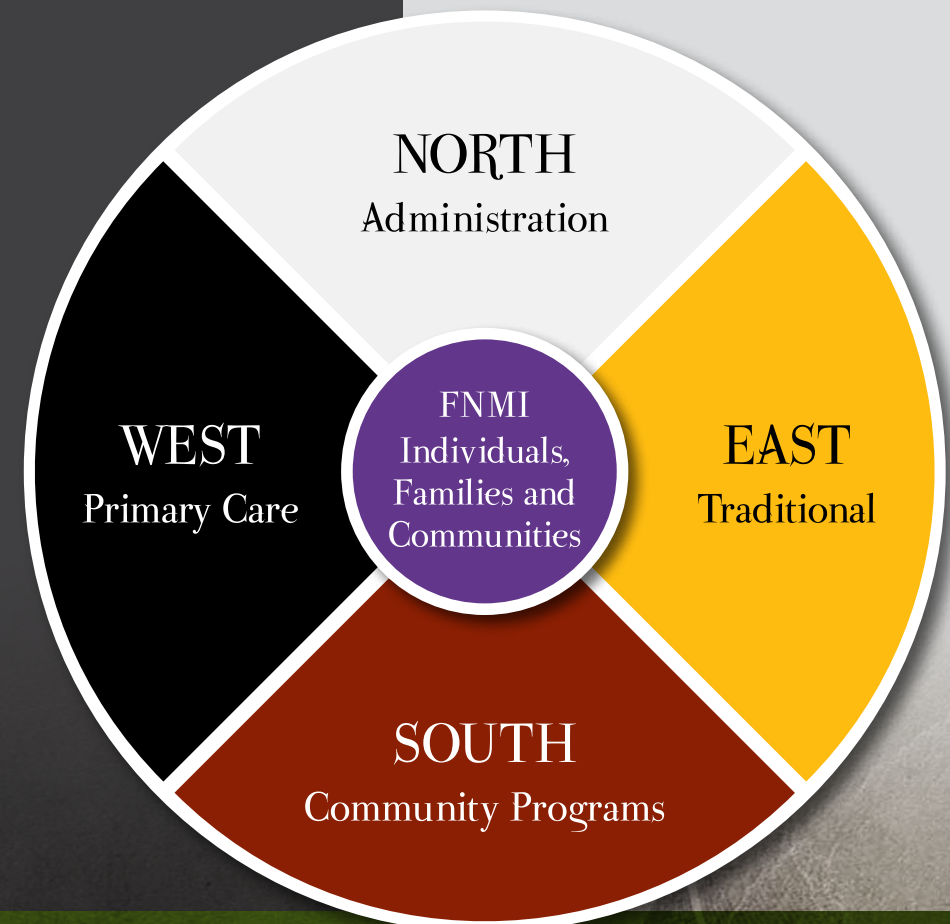
- Alternative School for Youth (ages 12-17)
- Experience Anishinaabe Culture, Language and Ceremony
- One-on-One Guidance Sessions
- Support students who struggle in mainstream education institutions, heal, gain confidence, gain identity, and motivate to thrive in their journey
- Youth Programming

### **Clinical Support (Client Centered)**

- Co-Op Placements for High School
- Diabetes Education
- Dietitian
- NOSM – Laurentian University Partnerships for Learners
- Ontario Telemedicine Network Equipped
- Primary Care Navigator
- Summer Youth Programs

- N'Swakamok Friendship Centre
- North East Fetal Alcohol Spectrum Disorder
- Northern Ontario School of Medicine
- Rainbow District School Board
- Under/Never Screened Cancer Care
- Wahnapiatae First Nation

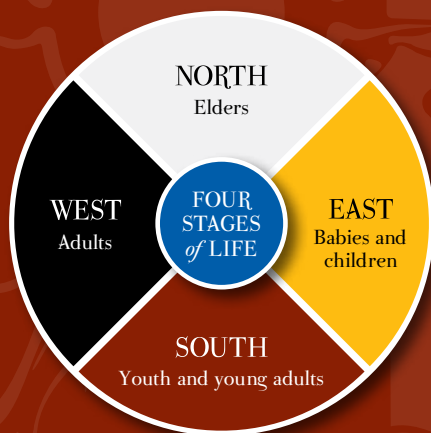
*All programs are at various dates and times. Please call us at 705-675-1596 for detailed program information.*







Shkagamik-Kwe Health Centre honours the **sacred four stages of life** through the delivery of programs and services. They are as follows:



These four stages of life correspond to the four directions of the medicine wheel, the four seasons and the four components of self.

## 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 is a **multi-funded agency** and would like to acknowledge the ongoing support from our funders.



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



**Shkagamik-Kwe**  
HEALTH CENTRE

**Building Healthy Communities – Respecting Traditional Values**

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