

# MINO-BIMAADIZIWIN

## “A Healthy Way of Life”

### Monthly Indigenous Program Newsletter



**Binaakwe-giizis/ October 2018**

#### Introducing Members of Our Indigenous Team at Carea Community Health Centre



#### **Angela Duckworth, Child & Youth Mental Health & Addictions Worker**

Ba Masshi Migizi Kwe n'dizhnikaa, Mikinaak dodem niinda'aw, Caldwell n'doonjibaa. Her Anishnawbe name is Soaring Eagle Woman, her Clan is Turtle, and her Community is Caldwell, her traditional territories expand Point Pelee, Pelee Island and the surrounding areas of Southwestern Ontario.

Angela Duckworth, is a Child and Youth Mental Health and Addictions Worker with Enaahtig Healing Lodge and Learning Centre and works in partnership with Carea.

Contact Info: 905-723-0036 ext 1240 or [aduckworth@careachc.ca](mailto:aduckworth@careachc.ca)



#### **Carmen Furtado, Program Assistant**

Carmen joined the Carea team in October 2015. In her role Carmen is responsible for the Food Security program along with running the Community Kitchen. She enjoys assisting staff with their programming in addition she also participates in Community Initiatives.

Contact Info: (905) 723-0036 ext 1201 or [cfurtado@careachc.ca](mailto:cfurtado@careachc.ca)



*Care. Compassion. Community.*

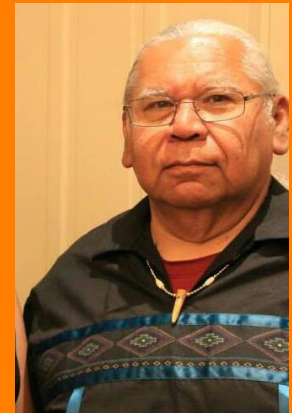
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#### Visiting Elder October 10<sup>th</sup>

#### *Elder Cecil Isaac Jr.*

From Bkejwanong Territory, also known as Walpole Island First Nation



**Cecil Isaac Jr.** was born in Chatham Ontario and raised on Bkejwanong Territory-Walpole Island, Ontario and for a short time lived in Detroit, Michigan. Cecil comes from a long line of grandparents who lived in rich cultural teachings and also survivors of the residential school era. He has been instrumental in revitalizing ceremonies within his family and community.

#### Medicine Wheel Teachings

1:00pm to 2:30pm @ Carea Community Health Centre

Please call Jennifer Bouma at (905) 723-0036 ext. 1222 to register.

## September / October Indigenous Program Schedule

**October 2:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

**October 6:** Okichitaw from 11:00am to 12:00pm

**October 9:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

**October 10:** Medicine Wheel Teachings with Cecil Isaac 1:00pm to 2:30pm

Family Night 5:00pm to 7:00pm

- Family Dinner from 5:00pm to 6:00pm
- *Visiting Elder Cecil Isaac* from 6:00pm to 7:00pm
  - The Value of 7 to the Anishinabe
- Drum Feasting from 7:00pm to 8:00pm
- Okichitaw from 7:00 to 8:00pm

**October 11:** Aboriginal Youth Advisory Circle from 5:00pm to 7:00pm

**October 13:** Okichitaw from 11:00am to 12:00pm

**October 16:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

**October 17:** Indigenous Women's Hand Drumming with Kathy MacLeod-Beaver from 6:00pm to 8:00pm

**October 20:** Okichitaw from 11:00am to 12:00pm

**October 23:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

**October 24:** Family Night 5:00pm to 7:00pm

- *Halloween / Feast for the Dead*
- Family Dinner from 5:00pm to 6:00pm
- Okichitaw from 7:00 to 8:00pm

**October 25:** Aboriginal Youth Advisory Circle from 5:00pm to 7:00pm

**October 27:** Okichitaw from 11:00am to 12:00pm

**October 30:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

**October 30:** Community Beading Circle from 6:00pm to 8:00pm

**November 3:** Okichitaw from 11:00am to 12:00pm

**November 6:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

**November 7:** Family Night 5:00pm to 7:00pm

- *Honour & Respect*
- Family Dinner from 5:00pm to 6:00pm
- Okichitaw from 7:00 to 8:00pm

**November 8:** Aboriginal Youth Advisory Circle from 5:00pm to 7:00pm

**November 10:** Okichitaw from 11:00am to 12:00pm

**November 13:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

**November 17:** Okichitaw from 11:00am to 12:00pm

**November 20:** Aboriginal Talking Circle: Aim to Quit from 1:00pm to 2:30pm

*For more information on Indigenous Programming please contact  
Jennifer Bouma at (905) 723-0036 ext 1222 or  
Mary George at (905) 723-0036 ext 1270*

## Indigenous Women's Hand Drumming with:

Kathy MacLeod-Beaver  
October 17<sup>th</sup>, 2018 from  
6:00pm-8:00pm



Aaniin Boozhoo Semaakwe ndishniikaaz Mkwaa doodem, Alderville First Nation ndoojibaa . My name is Kathy MacLeod-Beaver. I am a mother and grandmother to 2 daughters and 2 granddaughters. I am married to my wonderful husband Ken for 34 years. I have been learning anishinaabemowin through songs since 1991. My original teacher was Lily baa (Osawamik). My other teachers have been Elizabeth Osawamik and Melody Crowe. As my teachers tell me the songs come from the Creator and I have been blessed to learn a few. The ojibwe songs I have learned have helped me in my life journey to heal and be able to walk in a good with a good mind. Our sacred songs have brought me peace and I love to share them.

I am not a language teacher but I will provide teachings on the ojibwe alphabet and how to pronounce the words and the meaning of songs we will sing together.

Please don't feel you have to know how to sing or drum. This will be an opportunity to come out and listen or learn the songs. You may already carry songs you may wish to share which is great too.

Miigwech, Kathy.