



Kunuwanimano.com

KUNUWANIMANO CHILD & FAMILY

Fall 2018 Newsletter



FEATURED IN THIS EDITION:

Pg 1. Message from our Executive Director | Pg 2. Orange Shirt day | Pg 3. CIC Toronto Trip | Pg. 4 Upcoming Events | Pg. 5 Kunu Activities and more...



KUNUWANIMANO CHILD & FAMILY SERVICES

Fall 2018 Newsletter

CONTENTS:

Pg. 1

Message from our
Executive Director

Pg. 2

Orange Shirt Day

Pg. 3

CIC Toronto Trip

Pg. 4

Upcoming Events

Pg. 5

12 Days of
Christmas

Pg. 6

29th AGM

Pg. 7

Health Tips

Pg. 8

New Services

Pg. 9

Upcoming Full
Moon Ceremony

Pg. 10

Alternative Care



Kunuwanimano Board of Directors (left to right): Roger Archibald, TaykwaTagamou Nation, Les Nolan, Missanabie Cree First Nation, James Fletcher, Chapleau Cree First Nation, Christina Reid Executive Director Kunuwanimano, Wendy Kitty-Milligan Beaverhouse First Nation, Jackie Fletcher Missanabie Cree Elder, Shirley Gillis-Kendall Director of Wellbeing

Greetings to All:

As we move towards the winter solstice we prepare ourselves, our families, our homes and our intentions to align with the changing season. Kunuwanimano Child and Family Services has been readily preparing for the upcoming winter events by hosting and participating in a number of events this season such as the "12 days of Christmas (Holiday events in each community)", the float in the Santa Clause Parade in Timmins, the Toy Drive, Caregivers Appreciation Evening as well as the Children In Care Holiday Party.

The team at Kunuwanimano wishes all our communities, families and children a healthy, joyous and safe winter solstice!



Christina Reid, Executive Director

A Loving Home: Alexander has a way of capturing your heart from the first time you meet him and when I first met with him February 2018 he never stopped asking me to “find him a foster home.”

Alexander is a 14 year old boy who loves to play games, sports, watch movies and listen to music. He always finds an approach to get his way with his persistence and charm. This time I was happy we were able to give him what he asked for. August 2018, I travelled to Sault Ste Marie with Alexander and with joy in my heart and tears in my eyes I placed him with a family. A family who from the moment we walked in the door told him that he wasn't going anywhere and this was his home.

Over the last few months Alexander has had so many amazing adventures and opportunities and is loving his home and family as much as they love him. Alexander has been learning so much about his culture and has done some hunting and participated in ceremonies. Alexander is enjoying his school and every time we see each other or talk, I see and hear the happiness in his face and in his voice. Alexander is included in all their family activities and is part of their family.

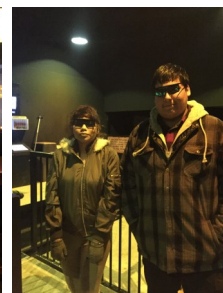
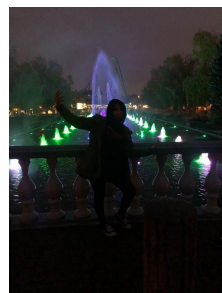
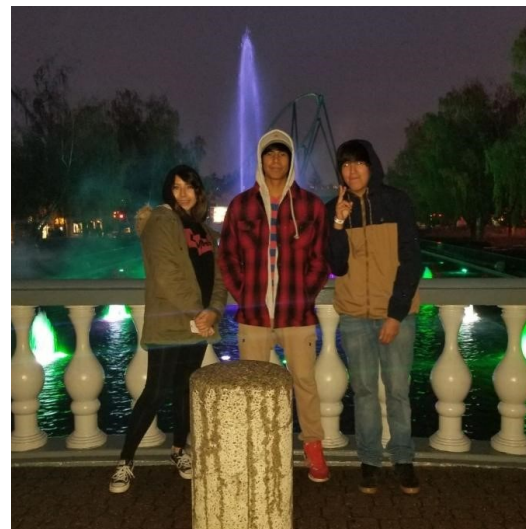


Orange Shirt day—Sept 28th



Kunuwanimano Takes Over Toronto!

KCFS brought our youth ages-15-19 on a trip to Toronto October 26th-28th, 2018. There were 9 youth and 5 chaperones that attended the trip. Friday Oct 26th, 2018 we left Timmins by 9am, we we're making our way to Toronto going through North bay, however due to road closures, we needed to reroute and go through Sudbury. It wasn't a problem because the youth we're fast asleep and some did not even notice we had to turn around! When arriving to Vaughan, we checked in our rooms and got ready for a weekend full of fun! Thanks to approval of our Executive Director Christina Reid, and help planning from Program Manager Carla Calvalheiro, we we're able to bring all the youth to Dave and Busters, this is an eatery/ Arcade / entertainment center. We had supper as a group, had some good laughs, and fueled up for a night full of fun at the arcades. For some there was a comedy/magic show going on and part of the group went to see that. During the show, the entertainer even got some of the youth involved in the event. Afterwards the youth expressed to the staff that she was proud of herself as it was out of her character for her to go on stage in front of an audience. The other part of the youth had a blast playing arcade games all night! The following day we brought the youth to Vaughan Mills for some shopping, the agency provided all the youth with a 150\$ prepaid visa card. They used this to get prepared for some colder weather with some nice new clothes, coats, some got boots and shoes... Chaperones we're there to assist the youth with teaching moments of money management. They all expressed having a good time shopping at the mall. We then had a quick pizza party before heading down to Canada's Wonderland for some scary fun. Wonderland was having their annual Halloween scare day, there was about 10 haunted scare zones, and wonderland staff dressed up as zombies, clowns, and other famous Halloween characters walking around the park. Some of the youth preferred going to scare zones and walking through the haunted houses, and some preferred the rides so we split the group accordingly, but not before we all participated in a group event of all going through one of the "black out" haunted zones together as one big group. The agency provided us with fast passes so there was no wait time on the rides or scare zones, and the youth had tonnes of fun. Despite the weather not cooperating it did not bring the group down, we all had fun as a group and everybody enjoyed themselves. After Wonderland we all went for some well-deserved McDonald's before going back to the hotel. The most popular saying amongst the youth over the weekend was "This is so lit!" Even when the weekend was over, during the drive home we played games in the vehicle, had a music trivia, and the group was still having fun. This was a very successful event and I think I can speak for the youth in saying we hope this happens again soon!



Community Engagement -Upcoming Events!

Christmas is just around the corner! It is an exciting time of the year! Staff and volunteers are working on various activities in preparation for the holiday season events.

The First Annual Kunuwanimano Child and Family Services Toy Drive will be held on November 14, 2018.

This event takes place on the lower level of the 101 Mall. Dignitaries, various organizations have been invited to take part in this important endeavour. The goal of the Toy Drive is to ensure every child has a Merry Christmas.

Kunuwanimano Child and Family Services Caregivers Appreciation Night on November 17, 2018, will be held at the Ramada Inn.

Kunuwanimano Child and Family Services will be honouring our Caregivers, with a dinner and recognition ceremony. This annual event provides the opportunity for Kunuwanimano Child and Family Services to show our appreciation for the hard work and continuous support! Invitations have been sent to the Caregivers.

Kunuwanimano Child and Family Services will be participating in the Timmins Santa Claus parade on November 17, 2018.

The theme this year is Toy Land. Staff volunteers will be donating their time to ensure the float represents Kunuwanimano Child and Family Services. Our children will participate in the parade. This is currently in the planning stages.

The Annual Children's Christmas Party will be held on December 8, 2018.

Families and Caregivers will be sent an invitation. Preparations are in the final stages.

A big **THANK YOU** goes out to M&E Engineering Ltd., for their generous donation of winter clothing for some of our children!

The Volunteer Program is being developed, policies and procedures, the various required forms and creating various communiques. The Volunteer Coordinator has been involved in assisting with the various upcoming events. Volunteer posters will be distributed in all district areas. In the coming weeks, the Volunteer Coordinator will be attending various community events, scheduling meetings with various organizations and the First Nations providing an overview of the program to recruit Volunteers. Location, dates and times will be verified.

Marlene Wilson, Supervisor of Administration/Community Engagement



Kunuwanimano 12 Days of Christmas

Kunuwanimano wants to invite parents and children to participate in our 12 days of Christmas! We will have a calendar for each of the communities we service. Our team has been working hard to ensure this years Christmas activities brings our families closure to create wonderful memories together. If you have any questions please feel free to call and inquire with the appropriate worker.



For event schedules for Timmins and Kapuskasing please contact:

Timmins – Hope Koosees – 705-268-9033 ext. 1283

Kapuskasing – Josee Foster – 705-268-9033 ext. 1811

Matachewan—Laura Flood—705-268-9033 ext. 1700

Constance Lake – Petula Neegan 705-268-9033 ext.1610

- November 21** Cookies/Christmas Sweaters 1-3pm @ JMHC
- November 23** Movie Night 5-7pm @ JMHC
- November 29** Pictures with Mr&Mrs. Clause 11am-3pm @ JMHC
- November 30** Tea/Bannock/Pudding @ Elders complex 1-3pm
- December 6** Hot Chocolate Craft 11-3pm
- December 8** 0-6 year old Christmas party 11am-1pm
- December 10** Ornaments/Snowflakes @ JMHC 115-3pm
- December 11** Christmas Songs w/ Daycare @ 10am
- December 12** Stockings 1-3PM @ JMHC
- December 15** Community Breakfast 8-12 Community Hall
- December 17** Christmas Party 5-7 MHEC gym

Cochrane – Cathleen Sutherland – 705-268-9033 ext.1309

- December 4** Visit with Santa/ONR Santa Train 5-7pm
- December 5** Letters to Santa 1:30pm- 3pm (Kunu TTN Office)
- December 6** Christmas Movie Night 5pm-7pm (Kunu TTN Office)
- December 7** Snow Ball Gala
- December 10** Christmas Ornament Making
- December 11** Christmas Cookie Baking/Exchange
- December 12** Christmas Crafts 1pm-4pm
- December 13** Build Ginger Bread House (Kunu TTN Office)
- December 14** Stocking Stuffers 1pm-4pm (Kunu TTN Office)
- December 17** Elders Christmas Bingo/Tea Time 1-3pm (TTN)
- December 18** Community Bannock/Tea/Coffee 1-3pm (TTN)
- December 19** Family Sliding & Hot Chocolate (TTN Hill) 5-7pm

Chapleau – Ruby Taylor – 705-268-9033 ext. 1502

- December 5** Parents Mini X'mas Tree decorating 1-4pm BHFN HC
- December 6** Girls Cookie Baking 4-6pm BHFN Health Centre
- December 7** Girls Drumming for Elders 4pm-6pm Elders Complex
- December 10** Boys Xmas card making 4-6pm BHFN Health Centre
- December 11** Men's creating wife Xmas gift 1-4pm BHFN HC
- December 12** Parents Candle jar decorating 1-4pm BHFN HC
- December 14** Women's Pie baking 10am-4pm BHFN HC
- December 15** Skating Party 5-7pm Moores Arena or BHFN Rink
- December 16** Family Box Slide creations and sliding Party 2pm-5pm Chapleau Public/High School Hill
- December 17** Health Centre Veggie Baskets delivery BHFN
- December 18** BHFN Turkey pop tangerine Delivery BHFN
- December 20** BHFN Staff Party Décor and Snacks, HC

Kirkland Lake – Sandra-Roy Smith – 705-268-9033 ext. 1413

- December 5** Christmas Centre Pieces 1-4
- December 6** Christmas Centre Pieces 1-4
- December 10** Christmas Ornaments 12-4
- December 11** Christmas Ornament 12-4
- December 13** Community Xmas Party 6pm
- December 17** Christmas baking 1-4
- December 18** Family swim/lunch 11
- December 19** Gingerbread house making 1-4

Kunuwanimano Halloween Activity



HALLOWEEN

The Halloween event was very successful with every child leaving with a prize. It was well organized with a good turnout from the community. We had Elders from the community to judge costumes. As Kunuwanimano volunteers we all had costumes provided by the organizers. We assisted with the games and later the cleanup. There was a draw at the end of the evening for an Apple iPad which was donated by a sponsor. Overall it was a spooky good time.



Kunuwanimano 29th AGM

Kunuwanimano Child and Family Services' 29th Annual General Meeting of members was held on October 23rd, 2018 at the Community Hall in Constance Lake First Nation.

The meeting began at 11am with an opening prayer from Constance Lake First Nation Elder, Stanley Stephens. A community feast was shared and the meeting involved presentations by Kunuwanimano's senior management team, financial auditor as well as a special guest. The meeting was closed with a song by Darius Ferris, CLFN Councillor and Kunuwanimano Child and Family Services Board Member. Drumming was performed by Shirley Gillis-Kendall, Director of Well-Being.

Thank you to Constance Lake First Nation for hosting this year's AGM.



Kunuwanimano Fall/Health Tips!

Path to improved health

Eating better (for children and families)

Start the day with a healthy breakfast. It refuels the body and provides energy for the day. Let kids help plan and prepare 1 meal each week. Eat together as a family as often as possible. Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full. Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day. Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta. Try to eat at least 3 ounces of whole grains each day. Drink plenty of fluids.

Choose water, low-fat or non-fat milk, and low-calorie beverages. Serve a variety of foods. Serve food in small portions.



Being more active (for children and families)

Move more. Try to get between 30 and 60 minutes of physical activity each day. Short sessions of movement throughout the day add up. Include physical activity in your daily routine. Walk as a family before or after meals. Make play time with your family fun. Be active by shooting hoops or playing tag. Be active in the home. For example, you can dust, vacuum, garden, or walk the dog. These activities are good ways to burn calories. Include activities, such as hiking or biking, when you go on vacation.

Know your [daily calorie needs](#). Balance calories you consume with calories you burn. Limit TV, computer, and video game time to less than 2 hours per day. Encourage physical activity instead.

Bring Back the Bedtime

Switching from summer hours to early bedtimes and wakeups is often the toughest part of the back to school routine. But it's important to remember that a good night's sleep is one of



the fundamentals to staying healthy and keeping stress levels down. Studies continue to show that electronics before sleep can lead to disrupted sleep and fatigue the next day.

Brush Up on Hygiene Principles

While summers may have been spent digging in the dirt or swimming in neighborhood pools, it seems that classrooms are the real hotbeds for germs to spread. Hand washing is the golden rule, and should happen after using the toilet, playing outside, touching or handling pets or playing with communal toys. Coughs and colds are the obvious school-age ailments, but there's one other pesky bug you may want to teach your kids to watch out for—head lice. Lice spread like wildfire in schools, especially amongst young children who may not have the same boundaries as adults when it comes to sharing personal items. Whatever their age, be sure to remind your kids that sharing hats, helmets, combs and hair accessories is a definite no-no.

Calm Worries and Anxiety

Anxiety is a growing concern for school-age children, whether it's separation anxiety, social anxiety, fear of not fitting or even feeling the pressure to stay on top of grades and activities. You can help your child cope with back to school anxiety by talking about the return well in advance. Once your child is back in their routine, regardless of whether the transition was smooth or difficult, keep your eye out for warning signs that something is wrong. These can include a loss of appetite, secrecy or lack of communication, bad behavior and much more. If you have concerns, talk to your child, teachers or principals, and even your doctor to help manage the issue and create a support framework.

Kunuwanimano New Services & Meet the staff

YES—Youth Engagement Service



A long, long time ago during an interview at an art exhibit Darryl Neegan made a comment of a dream: to facilitate art workshops. Kunuwanimano Child and Family Services has brought that dream to life with a new exciting program Youth Engagement Services (YES). Darryl Neegan is a professional artist whom has been finding creative ways to teach these troubled teenagers how to express and re-empower themselves through the visual arts.

As graduate of Fine Arts program, and after multiple years as a Freelance artist Darryl is now in the classroom providing visual arts lessons. Darryl is a graduate of addictions program at Northern College and also facilitator of other Indigenous initiatives such as “I Am A Kind Man”. With the combination of training and experience Darryl’s art program is more than simple art lessons but instead a kind of art therapy. Cultural teachings along with art fundamentals is the basis for the curriculum, however the greatest lesson thought will be the emotions expressed through art and the impact it will have. If you would like to learn more about Youth Engagement Services, Just say YES!



For more information, please contact Darryl Neegan at 705-268-9033 ext.1236 or by email at Darryl.Neegan@kunuwanimano.com.

Kunuwanimano Child and Family Services is pleased to introduce our new Education Liaison Program. The goal of the Education Liaison Program is to improve educational outcomes for children and youth receiving services from Children’s Aid Societies. Education Liaisons will coordinate educational supports for children and youth receiving services from societies and provide culturally responsive system navigation support for eligible children and youth.

The Education Liaison will provide the following services:

- Needs assessment/file review
- Advocacy
- System Navigation Support
- Post-secondary education planning
- Other educational support



The Education Liaison will also provide referral support on the following:

- Specialized educational support (e.g. occupational therapy, assessments; clinical services)
- Tutoring
- Academic enrichment/extra-curricular
- Career mentoring
- Skill development
- Ministry of Education’s (EDU) Transportation Funding for Children and Youth in Care Transportation Support
- Student Success Lead
- Indigenous Education Lead
- Other referral types

For more information please contact Staci Etherington at 705-268-9033 ext. 1292 or by email at staci.etherington@kunuwanimano.com.



KUNUWANIMANO CHILD & FAMILY SERVICES

Full Moon Ceremony Schedule 2018

Date	Time
Friday November 23 rd	7:00 p.m.
Saturday December 22 nd	7:00 p.m.

Everyone is invited to participate in the Full Moon Ceremonies and women are asked to bring a skirt to wear during the ceremony. Please bring tobacco and yellow broadcloth as an offering. Moon time protocols will be followed and children are welcome.

LOCATION: The location will be determined on a monthly basis. Please contact Mary or Alice to confirm location.

Contact Information:

Mary Boyden 705-266-3215 or at mary.boyden@gmail.com

Alice Sutherland 705-365-0459 or at asuther1@outlook.com

Apple Nachos Supreme

Ingredients

3 tart apples, cored, peeled and cut into 1/4' cubes

2 teaspoons lemon juice

1/2 cup dark chocolate chips

1/4 cups dices pecans

1/2 cup (hot) caramel sauce



Nutrition Facts

Yields: 5 servings | Serving Size: 1/2 cup | Calories: 282 | Total Fat: 11g | Saturated Fat: 5g | Trans Fat: 0g |
Cholesterol: 1mg | Carbohydrates: 451g | Sodium: 119mg | Dietary Fiber: 6g | Sugars: 14g | Protein: 3g

Directions

In a large mixing bowl add apple pieces and lemon juice, toss to combine. On serving platter, add apples, chocolate chips and drizzle with hot caramel sauce. Serve immediately for best results!

Use additional caramel sauce for added sweetness.



KUNUWANIMANO CHILD & FAMILY SERVICES

Alternative Care

We are currently looking for Caregivers within Kunuwanimano, if you have room in your heart you have room in your home. Kunuwanimano means “Keeping Our Own” to strengthen our communities by respecting, practicing, and teaching the traditional ways passed on by our Elders.

Making a Difference—
Everyday, caregivers make a real difference in our communities. You can make a difference—join our team!
If you are interested in becoming a caregiver please contact our agency at 705-268-9033 and request to speak to Intake.



Hello, my name is Diane Lauzon and I'd like to take this opportunity to introduce myself as the new Alternative Care Recruiter. With over 7 years as a foster parent, I know what the rewards of being a caregiver are all about.

Kunuwanimano Child and Family Services is in need of Alternative Care homes for all ages especially teenagers. If you know of anyone that is interested in providing a caring, loving home for our precious children, please have them contact me directly at 705-288-3205 extension 1239.

Kunuwanimano Child and Family Services appreciate all our current caregivers and we are hosting a Caregivers Appreciation Night on November 17, 2018 at the Ramada Inn from 7:30 -1:00 am. It's an evening to say thank you for helping us keep our own.

The Alternative Care Department has also hired two Family Navigators whose responsibility is to seek out and find family/extended family for our children in current foster care placement. At Kunuwanimano Child and Family Services we truly believe in Keeping Our Own, finding forever homes for our children is the mandate and mission of Kunuwanimano.



KUNUWANIMANO CHILD & FAMILY SERVICES

Employment Opportunities

We are always interested in hearing from passionate Social Workers with an interest in protecting our children and serving our families with our 11 First Nation communities. Interested individuals are invited to submit resumes and cover letters, regardless of any current vacancies listed.

To apply, please send your cover letter and resume to

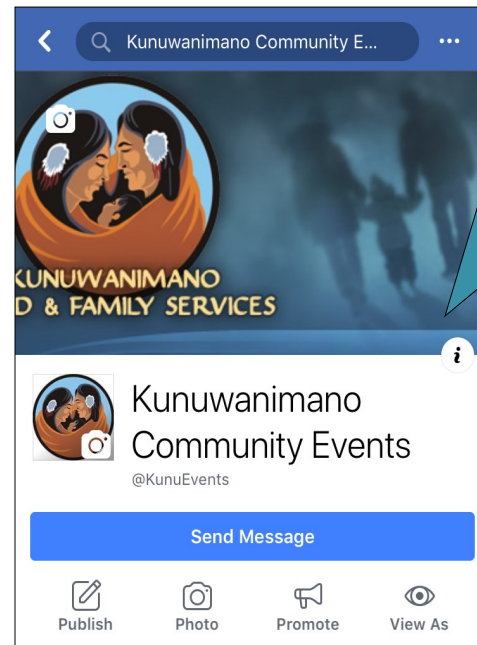
HR@kunuwanimano.com

Benefits of Joining our Team

- Contribute to a unique service model
- Opportunity to learn First Nation cultures and traditions
- Personal Gratification
- Competitive Salary
- Employer-Paid Medical/Dental Benefits
- Employee and Family Assistance Programs
- OMERS Pension Plan
- Corporate Wellness & Fitness Membership Rates

OACAS Training Opportunities

To review current employment opportunities, please visit our website at www.kunuwanimano.com



Are you on Facebook? So is Kunuwanimano, join our page today to keep up with our Community Events!

Did you know Timmins has an App!?

Download for free to keep up with Kunuwanimano Events and Youth Events in Timmins!

