



# Biwaase'aa Newsletter

October 2017



## Dates to Remember

- October 9– No Program
- October 13– No Program
- October 20– Gammondale
- October 26– Fall Feast
- October 31– Halloween Party



Get outside and  
enjoy the  
beautiful fall  
weather!



## Joke of the Month

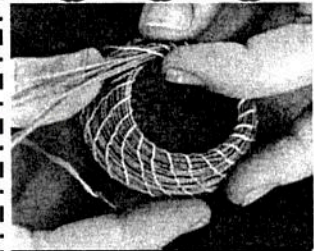
Q: What reads and lives in an apple?

A: A Bookworm

## What is Smudging?

Smudging is used to clean your mind before starting the day. We can use any one of the four medicines to smudge: **tobacco, sweetgrass, cedar or sage**. Smudge is carried in a natural container such as a shell. When the smudge is lit, an eagle feather is used to fan the smoke. Before you smudge, remove any jewelry and glasses from your body. We use our hands to bring the smoke toward us, like we are washing our face. We smudge our eyes to see good things. We smudge our ears to hear good things. We smudge our mouth to say good things. We smudge our head to think good things. We smudge our body to feel good things.

We are very excited for another exciting month of programming and hope that we can continue to teach our participants many wonderful things about Aboriginal culture and traditions. We are very pleased also have our new Program Assistant Lisa-Marie Esquega helping make our program run in a safe, welcoming, and positive way. We also want to welcome anyone who would like to volunteer any assistance or nut-free snacks/dishes for our planned events listed above. For more information just contact Dustin!



Pine Needle Baskets are timely but very easy to make and they smell amazing! All you need to do is go outside and look around for pine needle bunches that have fallen off the tree but don't forget to leave some tobacco as a thank you to the Pine Tree for its offering. Ask your Youth Outreach for more information on what you will need for this crea-

## Structured Activities & Parental Engagement

Biwaase'aa plans field trips and special events throughout the school year. Field trips are listed on monthly calendars and permission forms will be sent out to those invited to attend. Unfortunately due to transportation, some trips have limited space. Biwaase'aa does encourage fairness and attempts to give everyone equal opportunity to attend these outings. Special events are noted on the monthly calendar and notices are sent to families in advance. We strongly encourage families to attend these events. Parents/Caregivers are always welcome! Contact us to become involved!



Weather  
Forecasting  
with  
Pine cones

When the weather is dry the pinecones open up and when it's going to rain they close down. It's a really fun way for children to start to think about the future and what the weather will be doing.

**T h e s c i e n c e b e h i n d i t .**  
Pine cones open and close depending on the humidity to help seed dispersal. Inside the pine cone there are lots of feather light seeds. When the weather is dry the pine cone opens up and any wind will catch the seeds and allow them to be dispersed in the air far away from the original tree.

When the humidity rises and rain is likely then the pine cone closes up to prevent the seeds escaping as being so light the seeds will become water logged and they will travel only a short distance from the original source which would be shaded and have to fight the "parent" tree for resources.



# St. Ann School

## Binaakiwi Giizis –Raking Leaves Moon

### October 2017

The tenth moon of Creation is the Falling Leaves Moon, a time when Mother Earth is honored with the grandest of colours. As all of Creation makes their offerings to her, we become aware of all the miracles of Creation before us and our spiritual energies are once again awakened.

Monday	Tuesday	Wednesday	Thursday	Friday
Recreation!	Cultural Teaching	Health/Wellness	Cultural Teaching	Friday Fun Day
2 Sharing Circle Dodge Ball	3 Sharing Circle Anishnaabemowin Numbers	4 Tobacco Ties Welcome Alex!	5 Sharing Circle Big Drum	6 Karaoke Day
9 NO PROGRAM Thanksgiving	10 Sharing Circle Anishnaabemowin Animals	11 Healthy Eating	12 Sharing Circle Hand Drum	13 NO PROGRAM
16 Sharing Circle Soccer	17 Self Esteem Birch Bark Basket Teaching (Alex)	18 Sharing Circle 7 Grandfather Teaching (Truth)	19 Sharing Circle Turtle Song	20 Field Trip Gammondale Farm! 5-7
23 Sharing Circle Lacrosse	24 Sharing Circle Feasting Protocols	25 Birch Bark Basket Making	26 Parent Engagement! Fall Feast! 5-7	27 NO PROGRAM PA Day
30 Nature Walk	31 Halloween Party			

**Youth Outreach Worker:**  
**Dustin Gagne**  
**After-School Assistant:**  
**Lisa-Marie Esquega**  
**Phone: 807-620-3455**  
**Program Time: 3:20-5:15**

**After-School Program**

- The After-School Program runs daily. Monday-Friday and is open to all children aged 7-13 at NO COST.
- Registration is required.
- Healthy snacks provided daily.
- Field trips are clearly indicated on monthly calendars. Consent forms are required and will be distributed by Youth Workers.

Biwaase'aa  
 Funded by:



All Staff are  
 trained in  
 HIGH FIVE



For more information about BIWAASE'AA contact  
 Program Manager, Kelvin Redsky or  
 Program Manager Assistant, Lara Wesley at 623-0500



Biwaase'aa is a program of  
 Shkoday Abinojiiwak Obimwedoon