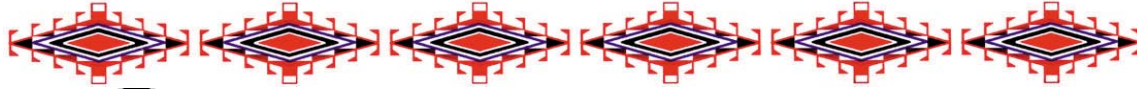


# Odawa Native Friendship Centre



Newsletter  
February & March 2007

12 Stirling Ave.  
Ottawa, Ont.  
K1Y 1P8  
(613) 722- 3811  
[www.odawa.on.ca](http://www.odawa.on.ca)



**10th ANNUAL Children's Pow wow**  
**March 17th & 18th 2007**



**Admission by Donation \$ 5.00**



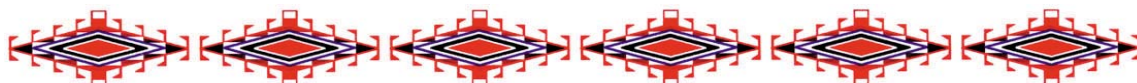
**Doors Open @ 11 am**  
**Odawa Native Friendship centre**  
**12 Stirling Ave.**  
**Ottawa, Ont.**



*Brought to you by:*  
*Odawa Native Friendship Centre Children's Programs*  
*Gignul Housing , Minwaashin Lodge children & youth program,*  
*Ontario Aboriginal HIV/AIDS Strategy*  
*Wabano Centre for Aboriginal Health*  
*&*  
*Canadian Forces*



*For more Information:*  
*613-722-3811 ext: 239*  
*www.odawa.on.ca*



**Odawa Native Friendship Centre  
Annual Children's Powwow 10<sup>th</sup> Anniversary  
March 17<sup>th</sup> and March 18<sup>th</sup>, 2007  
12 Stirling Avenue  
Ottawa, Ontario**

**Grand Entry Both Days:** Noon

**Children's Activities:** Balloon Man, arts & crafts, storyteller, Child Find

**Baby Welcoming:** All babies born since last year's Children's Powwow invited to join in (please let us know if you will be attending)

**Saturday Evening:** Potluck (please bring enough to feed your own family and it will be shared with the community) 5:00/5:30 p.m. This event usually brings a large number of people so we count on donations from the community for the potluck supper. After the potluck we will be having some games and entertainment.

**Raffle:** Tickets will be sold before and during the event. Prizes are a West Coast print, children's Tonka trucks, and a tricycle.

**Food:** During the powwow you can purchase, tacos, hotdogs, pop, chips, chocolate bars at our canteen.

**Vendors:** There will be craft vendors during this event.

**Give Away for the Children:** This is held before the closing on Sunday.

For further information please call Dolores Peltier 613- 232-0016 or  
Maureen Donnelly 613-722-3811 ext. 239

## ***Christmas Angel Tree and Food for friends***

Special thanks to *everyone* who brought a gift for our Angel Tree this year. We gave gifts to about 125 people, 95 were children. Our notes show that only 24 of the children were under the age of five years, so our population is aging! This is why we ask for most gifts to be for the over five age group and especially the young teens.

We are especially grateful to all the office groups who collected within their offices and brought boxes and bags of toys to us, also to those who donated money that enabled us to get gifts for the missing age groups. The clients of Dr. Mark St Denis' chiropractic office in Elmvale plaza were also very generous as they have been for the past several years.

We are always overwhelmed by the generosity of the community so that we are able to provide some help to those in need.

***Thank you***

## ***10<sup>th</sup> Annual children's Powwow Childrens Activities***

### ***Display of Art by children and Youth***

The Children's powwow would like to display art by children and youth at our 10<sup>th</sup> annual children's powwow on March 17<sup>th</sup> and 18<sup>th</sup>. If your child has a talent for art and would like to display some of it, framed or not, please bring to the Sweetgrass office by March 12<sup>th</sup>.

This is not a contest but just a chance for budding artists to showcase their talent. Please call Alison at 613 722 3811 x234 if you have questions

### ***Children's room at the Powwow***

This year the Mad science company will be present on Saturday March 17<sup>th</sup> at 2:30pm to entertain and amaze in the Basement children's activity room.

In the evening, after supper, the Inuit Children's performers will give a demonstration of drumming and singing.



Hip Hop at Odawa

Age 7–12yrs

**Starting**

**January 20th 2007**

**7 weeks**

**Every Saturday @ 1:30pm**



**\*\*\*Registration required\*\*\***

**For More Information Contact**

**Brandey Barnaby**

**(613) 722-3811**

**12 Stirling Ave**

**Ottawa, Ont.**

**[bbarnaby@odawa.on.ca](mailto:bbarnaby@odawa.on.ca)**

# LIFE LONG CARE



The goal of this program is to respond to the life long care needs of older Aboriginal people who may have limited mobility related to a persistent medical condition or physical disability.

Reflections - always the busiest time of the year, this past December was no different what with the annual LLC Christmas celebrations, that included a raffle, gift exchange and a meal to warm your soul prepared by none other than talented Dee. Long-time Odawa and LLC volunteer Delores Peltier won a beautiful gift basket donated by Stephanie who filled the basket with everything but the kitchen sink; Dolly won the (re-donated) table runner that was quilted by Dee last year. Santa's Elves on Wheels went



into full gear on the 19<sup>th</sup>; volunteers cooked, packaged, and delivered a hot turkey meal with all the trimmings and 37 gift baskets to those who are alone or seldom

able to participate in the weekly LLC activities for health reasons. Again...hats off to Stephanie who Cree-ated this amazing array of gift baskets! The Elves worked so hard to give a li'l cheer and well wishes, that staff of the Life Long Care Program is more than happy to extend an invitation for repeat performances...know that each and everyone of you is cared for, and truly appreciated!!!

**January** was business as usual with a weekly congregate dining/ adult day session and lots of reporting. Volunteers, aka the Elves, got together with staff to plan activities for the upcoming year with lots of fun in store.

Birthday Corner -although not mentioned in previous newsletters, Claire received honours for her special birthday in **December**. Other December birthdays included Carolyn, Jenny and Mary-Lou. **January** sees Terry, Wabi and Ken turn a year older (or wiser, maybe); in **February**, we honour Deborah, Helen, Andrew, Winnie, Fran, Margo, Josie and Jessie; and **March** birthdays include Elisabeth, Doreen, Kathy, Cecilia, Patricia, Darlene, Irene, and Simone. So...lots of goings on from now to the end of March!



Welcome, Nancy! Our most recent volunteer started off the new year by assisting with the Thursday lunches and with much needed help in the office. Beware for there are many more tasks that will keep you occupied in the coming months, Nancy.

What's in Store - February sees Valentine's Day and birthday honours celebrated on the 15<sup>th</sup>-so . Student dental hygienists will also be making a presentation, and a series of five safety workshops from W.I.S.E. will be taking place between February and May. During a ceremony on March 22<sup>nd</sup>, with the guidance of Irene Lindsay, we will Honour Our Relations.

Till Next Time...

Simone and Marge-Life Long Care Program

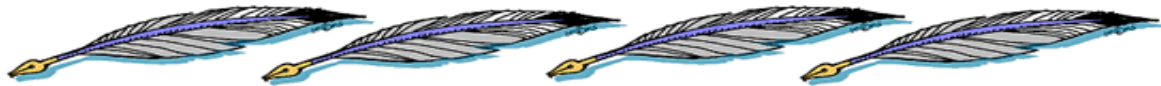
# SWEETGRASS NEWS



**Do You Need Childcare?** For parents who need care for their children, we will match you with a provider who lives near to you whenever possible. You will meet the provider with our home visitor to see if the arrangement is suitable for your child. Subsidies are available through the City of Ottawa for qualified parents when we are able to offer you a space.

**Childcare Providers** If you are interested in providing childcare in your own home It is an excellent way to earn an income with a regular monthly cheque, and still be home to care for your own children. There are no formal qualifications required, other than a love of children and ability to provide them with safe, loving care and activities suitable to their ages.

**Give us a call @ (613) 722- 3811 ext 235/234 to find out more**



## *Other news from the children's floor:*

### ***Toy Lending Library***

Is your child bored with his Christmas toys already? Borrow some from us and revive his imagination!! Our toy library has lots of toys for the under six set, we have construction sets, lots of puzzles, baby toys and imaginative play toys and also leap pads with activity books.

Everything is available for loan just like a book library, sign them out and bring them back two weeks later.

Come and see the catalogue in the Sweetgrass office and borrow something new.

## Employment Referral & Training Program

The Employment Referral & Training program has been diligently working at promoting our first "Path To Employment" 2007 Career Symposium taking place at the Odawa Native Friendship Centre March 13<sup>th</sup> & 14<sup>th</sup> 10am – 4pm. Thus far our efforts have been focused on confirming and securing interested organizations participation in our career symposium. We are in the process of creating an information poster that will display the organizations that will be participating and the activities that will be taking place.

For those looking at getting a jump-start on summer employment check out these links:

[www.ontario.ca/employmentontario](http://www.ontario.ca/employmentontario)

[http://ottawa.ca/city-hall/careers/summer/index\\_en.html](http://ottawa.ca/city-hall/careers/summer/index_en.html)

[http://careers-carrieres.ottawapolice.ca/civilian/student\\_jobs.cfm](http://careers-carrieres.ottawapolice.ca/civilian/student_jobs.cfm)

Employment Referral & Training Officer  
Wendy Dehler

Employment Referral & Training In-Take Worker  
Nick Printup



Would you like that little extra support in dealing with that most important job of being a parent?

As a Parent As Teacher Educator I will come into your home for an hour on a bi-weekly basis and share age-appropriate child development and parenting information, helping you to observe your child, and address any parenting concerns you have.

This is the **SUPPORT YOU DESERVE**

If you are interested, I still have spaces available in the mornings or afternoons.

I am in my office Monday to Thursdays so please give me a call at Odawa Native Friendship at  
722-3811 ext. 269

I am looking forward to hearing from you

Maureen Donnelly  
P.A.T. (Parent As Teachers) Educator