



CHIPPEWAS OF KETTLE & STONY POINT FIRST NATION

Family Well Being & the
Youth Centre invites you to
a Thanksgiving Dinner &
Craft Sale on October 9th!
See page 4 & 5



October Newsletter BINAAKWI GIIZIS LEAVES FALLING MOON



The DEADLINE for the November Newsletter is Friday, October 22, 2021 at 4:00 pm
Please email your submissions or birthday wishes to fdesk@kettlepoint.org

"The First Nation reserves the right to edit all submissions to the monthly newsletters."

Staff Name	Email	Extension
Administration:		
Chief Jason Henry	jason.henry@kettlepoint.org	151
Claire Sault	claire.sault@kettlepoint.org	116
Dianne Thomas	dianne.thomas@kettlepoint.org	114
Kim Bressette	kim.bressette@kettlepoint.org	101
Melody Bressette	mel.henry@kettlepoint.org	119
Toni George	kpassistant@kettlepoint.org	118
Valerie George	valerie.george@kettlepoint.org	105
Wes Monague	wes.monague@kettlepoint.org	115
Whitney Henry	fdesk@kettlepoint.org	101
Finance:		
Alexis George	alexis.george@kettlepoint.org	150
Jodi George	jodi.george@kettlepoint.org	106
Shannon Bressette	shannon.bressette@kettlepoint.org	103
Stephanie Bressette	stephanie.bressette@kettlepoint.org	109
Shilo Shawnoo	accountsrecievable@kettlepoint.org	108
Housing:		
Connie George	connie.george@kettlepoint.org	102
Lands:		
Anna Batten	anna.batten@kettlepoint.org	122
Sam Bressette	sam.bressette@kettlepoint.org	134
Membership:		
Corrinda Jackson	corrinda.jackson@kettlepoint.org	120
Ontario Works:		
Cindi George	cindi.george@kettlepoint.org	112
Heather Jones	heather.bressette@kettlepoint.org	111
Shania Cloud	shania.cloud@kettlepoint.org	121
Public Works:		
James George	james.george@kettlepoint.org	
Special Projects:		
Alison Price	alison.price@kettlepoint.org	124
Stony Point Projects:		
Amanda Bressette	amanda.shawnoo@kettlepoint.org	100
Connie Milliken	connie.milliken@kettlepoint.org	104
Lawrence Fogwill	lawrence.fogwill@kettlepoint.org	125
Tennille George	tennille.george@kettlepoint.org	104

HAPPY BIRTHDAY TO ALL IN OCTOBER & HAPPY HALLOWEEN

PLEASE SEND NOVEMBER HBD WISHES TO FDESK@KETTLEPOINT.ORG

Ruby Caprice - I hope your day is filled with lots of fun & surprises. You have grown into such a beautiful young woman! I'm so proud of You and love you so much...-Kim

Happy Birthday to Shania Cloud my Lovely Friend! I wish you every happiness that your heart can hold. Wishing you a Birthday that is as awesome as you are. Hears to another fabulous year! Love Heather Marie

Come Oct 30...
Enjoy your freedom and unlimited weekends!
Congratulations on your Retirement!
Shelly @PPS

October 24th - You are not only my mom but one of The greatest strongest women I know! I love you, Kim

A very happy birthday to Owen who turns 6 on October 24 - Mom, Dad, sister and brother

Granny
Happy Birthday!
I hope your special day will bring you lots of happiness, love and fun. You deserve them a lot. Enjoy!
Love Daniel & Peter

HAPPY BIRTHDAY WYATT WILLIAM ON OCTOBER 09—LOVE GRAM & PAH

Happy Birthday Ashley. You've grown to be an amazing, strong woman that is beautiful inside and out! Love from your KSP Family

Have a blessed Happy Birthday LENORE!
WISHING YOU A HAPPY & HEALTHY YEAR!
- KSP Public Library & Education Services

Happy birthday to our beautiful daughter Eden Hania Elise Monkhouse on her 18th birthday!!! From Mom, Dad & Hunter

HAPPY BIRTHDAY KIRSTEN —LOVE MOM & DAD

To my precious daughter Morgan Every single day since you were born, you've added something amazing to my life. I can't imagine my life without you in it. Happy birthday, Babydoll! With lots of love Mom

Deborah Wilde WISHING YOU A JOYFUL YEAR AHEAD AND MANY MORE BEYOND! May you enjoy wonderful times with family including some cousins in, let's say, KP for example! Love & prayers, cousin Beverly

Happy Birthday MOM
You have always been there for me no matter what, made me feel loved, and taught me so much in life. I can't tell you how much I appreciate all that you have done for me. You are truly a wonderful mother and an extraordinary person. Today I celebrate you and all that makes you so special. Enjoy your birthday, you deserve it.

Happy Birthday Sis May the Lord give you the desire of your heart & make all your plans succeed Lots of Love Bibe Lan Chase

Happy Birthday Mom! Lots of Love Geoffrey

Wanda Wishing you a very Happy Birthday on October 21st! Have a blessed, happy, healthy day and many more in the year ahead Bev

HAPPY BIRTHDAY JUSTIN CREWS!
Enjoy your special day and have a very happy, healthy, blessed year Lots of Love, Auntie Bev

HBD shout out to Alexis, Corrinda, Shania & Wes! Hope you all have an awesome day! —From your Co-workers
Happy Birthday Momma! Love you, Shannon
HAPPY BIRTHDAY ERICA! HAVE A GREAT DAY & A FANTASTIC YEAR! LOVE MOM & EVIE



ONLY 200 MEALS AVAIABLE

Thanksgiving Dinner

Come and enjoy a hot turkey dinner! On
behalf of Kettle and Stony Point Family
Well Being and Youth Centre

SATURDAY • OCTOBER 9 • 1 PM
KETTLE & STONY POINT YOUTH CENTRE



WEATHER PERMITTING

Fall Craft & Bake Sale

**SATURDAY • OCTOBER 9 •
10 AM - 2:00 PM
KETTLE & STONY POINT BALL
DIAMOND**

**To register please call :
519-786-4893**

Max 12 vendors

**DEADLINE TO REGISTER:
October 1**

COST: Toy Donation



WEATHER PERMITTING

HALLOWEEN TRICK OR TREAT

COVID-19 safety tips

CANDY: *Passing out candy:* It's recommended to place treats outside or in a corner for 3 days, before sanitizing hands to bag candy. You can use a cooking tong to give out bagged candy to visitors. If you're dressing up you can make it apart of your costume with a long sleeve and the tong-hand sticking out. Designate one adult to hand out candy, or place the bagged candy on your porch in a bowl. *Trick or Treaters:* Ask your children not to dig around in a candy bowl, ask them to choose one and stick with it. Encourage them to hold off eating candy until they get home and wash their hands. Something else that you can do is take most of the candy and put it away for 3 days.

MASKS: People should wear masks covering their nose and mouth while trick or treating or giving out candy. You can decorate them to match costumes!

SANITIZE: Sanitize your hands several times throughout the night, being mindful of touching candy, toys, doors and other surfaces; practising good hand hygiene. Parents should remind children not to touch their face, rub their eyes, pick their nose or put their fingers in their mouth. It's recommended to take breaks and check in with children to sanitize hands in between multiple homes. For those giving out candy, it's recommended to disinfect any doorknobs, doorbells and high-touch surfaces and consider leaving sanitizer outside with individually bagged candy.

SOCIAL DISTANCING: Establish social distancing ground rules with your child and do your best to avoid large gatherings. Ask your children to stay away from other people outside of their household, not to share costume props, candy or toys and to hold their own bags. It's recommended to keep smaller groups of 3-4 and to try to stay socially distant.

ADDIONITAL FAMILY ACTIVITIES: Take on a special craft project as a family. Enjoy a special Halloween movie night. Do a family game night in costumes. Get active with a family dance party in costumes - add flashlights and glowsticks. Trick-or-treat around the house to find hidden candy. Hang on to what you can – decorate the house, carve or draw on pumpkins and bake the seeds, dress up, take pictures with masks. If you have trees, you can decorate your trees in a Halloween theme. Make a family scavenger hunt around the neighborhood with a fall theme – leaves, rocks, pinecones, etc. Go on a family hike and make a BINGO card. Look for things together on the trail and check off an item on the card when you see it. Decorate or paint a pumpkin or rock for your neighbors. Make Halloween drawings or a greeting card for a friend or family. Listen to Halloween songs during these activities! 😊



Kettle & Stony Point Public Library Monday & Wednesday 11am–6 pm

Friday 11am-5pm

Tuesday & Thursday 4-6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 FIRST	5 NATION Story Time 5-6	6 Public Seniors Chat & Tea 10am -12	7 LIBRARY Thanksgiving Crafts 5-6	8 WEEK	9
10	11 HAPPY THANKSGIVING	12	13 Seniors Tea & Chat 10am-12	14	15	16
17	18 ONTARIO	19 PUBLIC	20 LIBRARY Seniors Chat & Tea 10am- 12	21 WEEK	22 OCT 17-23	23
24	25	26 Halloween Book Reading 5-6	27 Seniors Chat & Tea 10am-12	28 Halloween Crafts 5-6	29	30
31 Happy Halloween						

October's Party — By: George Cooper

October gave a party;
The leaves by hundreds came—
The Chestnuts, Oaks, and Maples.
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

The Chestnuts came in yellow,
The Oaks in crimson dressed;
The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

Then, in the rustic hollow,
At hide-and-seek they played.
The party closed at sundown,
And everybody stayed.
Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly "hands around."

Kettle & Stony Point Education Services

Is celebrating

SCHOOL BUS SAFETY WEEK

OCTOBER 18 - 22, 2021

“Working Together for Student Safety”

*Please join us in expressing
appreciation to our dedicated
school bus drivers who faithfully
and safely transport our students,
and to our staff who keep the buses
clean and running properly!*

Joanne Atkinson

Joy Lewis

Sheila Pyne

Hunter Bressette, Bus Cleaning/Maintenance

Joe George, Jr./Pat Henry, Bus Sanitizing

CHI MIIGWECH

Want to be a High School Graduate?

LEARN *With us*

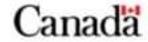


WE CAN HELP IF

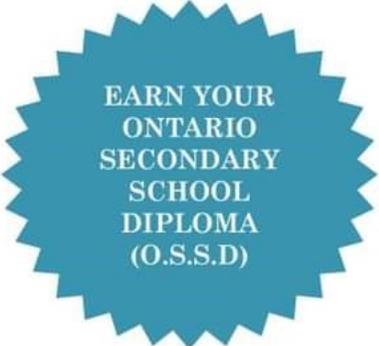
- You need a high school diploma to get a job or continue your education
- You need a flexible schedule
- You want to improve your skills for job placement or advancement

Help is available in-class and online through our **FREE Credit and Upgrading Program**

WE GIVE YOU OPTIONS



- EARN up to 16 credits through assessments for Grade 9 & 10 Prior Learning (No Cost)
- EARN up to 10 credits for Grade 11 & 12 equivalency if you have:
 - ✓ Past Work experience
 - ✓ Life experience
 - ✓ Volunteering
 - ✓ Prior education
 - ✓ Parenting
- Cooperative Education if you are currently employed and working 18 hours or more
- **FREE E-Learning and Booklet Courses**



Call or drop by to meet with a Guidance Counsellor Today

Bring your:

1. Documents with your Legal Name and Date of Birth
2. Documents with your Status in Canada
3. Photo Identification (ID) with current mailing (Bring a piece of mail or copy of a bill with your current address, if it is different than your ID status)

If you are under 18, you will need a permission form from your current high school. If you haven't been to school in a while, or your previous high school is far away, we can help you fill out a form to request your transcript be sent here

For more details and schedule visit: <http://www.lkdsb.net/AdultEd>

KETTLE POINT LIBRARY

Phone: 519-786-2955
anselm.miranda@lkdsb.net

TUESDAY and THURSDAY
10am - 4pm



Lambton Kent
District School Board

Are you interested in upgrading your math skills for carpentry or welding?

Free Numeracy for the Skilled Trades for Adults (4 weeks)

Estimation
Measurement
Ratios/Proportions
Fractions and More!



Thursdays – 12:30-2:30

Free lunch for participants from 12:00-12:30

Registration is October 7th

Course runs October 14th to November 4th, 2021

Sign up today! Contact:

Four Winds Community Employment Services

519-786-6780



Canada 



Ontario 

WORKSHOPS

WORKERS HEALTH & SAFETY

SUPERVISORS HEALTH & SAFETY

WHMIS

AODA

SERVICE EXCELLENCE

FOOD HANDLERS

SMART SERVE

RESUME / COVER LETTER

JOB INTERVIEW PREP

JOB SEARCH/JOB RETENTION

COMING SOON

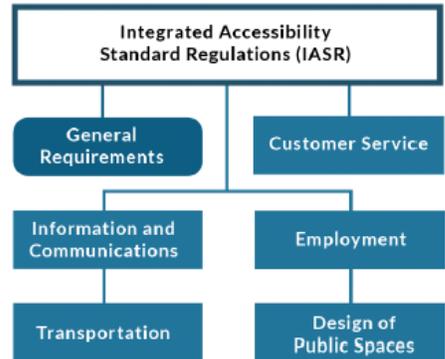
COUNTERFEIT MONEY AND
FRAUD PREVENTION
DETECTION



MANY JOBS REQUIRE
MANDATORY
CERTIFICATIONS - WE
OFFER MANY WORKSHOPS
AND CERTIFICATE
COURSES. ALL
WORKSHOPS ARE
OFFERED IN AN
INDIVIDUAL SETTING, WE
CANNOT DO GROUP
TRAINING AT THIS TIME.
PLEASE CALL TO REGISTER
519-786-6780



Accessibility for Ontarians with Disabilities Act
AODA





Chippewas of Kettle & Stony Point First Nation

6247 Indian Lane

Kettle & Stony Point FN, Ontario, Canada N0N 1J1

ATTENTION

****BUSINESS OWNERS****

operating on or within the

Chippewas of Kettle & Stony Point First Nation

All businesses operating on or within the First Nation must possess a valid business license issued by the Chippewas of Kettle & Stony Point First Nation.

Business Owners include:

- Retail
- Food, Beverage and Hospitality
- Media and Communications
- Construction/ Labour/ Technicians
- Cleaning Services/ Lawn Maintenance / Landscaping
- Fishing
- Security/ Transportation
- Other

Proof of insurance is required for **ALL** Businesses, while only some require approvals and certificates issued by other agencies such as:

- Public Health Inspections
- Food Safety Certificates
- Training Certifications

The Applicant must submit a copy of all required documents with the Business License Application Form.

To qualify for Tobacco Quotas you must have a valid Business License.

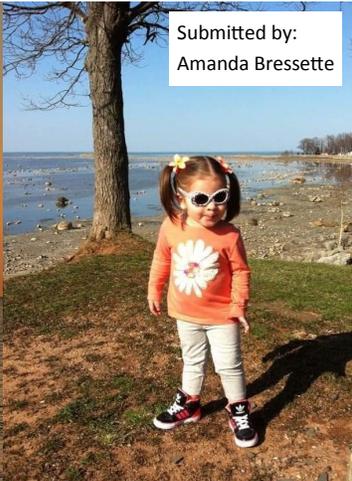
There is an Annual Registration Fee of \$50.00 which was implemented by Chief & Council's Development of Business Directive in 2007.

Business License Application Forms are available online at www.kettlepoint.org or email request to dianne.thomas@kettlepoint.org. Completed applications can be emailed or dropped off at the Four Winds Community Employment Services office; Monday to Friday from 1:00 - 4:00 PM. Please call (519) 786- 6780 in advance to make arrangements for submitting your application and payment.

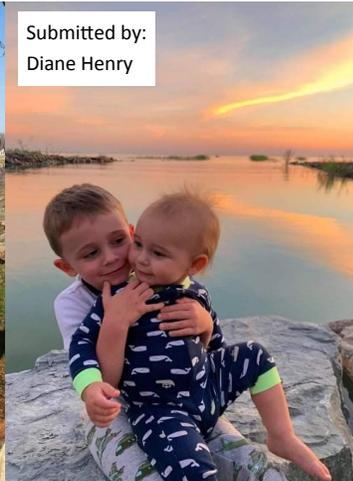
Submitted by:
Jason Greenbird



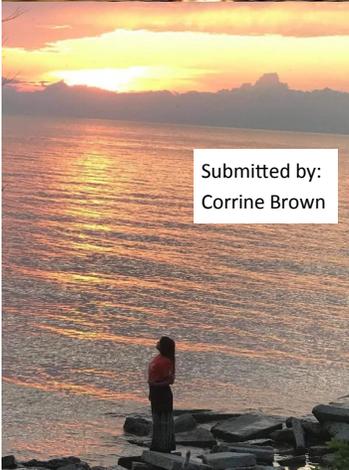
Submitted by:
Amanda Bressette



Submitted by:
Diane Henry



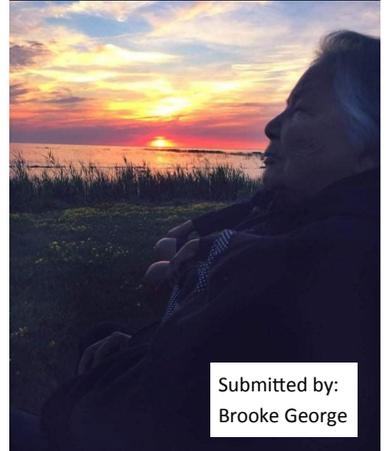
Submitted by:
Kara Henry



Submitted by:
Corrine Brown

SUNSET SELFIE CONTEST

Solidarity Day 2021



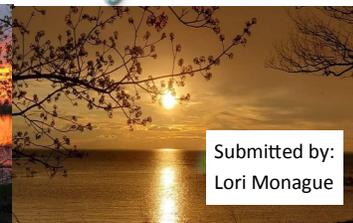
Submitted by:
Brooke George



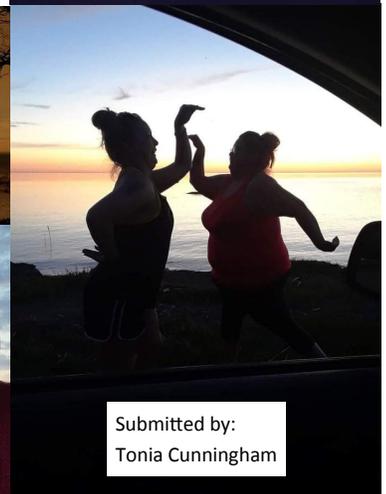
Submitted by:
Donna George



Submitted by:
Jodi George



Submitted by:
Lori Monague



Submitted by:
Tonia Cunningham



Submitted by: Jesse Brown



Submitted by:
Shannon Bressette



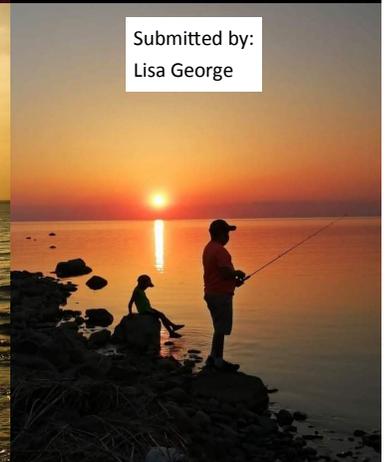
Submitted by:
Dan Henry



Submitted by:
Heather Jones



Submitted by:
Niall Bressette



Submitted by:
Lisa George

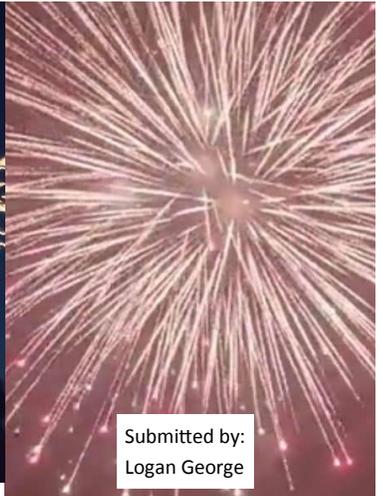
Submitted by:
Carrier Fd



Submitted by:
Amanda Bressette



Submitted by:
Brooke George



Submitted by:
Logan George

Submitted by: Marjorie Henry



Solidarity Day 2021
JUST A BLAST!
 FIREWORK CONTEST



Submitted by:
Tara George

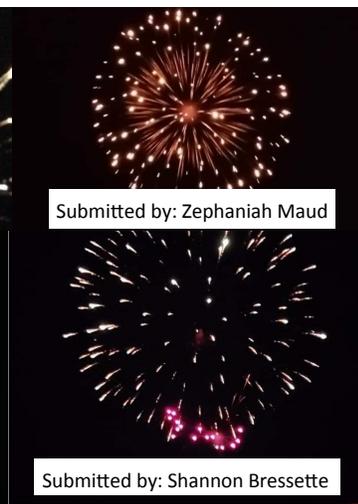


Submitted by:
Raven Henry



Submitted by: Bille Henry

Submitted by: Brayden Cloud



Submitted by: Zephaniah Maud

Submitted by: Shannon Bressette



Submitted by:
Bob Bressette



Submitted by:
Donna George



Submitted by: Connie George



Submitted by:
Nikki George



Submitted by:
Justin Shawnoo

Photo Credits to: Wes Monague



The Chippewas of Kettle & Stony Point First Nation celebrated Indigenous Solidarity Day on August 21, 2021. We had a craft / bake sale, contests with prizes, the Chief & Council BBQ, The Eagle Radio 107.7 FM Broadcasted Live, then glow sticks and treats were given out to watch the Fireworks by Just a Blast! RoseAnne Archibald, the National Chief of the Assembly of First Nations also visited CKSPFN on this day. Chi-Miigwetch for coming out!

Children & Youth

Services

Massage Therapy

Help decrease muscle tension and increase range of motion, which assists in recovering from, or preventing, injuries. Massage can improve quality of sleep, provide more energy and increase concentration



Children & Youth

Services

Physiotherapy

Assesses movement skills like rolling, crawling, sitting, standing, walking and running as well as recommends equipment and offers supports to increase strength, stretch muscles, and improve movement



Medical Transportation

Provide transportation for any of your medical appointments. Pending availability



Occupational Therapy

Assesses clients who are experiencing difficulties with daily activities and recommends, prescribes equipment and offers support to help clients be as independent as possible

Speech & Language

Help children communicate effectively by assisting with the improvement of their verbal and non-verbal language skills. Also help with things like feeding and swallowing abilities.



Behaviour Support

Supports families to carry over behaviour strategies to the home environment and to connect with other helpful service providers in their community



Immunizations

Ensure children are up to date on their immunizations



Coordinated Service Planning

Help coordinate multisector services for families of children and youth with multiple and/or complex special needs

And so much more!

- Jordan's Principle
- Preschool Screenings
- Pregnancy support
- etc!



Counselling

Provide supports to help children work through their emotions, so they can live normal healthy lives without the lasting effects of fear, confusion, anxiety, or trauma



For any questions contact:
519-786-5647

For any questions contact:
519-786-5647



KETTLE & STONY POINT HEALTH SERVICES

FREE Narcan kits

PLEASE CALL RECEPTION IF YOU ARE IN NEED
PICK UP OR DELIVERY IS AVAILABLE
519-786-5647

WE ARE A JUDGEMENT FREE ZONE!

”

Let's fight like a girl.

Supporting the fighters, admiring the survivors,
honoring the taken and never giving up hope.

#BreastCancerAwareness



EVERY TUESDAY

12:30-1:30



MOBILE MARKET

AT THE HEALTH CENTRE

Kettle & Stony Point Health Services

HEALING CIRCLE



PREGNANCY & INFANT LOSS SUPPORT GROUP

Wednesdays at 11am

Starting October 6th

zoom link will be emailed

lunch will be provided between 10-11

CONTACT BRANDI TO REGISTER 519-786-5647 OR BRANDIB@KSPHS.ON.CA



Congratulations!

YOU'LL BE A GREAT PARENT.

IF YOU ARE A NEW PARENT OR PARENT-TO-BE PLEASE CONTACT CARLENE AT 519-786-5647

KETTLE & STONY POINT HEALTH SERVICES

Child & Youth Aromatherapy Massage

Must be 17 or under
Parent must be present with children under 15
Contact Brandi to register
519-786-5647
BrandiB@ksphs.on.ca



**KETTLE & STONY POINT HEALTH SERVICES
WITH
TWIN BRIDGES NURSE PRACTITIONER**

PREVENT BREAST CANCER

Clinical screening for women
October 14th
Evening appointments available upon
request

**BOOK YOUR APPOINTMENT
TODAY!**

519-786-5647

Jordan's Principle

KETTLE & STONY POINT HEALTH SERVICES

Jordan's Principle supports substantive equality for First Nations children when accessing products, services and supports.

Community navigators are available to help walk you through the process!
If your child has any unmet needs please reach out to us!

519-786-5647
or by email
BrandiB@ksphs.on.ca

"Jordan could not talk, yet people around the world heard his message. Jordan could not breath on his own , yet he has given the breath of life to other children. Jordan could not walk but taken steps that the governments are now just learning to follow"

- Cindy Blackstock -First Nations Child & Family Caring Society



BUILD A "CALM DOWN KIT"

PICK UP ON
WEDNESDAY'S

BENEFITS OF
THE KITS

4 WEEKS
INCLUDING:

Registration open for ages 8 to 12.
Younger children are welcome (may need
assistance from caregivers).

Your child will be able to relieve
symptoms of anger or sadness while
learning some self-care strategies.

- Make a stress ball
- Make a visual calming jar
- Calming strategies
- Breathing exercises



CONTACT US TO SIGN UP:

519-786-5647 ext. 276
jshortt@pathwayscentre.org

Kettle & Stony Point Health Services

It's A Mitig

Read Along and activity

02 October 2021, 11:00am
Community Members 17 & under
A zoom link will be provided

To Register for a free book contact Brandi:
519-786-5647
BrandiB@KSPHS.ON.CA



HAVE YOU BEEN TOLD YOUR CHILD NEEDS A
**PSYCH-ED
ASSESSMENT?**

Kettle & Stony Point Health Services would like to help!
Contact Brandi at 519-786-5647 or BrandiB@ksphs.on.ca

WINTER CLOTHING GIVEAWAY

SPREADING *the* WARMTH

SAT OCT 9TH, 2021
10:00 A.M.

HOUSE OF PRAYER

9322 BEVERLY LANE
OFF OF LAKE ROAD

DONATE YOUR GENTLY USED WINTER CLOTHING & HELP OTHERS TO STAY WARM. CONTACT ERICA BRESSETTE IF YOU HAVE WINTER CLOTHING TO DONATE I CAN COME AND PICK THEM UP BY FRIDAY OCTOBER 8TH :) 519-330-4494 TEXT OR CALL

execulink
TELECOM

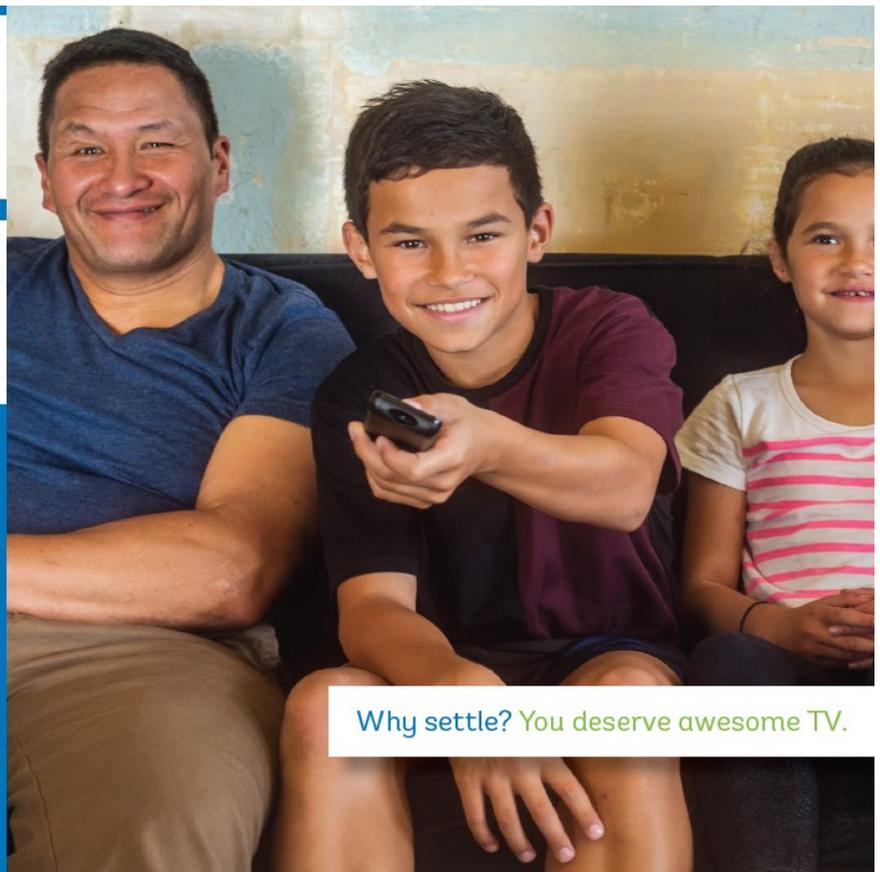
Enjoy more awesome with the Execulink TV app, now available on even more devices including Android TV and Fire TV!

Talk to a representative today:

Aaron Brooks
aaron.brooks@execulinktelecom.ca
1-877-393-2854 ext 7393

Kamila Czarnecka
kamila.czarnecka@execulinktelecom.ca
1-877-393-2854 ext 7974

Nicole Veens
nicole.veens@execulinktelecom.ca
1-877-393-2854 ext 7625



Why settle? You deserve awesome TV.

"NEW MOON LEARNING SERIES"

Presents:

"Mandaaminaboo" CORN SOUP

**(Cooking with Denise Desormeaux
Cultural Coordinator Counsellor)**

**Come learn how to make
"OLE FASHION CORN SOUP"**

- Like our Nookomisag & Mishoomisag used to make.
- Using hardwood ashes.
- Learn why it is a medicine for us when we prepare it this way.

WEDNESDAY, OCTOBER 6, 2021

(5:00-9:30pm)

Call (519) 786-6680 (ext.116) to sign up





"MINO MSHKIKI SERIES"

Presents:



HEALING SALVE MAKING (With Denise Desormeaux Cultural Coordinator Counsellor)

TUESDAY, OCTOBER 12, 2021 (10am-2pm)

Call (519) 786-6680 (ext.116) to sign up



Learn how to make "Skin Healing Salve"

- Strengthen one's relationship with healing plants
- Understanding therapeutic remedies
- Make and take your own, for family and friends





IMPORTANT NOTE

- To accommodate a high response of participation, and considering covid social / physical limits, choose either afternoons (OCT.5+12, 1:30-3:30pm) or evenings (OCT.12+26, 6-8pm)
- CALL DENISE to register.
- OCT.5+19: ADULTS can sign up.
- OCT.12+26: AGES 13 + TEENS/ADULTS can sign up.

BEADING WITH DENISE

Cultural Coordinator Counsellor

- **TUESDAY, OCTOBER 5 (1:30-3:30pm)**
- **TUESDAY, OCTOBER 12 (6-8pm)**
- **TUESDAY, OCTOBER 19 (1:30-3:30pm)**
- **TUESDAY, OCTOBER 26 (6-8pm)**

LEARN VARIOUS STYLES:

- **Freehand**
- **Raised**
- **Peyote Stitch**

**Supplies Provided.
Bring your own also.
Call (519) 786-6680
(ext.116) to sign up**



CULTURAL COORDINATOR COUNSELLOR

Denise Desormeaux



**I can be reached at
(519) 786-6680
(ext.116)**

<https://www.facebook.com/kspchildandfamily services>

- Monthly Full Moon Ceremonies
- Cultural / Social Events
- Traditional Foods Cooking
- Anishinaabe Crafts (beading, etc)
- Medicine Harvesting & Preparing
- Cultural Teachings / Elders' Visits
- Pregnancy/Prenatal/Parenting Class
- Youth Land Based Wellness Outings
- Addictions Recovery Support Group
- Counselling

Aaniin Kiniweya, Denise ndizhnikaaz, Rama/Mnjikaning ndoonjebaa Ojibway Anishinaabe Kwe ndaaw. I am the Cultural Coordinator Counsellor at Kettle & Stony Point Child and Family Services providing cultural-based trauma and grief counselling, traditional medicine support & education, land-based social/educational activities and events. I provide support through all stages of life from pregnancy to Elders, coordinating opportunities of Elder/youth exchange and knowledge mentorship, cultural ceremonies and teaching to support connection to identity and healing through Anishinaabe-Aadiziwin.



Chi Miigwech NOOKOMIS !!

Kettle & Stony Point Child and Family Services' MONTHLY FULL MOON CEREMONIES

- **AUGUST 23**
- **SEPTEMBER 20**
- **OCTOBER 20**
- **NOVEMBER 18**
- **DECEMBER 17**
- **JANUARY 17**
- **FEBRUARY 16**
- **MARCH 17**

Bring your skirt, tobacco, water, yellow cloth, and a dish for the feast. The ceremonies will be held at Kettle & Stony Point Child and Family Services' backyard.

**Contact Denise if you have any questions
(519) 786-6680 (ext.116)**



"Mshkawji Giizis" **(Freezing Moon)**

FULL MOON CEREMONY

Wednesday, October 20/21 (7pm)

Maa bizhaan Kwewag!! Let's gather to say chi miigwech to Nookomis for the life-giving, healing energy she provides. During this harvest season, as Creation prepares for a time of resting and fasting, let's come together to share our stories and gifts, supporting & learning from each other.

**BRING SEMMA-TOBACCO, A SKIRT, WATER, YELLOW CLOTH, YOU SHAKER/DRUM, FOOD FOR THE FEAST.
(If you don't have these items, we will have extra)**

Denise Desormeaux (519) 786-6680 (ext.116)



BEGINS: THURSDAY, SEPTEMBER 16, 2021
 2-4PM
 BI-WEEKLY, EVERY OTHER THURSDAY
 (THURSDAY, SEPTEMBER 16 - THURSDAY, MARCH 25)

**KIZHAAY
 ANISHINAABE KWE
 "I am a Kind Woman"
 SELF-DEVELOPMENT
 & WELLNESS GROUP
 (Ages 15 & Up)**

Promoting self-awareness and healthy relationships with oneself and others

Historical Impacts of Colonization
 Immune Building Medicines
 Spiritual Self-Care, Build Your Bundle
 Healing Co-dependency & Attachment
 Humour and Laughter as Medicine
 Finding Your Voice, Self-Expression
 Body Balancing Chiropractic & Massage

Wholistic Model of Healing
 Life Path & Traditional Grief Medicine
 Pampering, Beautification Day
 Healthy Relationship Development
 Healing Foods & Teas
 Creative, Artistic Development
 Program Completion Outing

Contact Denise Desormeaux "Cultural Coordinator Counsellor"
 at (519) 786-6680 (ext. 116) for more information, or to sign up.

**KETTLE & STONY
 POINT CHILD AND
 FAMILY SERVICES
 IS PLEASED TO
 OFFER OUR MALE
 CLIENTS, THE
 KIZHAAY
 ANISHINAABE NIIN
 (I AM A KIND MAN)
 PROGRAM**

- Love
- Truth
- Honesty
- Wisdom
- Humility
- Courage
- Respect

Are you are a male age 16+, a Kettle and Stony Point Child and Family Services client interested in ending violence and creating change for yourself, your family, and your community to help make our nation a safer place for our women and children? Or just looking for male cultural and peer supports? Then this program is for you!



For more info please contact Jason George,
 Kettle & Stony Point Child and family services
 Cultural Outreach Counsellor by email or phone.
 P. 519-786-6680

E. jason.george@kettlepoint.org

Hide Tanning Continued...

The deer hides we tanned turned out amazing but we had some set backs with the bison hides, but not to worry, we are getting fresh hides, and the hide tanning will continue.

(One week) daily 9AM to 4PM, October 13th to October 20th 2021. Location - Kettle & Stony Point Child and Family Services building 9156 Tecumseh Lane Kettle & Stony Point F.N.

We will be tanning one buffalo hide with the hair on, and one buffalo hide with the hair off for rawhide.



Barry Callow decided years ago that he wanted to help rejuvenate the old ways of treating hides after seeing so many chemically-treated skins on drums, clothing, and crafts “from moccasins to medicine bags, you name it.” Callow has made it a personal mission to help teach the ways he learned as a young man. Brain-tanned hides are very different from chemically-treated ones, creating a better quality product.

*****Limited to 12 Participants and only two spots left!*****

Register by calling or emailing Jason George - Cultural Outreach Counsellor - @ Kettle & Stony Point Child and Family Services:

P. 519-786-6680 x117

E. jason.george@kettlepoint.org

OVC Community Healthcare Partnership Program

VETERINARY WELLNESS CLINIC

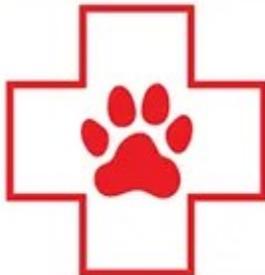
Kettle & Stony Point

BAND MEMBERS ONLY
(on/off reserve residents)



SPAY/NEUTER AND VETERINARY WELLNESS SERVICE

PROVIDE 24 HR CANCELLATION NOTICE



~ Full exam ~ Consultation ~ Rabies vaccination ~ Core vaccinations
~ Heartworm test ~ Heartworm treatment with a positive result
~ Flea/tick treatment provided as needed ~ Dewormer as needed
~ Nail trim as needed

Microchip: additional cost

Heartworm Prevention : End of season. No more supplies left.

You will need to purchase at cost for remaining months.



FIRST NATIONS ANIMAL WELFARE SERVICES

WHEN: November 8-13, 2021

By appointment only (NO WALK-INS ALLOWED) Contactless clinic due to COVID-19

Due to Covid-19 no home appointments are available

The clinic can be cancelled at last moments notice due to Covid-19. Service fees will be fully reimbursed

JOIN TO BOOK APPOINTMENTS:

- Facebook (type in) facebook.com/groups/chppkspfn/

STATUS CARD REQUIRED upon appointment arrival

PROVIDE:

- Your name
- Pet's name(s)
- # of Dog(s) or Cat(s)
- Age(s)
- Breed(s)
- Sex(es)



MASKS REQUIRED!

Remain in your vehicle until called or someone comes to your vehicle

All pets must be on leash or in a carrier

If you do not have a leash or carrier let the veterinary team when booking your appointment



If you are caretaking for a feral cat colony Contact Tanya Bressette (Alison) on Facebook.

On reserve rides (including Stony Point) for clients without transportation only. Contact Tanya Bressette (Alison) on Facebook or let the veterinary team know when booking your appointment.
Family MUST attend with pets.



'That could have been me' Education will pave the way toward meaningful reconciliation

By Christy R. Bressette, BA'95 (Brescia), BEd'96, PhD'08, vice-provost and
associate vice-president, Indigenous Initiatives

As an Indigenous woman, I'm often asked for my views on the [Missing and Murdered Indigenous Women and Girls Report of 2019](#). This is a complex question, and my response depends very much on who is asking and the context of our discussion. But most often, when I learn the story of another Indigenous woman who went missing or was murdered, I think to myself: *That could have been me.*

Many years ago, as a young Indigenous woman with two small children, I experienced abandonment upon the breakdown of my marriage. That's a common enough experience for many in Canada. But what was uncommon was I became homeless due to the lack of matrimonial real property laws on-reserve. Forced out of my community in search of housing, my children and I could have disappeared forever into the night – just another set of statistics to feed a national report.

Fortunately, that was not our destiny. We survived. My daughter is finishing her degree in criminology at Western. My son earned his college diploma in welding at Lambton College. And I am delighted – and humbled – to serve as the inaugural vice-provost and associate vice-president of Indigenous Initiatives at Western. Nonetheless, I never forget how I got here. Contrary to widespread perception, the trauma Indigenous people endure is not confined to those who are marginalized; it touches all of us, to a greater or lesser degree. Structural and institutional racism in Canada – of which the Indian Residential School System is the most prominent example – has shaped the experiences of Indigenous Peoples throughout Turtle Island and across generations.

My own grandmother is just one example. She was sent hundreds of miles away to the Mohawk Institute Residential School, to be indoctrinated as a child into the colonial world. Not only was she robbed of her Anishinabek language, culture, and ways of knowing and being, she was also stripped of her dignity. Both of my parents suffered the same fate. They were forced to attend federal Indian Day School, where they, too, were subject to countless forms of abuse. My experience was comparable, enduring forced integration into a public school system that was intolerant of my culture, and where I suffered daily from the racism of low expectations and demoralizing stereotypes. And still the trauma continues. One of the most crushing days for me as an Anishinabek parent was when my beloved son cut his long hair – a symbol of Indigenous masculinity. He did so in an attempt to pass as non-Indigenous so he could escape endless taunting and racism at school and everywhere outside of our home.

I'm sharing this story because it reflects the reality of so many Indigenous people today stuck in an involuntary, intergenerational cycle of trauma and abuse. Yet, there is a solution. As the former chair of the Truth and Reconciliation Commission, Justice Murray Sinclair said, "Education is what got us into this mess, and education [or re-education] is what will get us out." It took time and resources to implement the malign objectives of Residential Schools, and it will again take time – as well as continued public pressure – to overcome them. But that journey has begun. "It took time and resources to implement the malign objectives of Residential Schools, and it will again take time – as well as continued public pressure – to overcome them."





Here, again, I can speak from personal experience. I am commonly known as Christy R. Bressette, but my Spirit Name is Neeta No Kee Kwe (Hard Working Woman). It was given to me by my grandfather, and it was a fortuitous choice. I have indeed worked hard, going from being a homeless mother of two young children to being a vice-provost and associate vice-president at Western. And it was education (a PhD from Western) that got me here – again, fortuitous, since I belong to the Turtle clan, which holds traditional responsibilities for education.

It has been almost 30 years since I first arrived at Western. Back then, I shared many horrible stories with other students about the abuses endured by Indigenous people, and unfortunately those stories continue to be replenished today. But as I think back on family members and friends who have died too early, I know I have done my best to honour them, as well as my grandfather, who gave me my name. Since my graduation, I've remained faithful to my people and clan responsibilities, and I have worked hard as an educator, secure in the knowledge that it is indeed education that will get us out of this.

It's now 2021, and I've come full circle. I am back on campus, leading the [Office of Indigenous Initiatives](#) with a mandate to promote the work of reconciliation through Western's new strategic plan and its Indigenous strategic plan. Watching the thousands of people across the country who donned orange shirts in solidarity with Indigenous peoples this past Canada Day, I allowed myself a measure of optimism. I now believe we can achieve a reconciliation that is grounded in truth. And I can also believe something else equally inspiring – namely that some young Indigenous woman graduating from Western, now or in the future, will be able to look at me and think: *Thirty years from now, that could be me.*

Bressette, C. R. (n.d.). *'that could have been me'*. Western Alumni. Retrieved September 10, 2021, from <https://alumni.westernu.ca/alumni-gazette/fall-2021/that-could-have-been-me.html>.





Indigenous Environmental Group says activities responsible for cut in greenhouse gas emissions



Blue Hummingbird & Flower

A new report by the Indigenous Environmental Network (IEN) says Indigenous resistance is having a major impact on stopping or delaying greenhouse gas pollution in the United States and in Canada.

According to the IEN, the report, [Indigenous Resistance Against Carbon](#), is “based on an analysis of 20 fossil fuel projects that have been stopped or delayed in the past 10 years due to Indigenous communities resisting across what is currently called the United States and Canada.

“Given the current climate crisis, Indigenous peoples are demonstrating that the assertion of Indigenous Rights not only upholds a higher moral standard, but provides a crucial path to confronting climate change head-on and reducing emissions.”

Fossil fuels are the leading contributor to greenhouse gas emissions which are fueling the climate crisis.

[A recent report](#) from the United Nations warned that the world is close to not being able to reverse many of the effects of the crisis.

Davidson, S. (2021, September 8). *Ontario prepares to launch digital ID program And Here's how it works*. Toronto. Retrieved September 9, 2021, from <https://toronto.ctvnews.ca/ontario-prepares-to-launch-digital-id-program-and-here-s-how-it-works-1.5577757>.





City of Sarnia

MEDIA RELEASE

DATE: September 24, 2021 RELEASE DATE: Immediate
FROM: Candace Young, Chair of the UNDRIP Committee
SUBJECT: Indigenous Community Flag Plaza Unveiling Ceremony

In June, the United Nations Declaration of Rights of Indigenous Peoples (UNDRIP) Committee revealed the new Indigenous Community Flag Plaza, located in the south section of Bayshore Park. Flags are on display from Aamjiwnaang, Kettle & Stony Point, and Walpole Island (Bkejwanong) First Nations. The outer ring of the flag plaza features the Medicine Wheel that embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree.

There will be an Unveiling Ceremony on Saturday, September 25 starting at 3:00 p.m. at the Flag Plaza Site. Representatives from the local Indigenous Communities will participate in the Ceremony, which will include the raising of the three flags as well as a traditional drum song and dance.

Given the current COVID restrictions and to ensure we comply with the gathering limits, the ceremony will be by invitation only. The ceremony will be livestreamed on the City of Sarnia’s Facebook Page to allow for members of the public to participate: <https://www.facebook.com/cityofsarnia>.

- 30 -

For further information, please contact:

Brian White, Councillor
brian.white@sarnia.ca or 519-464-2585

Candace Young, Chair of the UNDRIP Committee
Candace.Young@lambtoncollege.ca



Native Counsellor now accepting new clients in Kettle & Stony Point

Roxanne White MSW, RSW

Meeting clients in the plaza at the Family Wellbeing office

Appointments can be made by booking on my website at
www.circleofdiscovery.ca or by calling 519-464-2270

***Counselling fees are covered through Indigenous Services Canada**

for those who qualify for NIHB

***Approved Sunlife provider**



***Independently owned and operated.**

***Not affiliated with any other organization.**



Hand Drumming



Sing a song

Learn a song



Share a song

Join us on Monday nights at the gazebo across from the youth centre from 6:30-7:30pm

For more info call Roxanne White at 519-464-2270

(Extra drums available to use if you don't have one)

Everyone Welcome!

It's time to get back out there!

Giiigidoodaa

Let's talk

Baapinendimowin wenaabijigan aawan gaayii waa bizhiwebak
Happiness is a choice not a result.

**Gaayii gegoo gdaa zhigwasiin wii gchinendiman baamaa kiin
nendiman wii gchinendiman.**

Nothing can make you happy until you choose to be happy.

**Gaayii gwaya gdaa kshkigwasii wii gchinendiman kiin aabidek
kwii nendam wii gchinendiman.**

No person can make you happy, you have to decide to be happy.

**Gaayii gchinendimowin ka bizhaamgwasiin kiin gwetigwa dabi
njibaamgat gchinendimowin.**

Happiness will not come to you, happiness will only come from you.

**If you or you know of someone who is suffering, please do not suffer in
silence. You are not alone. You are worthy of help and happiness:**

Hope for Wellness Help Line: 1-855-242-3310

Offers immediate mental health counselling and crisis
intervention to all Indigenous peoples across Canada

Good2Talk Helpline: 1-866-925-5454 or text
GOOD2TALKON to 686868

BELL LET'S TALK
<https://letstalk.bell.ca/en/get-help>

Mental Health Inspiration (Support and Awareness)
<https://www.facebook.com/groups/53308730018918>

Mnidoo Mnising Mental Wellness
Crisis Response Team

705-348-1937 24/7 Crisis Response Line

LGBT Youthline Ontario: 647-694-4275

Call Auntie: Indigenous COVID Pathways hotline
(GTA) 7 days a week, 437-703-8703

KIDS HELP PHONE

1-800-668-6868 or text CONNECT to 686868



www.anishinabek.ca

Ngoding Giizhigag

Divisions in a day

Waase'aabang Sunrise

Kizheb Morning

Naakweg Noon

Dbikak Night

Kizhebaa-wiisning Breakfast

Naakwe-wiisning Lunch

Naagshi-wiisning
Dinner/Supper



ANISHINABEK NATION

MEMORANDUM

To: Municipalities, Public Health Units, Chambers of Commerce

From: Grand Council Chief Reg Niganobe
Travis Boissoneau, Regional Deputy Grand Council Chief
Mel Hardy, Regional Deputy Grand Council Chief
James Marsden, Regional Deputy Grand Council Chief
Joe Miskokomon, Regional Deputy Grand Council Chief
Tim Ominika, Wiikwemkoong Unceded Territory Representative

CC: Anishinabek Nation's First Nation Chiefs, Band Administrators/Directors of Operations, and Health Directors
Province of Ontario
Minister Greg Rickford, Indigenous Affairs of Ontario
Deputy Minister Shawn Batise, Indigenous Affairs of Ontario

Date: September 22, 2021

Re: Proof of Identification for Vaccination Passports & COVaxON

Effective today, September 22, 2021, proof of vaccination status is required to access certain businesses and settings in the province of Ontario. This memo is intended to advise and inform organizations and businesses that the Province of Ontario has assured Anishinabek Nation that ***First Nation Status Cards (secure, unsecure, or expired) will be accepted widely and without interference or refusal***, provided the name on the card corresponds with the name on the proof of vaccination.

We, in turn, have assured the Anishinabek Nation communities of the following:

- Indian Status Cards (secure, unsecure, or expired) will be accepted as a valid form of identification.
- The only information required is a proof of photo identification, and documentation receipt (2 doses plus 14 days from the date of the second dose). This proof can be obtained either from the provincial COVaxON system or from the First Nation organization that administered the vaccinations.
- Paper or downloaded proof of vaccination on a mobile device are both acceptable.
- No community member will be denied medical attention or service at any institution regardless of their vaccination status.

We trust that this information will be shared widely to avoid any confusion or disruption to your processes.



USE THIS SITE TO DOWNLOAD YOUR PROOF OF VACCINATION

<https://covid19.ontariohealth.ca/> Starting September 22, 2021 restaurants and other businesses may ask you for proof of vaccination to enter their premises. You can print your proof of vaccination off from this site and when asked by a business, show them a copy of your printout as well as a piece of identification that displays your name and date of birth (Birth Certificate, Indian Status Card, OHIP, Driver's Licence, etc.)

COVID-19 vaccination

1.1.38

Use this system to download your proof of vaccination and book your vaccination appointments if you still need a first or second dose.



Starting on Wednesday, August 18, 2021, all children turning 12 years old before the end of 2021 will be eligible to receive their first dose of COVID-19 vaccine and can book their appointment.

Services Available

Download your proof of vaccination

You can get vaccination receipts:

- for any doses received in Ontario (once you get them)
- regardless of where you were vaccinated (for example, at a mass immunization clinic, hospital, pharmacy or primary care setting)

Book your appointment

To book you must:

- Be turning 12 years old before the end of 2021
- Have an email address (or you can use the email of the person helping you)

Youth between the ages of 12 and 18 are eligible only for the Pfizer COVID-19 vaccine

For more information about Ontario's vaccination program, proof of vaccination, other ways to book an appointment, or vaccine safety, visit Ontario's [COVID-19 vaccination page](#) 

Green photo health card required

This system only accepts information from green photo health (OHIP) cards.

You will need numbers on both sides of the card. Expired cards will be accepted.

If you do not have a photo health card, call the Provincial Vaccine Booking Line at 1-833-943-3900 (available 8 a.m. to 8 p.m., 7 days a week).

Ontario prepares to launch digital ID program and here's how it works:

Ontario is preparing to launch a digital identification program in the coming months, meaning people will no longer need to carry a physical driver's licence or health card. According to the government, Ontario's digital identification program is scheduled to launch in late 2021. On Wednesday, the province unveiled more information about the program, saying it will be a "convenient and easy identification solution" for Ontarians.

HOW DOES IT WORK? Ontarians will be able to have an electronic version of their trusted government ID – like driver's licences and health cards – which the government says is more safe and secure. Your ID will be stored in a digital wallet app, which will be available for download onto smartphones and other devices like tablets and laptops. The digital ID will allow people and businesses prove who they are both online and in person. According to the government, the digital ID will offer more privacy to users. "For example, if you need to show you are age of majority, the verifier will only know you are over 18, not your date of birth or actual age," the government says. The digital ID is not stored in a central database and is only saved on your own personal mobile device, which can be turned off remotely if stolen. The government says digital ID is not a tracking device and it will not keep track of where you've used your ID.

WHERE CAN YOU USE IT? Ontarians will be able to use their digital ID in a wide range of locations. The government says "it will take years to unlock the full potential of digital ID" but has provided a list of where people can use it when the program launches. Some of the settings include:

HOW DO YOU GET A DIGITAL ID? The government has not yet launched the digital ID program. When it does become available, people will download the Ontario digital wallet app to their mobile device or computer. They will then sign up for the program and verify their ID either online or in person. Users will then be able to add ID cards to their digital wallet and it will be ready for use.

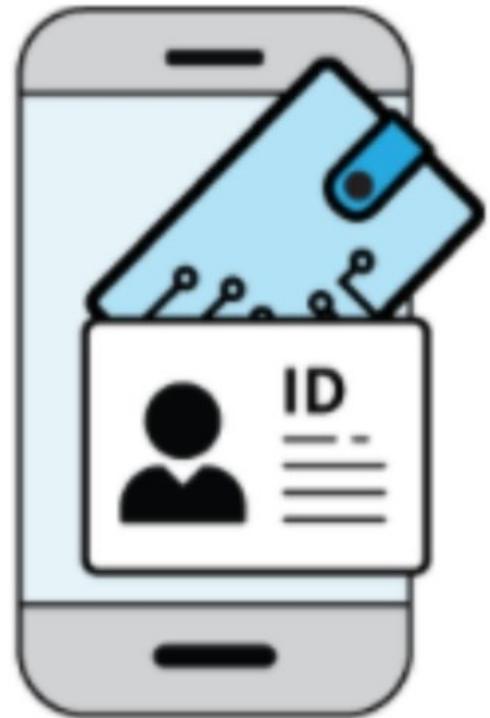
- Making an age-sensitive purchase
- Picking up a package at the post office
- Apply for government assistance
- Access and use vaccination records
- Open a bank account
- Make a medical appointment
- Apply for loans, grants, tax credits
- Verify customers' identity
- Visit a doctor
- Access medical records online
- Get, renew or replace a driver's licence
- Apply for, renew or replace a health card
- Renew or replace a licence plate sticker

HOW DO YOU GET A DIGITAL ID? The government has not yet launched the digital ID program. When it does become available, people will download the Ontario digital wallet app to their mobile device or computer. They will then sign up for the program and verify their ID either online or in person. Users will then be able to add ID cards to their digital wallet and it will be ready for use.

Davidson, S. (2021, September 8). *Ontario prepares to launch digital ID program And Here's how it works*. Toronto. <https://toronto.ctvnews.ca/ontario-prepares-to-launch-digital-id-program-and-here-s-how-it-works-1.5577757>.

Digital ID is:

-  **convenient** – it lives on your mobile device and is always ready to use whenever you need it
-  **secure** – your data is protected using strong encryption and, unlike your physical wallet, your digital ID can easily be turned off if your phone is lost or stolen
-  **privacy-preserving** – for example, if you need to show you are age of majority, the verifier will only know you are over 18, not your date of birth or actual age
-  **verifiable** – just like a driver's licence, a digital ID is certified government proof that you are who you say you are
-  **in your control** – you have full and complete control over what bits of your information you want to share and with whom you want to share it – no one can access your data without your agreement
-  **voluntary** – signing up for digital ID will be optional – you can still use physical ID whenever you want



Digital ID is:

-  **NOT stored in a central database** – your digital ID is stored only on your personal mobile device (for example, your phone or tablet) or computer and can be turned off remotely if your device or computer is lost or stolen
-  **NOT a tracking device** – the government will not know where you have been or where you used your digital ID
-  **NOT usable without your permission** – you must always consent (agree) before sharing any information



A policy that creates and manages a Trust Fund established by Council to assist families in need when there is no other source of funds available to cover the cost of a funeral and burial, including cremations, at the time of a loss of a loved one.

The Trust Fund is a set amount to include the cost of the funeral service / cremation fees, basic casket, basic headstone, burial vault (if required), and burial costs. The Fund does not cover flowers, or any updates to the basic casket or headstone chosen by the family, but can include a purchase order through Points Preference Supermarket for meal costs for the day of the Funeral.

Chippewas of Kettle & Stony Point First Nation



How to apply:

Please contact Corrinna Jackson, Membership / Estates / Governance Administrator. A written request for funding must be submitted by the appointed or confirmed Administrator or Executor. An application is available for this purpose and can be obtained at the Administration office.

This application includes signed confirmation that the person applying is the family appointed or confirmed Administrator or Executor. The applicant is also confirming there is no other sources of funds available such as an insurance policy OW or ODSP support, or that the deceased did not pre-plan and pre-pay their own funeral, and that the estate of the deceased does not include sufficient funds to cover the cost.

Finally, the applicant will confirm that he / she will reimburse Council any funds they do receive from sources such as Indian Affairs, Canada Pension Death Benefits, or other sources of benefits specific to funeral and burial costs.

The full policy, complete with application, is available upon request.

Attention: First Nation Members

In the unfortunate event of the passing of a First Nation Member, please contact Shannon.bressette@kettlepoint.org at (519) 786-2125 during regular office hours for the lowering of the community flags.

*Kettle & Stony Point First Nation
Community Newsletter Advertising Rates:*

Details	1 Month	2 Month 10% Off	3 Months 15% Off	6 Months 25% Off
¼ Page	\$15.00	\$27.00	\$38.25	\$67.50
½ Page	\$25.00	\$45.00	\$63.75	\$112.50
¾ Page	\$40.00	\$72.00	\$102.00	\$180.00
Full Page	\$50.00	\$90.00	\$127.50	\$225.00

***These rates do not apply to Kettle & Stony Point Organizations**

DENNING'S



*Sam Di Cesare
Manager*

Denning's of Forest

9 James Street South

Forest, Ontario

Owner

Brett Denning

Funeral Assistant

Neil George

Serving Kettle & Stoney Point

(519) 786-2401

www.denning.ca

PUMPKIN PIE GREEK YOGURT PARFAITS

PREP TIME

15 mins

COOK TIME

30 mins

TOTAL TIME

45 mins

Author: Krista

Serves: 4 parfaits

INGREDIENTS

Parfaits

- 1 can (14 oz) pumpkin puree
- 2 eggs
- 1 tablespoon lemon juice
- ¼ cup milk (I used unsweetened almond milk)
- ¼ cup pure maple syrup
- 1 ½ tablespoons pumpkin pie spice
- ½ teaspoon salt
- 2 cups vanilla yogurt (I used Fage brand Greek yogurt)

Optional Toppings

- Pumpkin Spice Granola
- Maple syrup
- Extra nuts

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. In a large bowl, combine the pumpkin puree, eggs, lemon juice, milk, maple syrup, pumpkin pie spice, and salt. Stir until thoroughly combined. Pour the mixture into a baking dish. Bake for 30 minutes. When baking is complete, let the mixture cool for at least 10 minutes.
3. To assemble the parfaits, layer ¼ cup of the pumpkin mixture into the bottom of a small glass or jar. Then, layer ¼ cup of the yogurt over the pumpkin mixture. Repeat with another layer each of pumpkin mixture and yogurt.
4. Top each parfait with [pumpkin spice pecan granola](#), a drizzle of maple syrup, and extra nuts if desired.



NOTES

Serving size: 1 parfait

Nutrition Information (per serving) from Caloriecount.about.com

Calories: 197 Fat: 2.7g Carb: 34.2g Fiber: 3g Protein: 10.7g Sugar 24.6g Sodium: 368mg

Deviled eggs are a party favorite. Even if you're not having a Halloween party this year, why not make these as an afternoon snack? Your family will get a laugh, not to mention a delicious, diabetes-friendly snack!

What You'll Need

- 6 hard boiled eggs, peeled
- 3 tablespoons reduced-fat mayonnaise
- 2 teaspoons yellow mustard
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- roasted red peppers, for garnish
- black olives, for garnish

What to Do

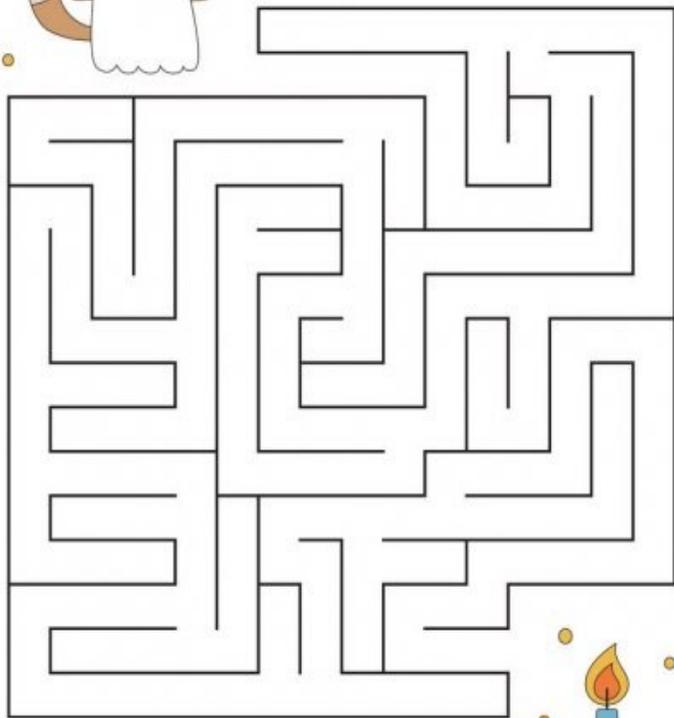
1. Slice eggs in half lengthwise; carefully remove yolk. In a large bowl, with a fork, thoroughly mash egg yolk; add mayonnaise, mustard, salt and pepper. Beat until mixture is creamy .
2. Spoon egg yolk mixture evenly onto egg white halves. Decorate with roasted red peppers and olives (see photo).
3. Serve immediately, or cover lightly and chill until ready to serve.

Dracula's Devilish Eggs





Help the cat
find candle



Halloween Word Search

BOO GHOST
CANDY TREAT
FUN TRICK



T	R	E	A	T	B
R	C	A	N	D	Y
I	G	H	O	S	T
C	D	G	F	B	V
K	D	M	U	O	L
I	Z	L	N	O	S

Chicken Scratch NY